



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 260, November 2011

The San Antonio Herb Society is organized to bring together those who are interested in using, growing and promoting the general knowledge of herbs to the membership and the public at large.

Program Thursday, November 13, 2011 Mike Behrend of Green Vegetarian, with "Holiday Sides"

Mike is a professional chef with more than 18 years experience in the restaurant business. With his mother, Luann Singleton, they owned and operated Lulu's Bakery and Café for 15 years. In January of 2006, they sold Lulu's allowing them to begin construction on *green*, San Antonio's first vegetarian restaurant.

Mike became a vegetarian in the Summer of 2005. Two years before that, he was over 300 lbs and completely sedentary. By attending Weight Watchers meetings, running, swimming, cycling, and converting to a vegetarian diet, he lost over 90lbs. In the past two years, he has completed four triathlons, three marathons, two century bike rides and many 5k and 10k road races.

He believes that his vegetarian diet has been key to his weight loss success.

Mike is very excited providing San Antonio's first and only 100% vegetarian restaurant. He said, "A great city like San Antonio deserves a great vegetarian restaurant. Vegetarianism has been such a positive force in my life and I am anxious to show people just how good vegetarian cuisine can be."

Members whose names begin G-M, please bring a dish for the hospitality table. Be sure to provide a name card (and recipe) for the dish you bring. Be there a bit before 6:30 so we can sample your fare during our fellowship time. Come ready to have a great time visiting with your Herb Society friends at the lovely San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, check out our website at www.sanantonioherbs.org

The Annual SA Herb Society Winter Holiday Members' Banquet

Our Program Co-Chairs have graciously offered to coordinate this winter's banquet. The theme will be "A Simply Elegant Holiday". Members attending, please bring a dish per this list: appetizer, A-F; side dish, G-M; entree dish N-S; dessert, T-Z. Mike Belisle will provide one turkey. If anyone would like to add to that (meat or dressings), please coordinate with Belises.

Secret Santa gift exchange table? You bet! That is a fun part of the evening that few folks want to miss. Surprises are in store for all.

Please contact Marguerite and Marilyn to help out with getting the room set up the afternoon of December 8th.

Winter and the Dues are almost Due

This year, beat the rush and renew your membership in the SAHS early - think of it as a Christmas gift to yourself.

Per our membership co-chair, Norm Hastings, the dues structure is as follows: \$20 Single, \$30 Dual, \$40 Business. Beginning with the December issue, this newsletter will print a copy of the membership form for you to tear out, fill out and turn in with your check.

Take a Moment and Contemplate This:

"Smell is a potent wizard that transports us across thousands of miles and all the years we have lived," wrote Helen Keller, who was blind and deaf from birth, in *The World I Live In* (1908). "Odors, instantaneous and fleeting, cause my heart to dilate joyously or contract with remembered grief."



Hearty Handshakes

to everyone who came out and helped with the various tasks SAHS takes on every year at the Herb Market. You helped set up and take down/cleaned up, assisted our special guests, ran errands, guarded the change box, answered myriad questions from customers and passers-by.

SAHS' success is due to you!!

Thanks so very much!



Members' Sale Tables

Contact Marilyn Nyhus at least 2 weeks in advance to arrange for a table.

Hospitality Table Schedule:

Dec: All, Banquet
Jan: N-S
Feb: T-Z
Mar: A-F
Apr: G-M

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GO TEXAN.

Be sure to view the unabridged version of this newsletter with its full color photos @ www.sanantonioherbs.org
If you would like to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com

Member Recipes

Several recipes from a variety of Susan Belsinger's books were prepared and brought in her honor this evening. Among the tantalizing dishes, we found these:

Tomato and Cucumber Salad with Basil Flowers (from *Flowers in the Kitchen, a Bouquet of Tasty Recipes*)

Garlic and Herb Cheese (made with natural cream cheese, marjoram and savory)

Cucumber Basil Tea Sandwiches (made with rye bread and fresh basil)

Herbed Green Beans (prepared with sage and rosemary)

Carrots with Basil (fresh basil adds sweetness to the barely cooked carrots)

Savory Green Beans (a great autumn recipe uses both summer and winter savory for a nicely zingy dish)

Macintosh Applesauce used in

Sage Applesauce Cake (homemade applesauce, cinnamon and fresh sage)

Calendula Cheese Ball (from *Calendula, Herb of the Year 2008*, p.45)

Buttermint Cookies (as published in *Fine Gardening.com*. It's a simple "ice box"

cookie made with peppermint extract AND fresh mint leaves.)

Pork Loin and Potatoes in Thyme-Tomato Sauce (adapted from Susan's Spareribs and Potatoes recipe by Mike Belisle and made with white wine, thyme and allspice.)

Other dishes brought (without recipes)

Chili-Garlic Pepper Melange w/ Sourdough Bread

submitted by Eileen Achorn

Rose Jam & Cream Cheese

Submitted by Robbie Will (Antique Rose Emporium)

Ed. Note: I can vouchsafe these were ALL tasty treats!



Eggplant Caviar

submitted by anonymous

Ingredients:

- 2 purple globe eggplants (1 1/2 lb each)
- 1/4 C minced onion (about 4 oz)
- 2 tomatoes (plum or Roma), seeded and finely chopped
- 1/4 C flat leaf parsley, roughly chopped; cilantro may be substituted
- 1/2 C extra-virgin olive oil
- 1 1/2 tsp lemon juice, fresh squeezed; add more if necessary salt & pepper to taste

Directions:

Roast eggplants for about 20 minutes, turning halfway through; cool under wet paper towels. Peel away the skins. Puree in a food processor and transfer to a large bowl. Stir in the remaining ingredients. Serve warm or at room temp with the pita bread or chips.

Pineapple Angelfood Cake

submitted by Diana Fox

Ingredients:

- 1 box Angelfood cake mix
- 1 20-oz can crushed pinesapple (do NOT drain)
- spices, herbs of choice

Directions

Heat oven to 350°F. Prepare baking pan per package directions. Combine cake mix, pineapple, spices and herbs if using. Mix by hand. Pour into 9 by 13 inch baking pan; bake at 350°F for 38-40 minutes.

Apricot-Pecan Flatbread

submitted by Diana Fox

Ingredients:

- 1 pkg refrigerated crescent rolls
- 1/2 C apricot jam
- 2 Tbs butter
- 1 C fresh pecans, finely chopped
- 1 C crumbled gorgonzola
- 1 Tbs fresh thyme, chopped

Directions

Heat oven to 375°F. Unwrap rolls but do not separate. Press into a rectangular crust on a baking sheet. Mix jam with butter. spread over crust. Sprinkle with pecans and gorgonzola. Bake for 13 minutes or until crust is golden brown. top with thyme. Cut into squares or strips.



Pumpkin Bars

submitted by Ruth Sagebiel

Ingredients - Bars:

- 4 eggs
- 1 2/3 C granulated sugar
- 1 C vegetable oil (or 1/2 C oil + 1/2 C applesauce)
- 15-oz can pumpkin puree
- 2 C sifted all-purpose flour
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- 1 tsp salt
- 1 tsp baking soda

Ingredients - Icing:

- 8-oz pkg cream cheese, softened
- 1/2 C butter or margarine, softened
- 2 C sifted confectioner's sugar
- 1 tsp vanilla extract

Directions

Heat oven to 350°F.

Bars: Using an electric mixer at medium speed, combine the eggs, sugar, oil and pumpkin until light and fluffy. Stir together the flour, baking powder, cinnamon, salt and baking soda. Add the dry ingredients to the pumpkin mixture and mix at low speed until thoroughly combined and the batter is smooth. Spread the batter into a greased 13 by 10-inch baking pan. Bake for 30 minutes. Let cool completely before frosting. Cut into bars.

Icing: Combine the cream cheese and butter in a medium bowl with an electric mixer until smooth. Add the sugar and mix at low speed until combined. Stir in the vanilla and mix again. Spread over the cooled pumpkin bars.



Corn Relish Dip

submitted by Carol Hamling

Ingredients:

- 2 Cans Mexican style corn (I used Green Giant Mexican)
- 1 C Mayonnaise (Hellman's)
- 1 C Sour Cream
- 8 oz. Pepper Jack Cheese, grated
- 8 oz. Monterrey Jack Cheese, grated
- 1-2 fresh Jalapeno peppers seeded & finely chopped
- Chopped green onion to taste (5-6)

Directions

Mix all ingredients together and refrigerate the day before you want to serve it. You can cut this in half since this makes quite a large amount.

Continued on p. 5

Special Tussie-Mussie from Sandra to her crew of hospitality helpers this evening for their OUTSTANDING table layouts!:

Cindy Moore and Carol Hamling

Thanks very much!

Over the Fence...

2011-2012 Program Line-up



December: Member Winter Banquet; Contact any Board member to help with coordinating this always lovely event.

2012 January: January: Rose, 2012 Herb of the Year (by SAHS members)

February: Bill Varney of *Urban Herbal*, Herbs for the Urban Gardener.

March: To be announced; Nominating Committee announced

April: Cindy Meredith of the *Herb Cottage* in Hallettsville; SAHS Board nominations announced

May: Spring Members' Banquet; SAHS Board election & confirmation

Have ideas for programs?

Know a great speaker for an interesting herbal topic? Contact Marilyn Nyhus or Marguerite Hartill, program chairs, with your suggestions.

Next Board Meeting

November 28, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

Tee shirts, totes and aprons available

The new SAHS bags are sized up with longer handles and are terrific for a blanket or stadium seat and thermos and are equally at home in your grocery cart. Contact is Patty Wilson

Help SAHS Publicity Get the Word Out!

Every month, SAHS provides flyers via email. You can print them and post them at stores in your area, stores that you would be frequenting anyway. Contact Jeanne Hackett at jeannehackett@sbcglobal.net, or call at 210/735-5333.

SA Botanical Garden needs Volunteers

Although the heat has relinquished its hold on us, there's the continuing rainless weather. Volunteers are always needed to help maintain the garden watering schedule. Contact Cindy Sims, cindy.sims@sanantonio.gov to help.

SA Botanical Garden Events

Recommending plants for your garden and yard.
Obedient Plant (*Phusostegia virginiana*): This perennial likes sun to partial shade and grows up to 2-3 feet x 2 feet. The flowers open from late summer to early winter in shades ranging from pink or lavender to near white. With too much water this plant can become invasive, but generally not a problem in San Antonio. Hummingbirds and butterflies are attracted to its blooms.

Purple Porterweed (Purple, Red, Pink, and Dwarf Red) (*Stachytapheta* sp.): This tender perennial grows well in light to full shade. Its long flower wands bloom from the bottom up off and on throughout the growing season. Standard species will grow 4-6 feet high by 2-3 wide, while the dwarf species remains more compact. Both butterflies and hummingbirds are attracted to its blossoms. The plant's very low water needs make it suitable for xeriscaping. Mulching will help protect it in cold weather, and mass plantings make an impressive display.

Fall Herb Classes by Diane Lewis

Join herbalist and horticulturist Diane Lewis for a variety of herb-related classes presented thru the NEISD and SA Botanical Garden community education programs.

See NEISD class listings for contact information.

Other Classes by Diane:

Crafting Herbal Culinary Gifts, Fri 11/11/11 NEISD

Savoring the Herbal Harvest, Sat 11/26/11 SABot

Sign up @ www.communityed.neisd.net or call 657-8866 to register for the NEISD classes.

GVST's Fall "Essentials" Programs

Class are free and open to the public. A \$5 donation is requested to offset costs. Refreshments are available and brown bag lunches are welcome. There's a swap and sell table available for plants, gardening books and magazines and other plant related items. Door prizes are presented at each session. Have your hand-pruning tools sharpened during class by "Dr. Fix-It" -- just a \$2 donation and all proceeds go to GVST. All meetings held 3rd Mondays at the San Antonio Garden Center, 3310 N. New Braunfels, 12 noon to 3 pm.

Class updates can be found at the GVST website GardeningVolunteers.org

Monday, November 14

Session 1: Beginning Beekeeping with McCartney Taylor, Austin professional beekeeper.

Session 2: Rx for Tree Stress and Other Tree Problems, Certified Arborist with Ed Etter Tree Care Services

Monday, December 5

Session 1 Winter Gardening Tips highlighting Tool Care,

Dr. Tom Harris & Ron Csheil, Texas master Gardeners

Session 2 TBA

SAHS Internet Sites

Our Facebook page may be found by going to our existing web page, www.sanantonioherbs.org, and clicking the big blue "F" icon or going directly to www.facebook.com

American Herb Association in 2012

The AHA annual conference in 2012 will be in Austin, Texas, May 2 & 3. Sounds like a field trip! Mark your calendars now and save the weekend for this worthy weekend. Keep an eye out for their schedule to be posted on their web page:

<http://www.herbsociety.org/events/conference-12.html>

Herb of the Year in 2012 is the Rose!!

Your friends here in the SAHS will soon be publishing our own booklet featuring this lovely, fragrant herb. Be sure to come to the January meeting and hear its story!

The Herb of the Year™ Program, spearheaded by IHA's Horticulture Committee, has established Herb of the Year™ selections up to 2015. Selections are made based on the herb being outstanding in at least two of the three major categories: culinary, medicinal, or ornamental.

Herbal organizations around the world work together with us to educate the public throughout the year. All IHA members are invited to participate in the selection process.

from <http://iherb.org/hoy.htm>

Note: Herbs of the year after 2012 will include elderberry, the artemesias and savory.

DISCLAIMER: Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only. Use of any items mentioned in this newsletter are at the decision and discretion of the individual.

Minutes and Program Review
from October 13, 2011
General Meeting



Meeting called to order @ 7:01 by Pres. Yvonne Baca. Approx. 116 people were in attendance. Yvonne greeted all in attendance and announced that because of our special guest speaker, there would be no business meeting. She called Program Director, Marilyn Nyhus up to introduce the speaker,

noted author and herb specialist, Susan Belsinger who resides in Maryland.

Susan talked of the herb of the year for 2012, rose. She emphasized that the smell of the rose was the most important thing to consider (not just the color) and discussed how rose is a balancing, nourishing, heart centering and grief reducing herb.



Other topics Susan discussed included pineapple sage which is a hummingbird favorite and arugula as a nicely crisp and spicy salad herb.



She then explained the difference between an infusion (soaking the herb in hot water for 2 minutes, like a tea) and a decoction (simmering the plants for 15-30 minutes). She emphasized a sage infusion is very effective for mouth sores and toothaches. Susan also explained the difference between a normal simple syrup which is equal parts water and sugar, and an herbal syrup where the ratio is 2:1 (water: sugar).

Susan passed around numerous herbs and showed how to make vinegars from various lemon plants. She prepared calendula salve (the absolute best for skin care), showed how calendula oil is best for chapped lips and dry skin and explained the process of distilling herbs into EO (Essential Oil). She explained different EOs and why the cost is so different for different herbs—a caution to remember when you're out to buy a particular oil. If all of a vendor's EOs are the same price, something's not right and you should try another one.. She showed that an EO and water can make a spritzer, an EO and a carrier oil can make a massage oil, and that her favorite "EO Trio" that she always travels with, includes lavender, tea tree, and eucalyptus. She also emphasized that while all EOs are anti-bacterial some are actually anti-fungal.

Susan then demonstrated how to make a "Sugar



Scrub" which is not edible and used only for cleansing skin and showed how to make various types of pesto. She con-



cluded the evening by showing how to make delicious homemade ginger ale and invited all in attendance to sample it.

Afterwards she visited with attendees and held a book signing while inviting all to come to the Herb Market Saturday, 15 Oct, at the Pearl complex and watch her cooking demonstrations.

Meeting was adjourned at 8:36
 Submitted by Mike Belisle, Secretary



October Market Reviews.

SAHS and the Market received glowing reviews by both Susan Belsinger and a local publication. Read these.

<http://www.vegetablegardener.com/item/11542/san-antonio-and-back-home-again>

also a review in SavorSA.com

<http://www.savorsa.com/2011/10/this-years-herb-market-a-savory-success/>

At the October program.

Did anyone besides me notice the notables in our audience? Robbie Wills from the Antique Rose Emporium and Bill Varney from the Urban Herbal both made the rounds. We saw members that just haven't made it out to a meeting in a while: Ruth Sagebiel, Sally Ann (down from Seattle), Carol-lee (in from Bastrop) and many others.

So good to visit with you ALL! Hope to see you again SOON!



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Pumpkin Puffball Bread

submitted by Eileen Achorn

In a small bowl, combine 2 tsp cinnamon, and 1 tsp each ground cloves, ginger, and nutmeg. Stir and set aside. Sprinkle 2 packages of active dry yeast over 1 cup of warm water. Let stand 5 minutes until frothy. Stir in ½ cup sugar, 3 TBSP melted butter (cooled), 1 tsp salt, ½ cup nonfat instant dry milk, and 1 cup cooked winter squash of your choice.

Add 2 tsp of the cinnamon mix and 2 cups of all-purpose flour. Beat until well-blended. Gradually stir in 2 ½ cups more flour. It may take up to 5 ½ cups total. Turn onto a lightly floured board and knead until smooth – about 5 minutes – adding flour as needed to prevent sticking. Place in a greased bowl and turn to grease the top. Cover with plastic wrap and let rise in a warm place until doubled in size – about 1 ½ hours. Combine the remaining cinnamon mixture with ¾ cup sugar. Set aside.

Punch down the dough and knead briefly to release air. Cut into 3 equal-sized pieces and roll each into a long thin rope about 18 inches in length. Cut each rope into 18 equal pieces. Shape each into a ball. Roll in 5 TBSP of melted butter and then in the sugar. (1/2 cup of melted butter total for the recipe.) Put balls into a greased 10" tube or Bundt pan in 3 layers. Sprinkle each layer with some chopped walnuts (about ½ - 1 cup total). Cover with a towel and let rise until very puffy – about 45 minutes. Bake, uncovered, at 350 degrees until golden brown – about 55 minutes. Cool on rack in pan 20 minutes then invert onto serving plate. (You won't be able to move it after this, so do put it on the serving plate at this time.) To serve – pull off a puffball and enjoy!

Submitted by Eileen Achorn

20th Annual Herb Market Report

The Herb Market celebrated its 20th year on October 15th. We held the annual event at Pearl again this year with estimated attendance at 5,000. The theme was "20 Herbs To Remember" and Mary Dunford kicked off the event with a talk on 20 herbs that grow well in our region.

To help celebrate the event we brought in Susan Belsinger to give two programs. First: a cooking demonstration focusing on Mediterranean Herbs which grow very well in our south central Texas climate. It was standing room only for her talk and presentation. The second program was *Herbs For Health* where she discussed good eating practices and the value that herbs can bring to a healthy diet. Susan was on hand to sign her books afterwards and answer questions from the crowd.



Later, Mark Peterson gave a talk on how to survive the drought which included using low water usage plants which of course included many varieties of herbs. We came away with a copy of his favorite 12 herbs for our area.

Vendors were on hand with plenty of herb plants to sell, garden art to purchase and herbal products to use. It was a beautiful day by the river and if you missed the event, you missed a great day of fun, programs and shopping.



The Herb Society had our booth there selling cookbooks, the resource guides, herbal booklets and providing in-

formation on herbs to the public. Many thanks to all who helped staff the booth as well as the T-shirt Booth for the Herb Market.

Members of the Herb Market as well as some SAHS members spent the summer preparing for a booklet that was debuted at the Herb Market this year. *Herbs: Nutritious and Delicious*, copies of which were given out to participants of the event. It focuses on 15 herbs that are high in nutritional value and grow well in our region. Their nutritional content is explained, growing information is given and recipes are provided for the 15 herbs. Mary Dunford, founder of the Herb Society and board member of the Herb Market provided much of the growing information and beautiful artwork and photographs found throughout the booklet. Thanks go out to other contributors from the Herb Society: Diane Lewis, Evelyn Penrod, Eileen Achorn and Marguerite Hartill.

Submitted by Evelyn Penrod

Herb Market, SAHS Booth Report

Some basic numbers as provided after the close of the market found our efforts in sales (read fund-raising) fairly successful. Here's how the tally looks in general (for specifics, watch the treasurer's report in coming months).

We took memberships from almost a dozen people, sold over 30 of the individual herb booklets, over 50 cookbooks and/or resource guides plus a few herbal note card sets. Considering all that, we received a little over \$1,100.00. This is important as it's with this Market and only a few other sale days where the SAHS is able to retain its financial stability.

Thanks to all who volunteered their time October 15th. You are the backbone of SAHS. Thank you so much.

Submitted by Diane Lewis



Brian's November To-Do List for The Garden

Compiled by MG Brian D. Townsend

Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all. ~Stanley Horowitz



In Our Herb Garden:

If above average temperatures prevail; wait until after Nov. 15 to plant cool-weather plants such as pansies. Fall fertilizing is even more important than spring. Use a fast release 3-1-2 fertilizer - don't use anything high in nitrogen.

Complete harvesting of cold sensitive herbs and apply compost as winter mulch if not done in October. Mature herb plants will be high in essential oils and this is a good time to preserve them.

HERBS: A Resource Guide for San Antonio

General Notes for the Autumn Season:

Time change, time to fall back. You lose a lot of evening daylight for the next couple of months, so get as much outside stuff done as possible and save the inside stuff for next week. Also, this is a good time to check your smoke alarm and change the battery.

Leaves are too valuable to put in the garbage. Mow them and let the material decompose on the lawn. It also makes good mulch or compost. Harvest pecans as they fall to the ground to maintain nut quality.

When planting for effective color, group your selections in mass or drifts because they will stand out in the landscape. November is normally a great time to visit public gardens because these visits provide working examples of how fall-cool/cold season color is utilized; plus, they provide opportunities to view permanent plantings with their fall colors expressed.

Birdscaping hints: * Plan and plant ahead. Remember, annuals yield quick results; perennials produce seed crops year after year. Be sure to provide a good mix of native /well adapted plants in your scheme and allow for some naturalizing! * Resist the temptation to neaten or "deadhead" seed-laden plants. * In fall and winter, make the birdscape even more inviting by offering energy-packed suet, protein-rich peanut butter, and a source of (and probably the most important point) clean water (heated, if necessary).

Have plastic sheets or fabric blankets (do not lay plastic directly against plants) and a mechanic's light (with a 60 to 100W bulb for heat) ready to protect citrus, tomatoes and other cold-sensitive plants (keep in mind, 40 is near freezing to some plants). Our first freeze usually arrives in late November, with the actual freeze typically coming on the following night after a severe cold front arrives.

Paint all wounds on oak trees to prevent the spread of oak wilt.

Clean up gardens after first freeze. Any plants with BLIGHTS or MITES should be thrown away, not composted.

Sow wildflower seeds. Bluebonnet transplants are available at area nurseries. Plant them 2 ft. apart, water them once and apply snail bait. They won't grow much until March. Be careful not to over water. Plant pansies between them for color until April. If you want a challenge, plant sweet peas on a trellis. The color and fragrance are unmatched if the plants do not freeze or get too hot.

Thanks to MG and SAHS long-time member Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio. Please see the full length version of this on the SAHS website.

SIG-nificant Events

SIG leaders, keep us posted on your group's events.

Healthy Living with Herbs SIG

What a nice surprise Virginia McGuire had for our group! Visited the home of friend Susan Wortham and learned lots more about eastern Indian cuisine (and herbs!). After offering up hot spiced chai, Susan served some traditional Indian dishes and explained the general preparations required. The lentil soup was served over a basmati rice and flavored with a half dozen spices. The pork loin was slow cooked in another half-dozen spices plus onion and garlic. She explained also that many of these dishes take time to make (you start a day or two ahead and let things cook slowly). Yes, there was curry—but it was the traditional mix (think marsala), not the jarred stuff from the grocery store. All in all, a tasty and informative evening.

Next month, we'll be at Bill's for a session comparing yogurts both homemade and store-bought.

Submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG

October has been a busy month so the Craft SIG did not meet. Instead, we elected to enjoy and work at the Herb Market. Next month is our annual gift making session which will be held at Beverly Tibb's home. We'll meet on Saturday morning, November 19th. If you are interested in learning more about our SIG please contact:

Sandra Lyssy: 210-659-5561 , slyssy123@yahoo.com;

Rebecca Kary: karyrebecca@yahoo.com

Submitted by Sandra Lyssy

New Aromatherapy SIG

In October, the Aromatherapy SIG met in the home of Jean Dukes, and Mary McClendon led a discussion on lemongrass (*Cymbopogon flexuosus*). Mary made a delicious RAW Chocolate Orange Pie for us to eat, which contained orange essential oil, and Jean served iced tea made from her homegrown lemongrass.

Lemongrass essential oil has a light, fresh, citrusy aroma with earthy undertones. Refreshing, rejuvenating, stimulating, and balancing, it inspires and improves mental clarity. It also supports the circulatory system and has a score of 17,765 on the antioxidant ORAC scale. We discussed numerous ailments lemongrass can be useful for such as colds, fungal infections, stomach aches, digestion issues, pain, toothaches, buildup of mucus, muscle spasms, rheumatic pain and other musculo-skeletal related problems. It also kills germs, helps with flatulence, helps blood to clot, acts as diuretic, increases kidney health, serves as a sedative, treats ringworm, helps with varicose veins, allergies, and is said to lower cholesterol. It can also be used as an air freshener, as an ingredient in insect or rodent repellants, used in perfumes, and for massages—diluted in a massage oil. You might want to test a small patch of skin if you've never used lemongrass before and if you have any undesirable side effects, you can always apply a little V6 or other diluting oil to take away any undesirable effects.

One thing to note about lemongrass essential oil is that it will often stain the skin yellow where it has been applied.

Just a drop can be added to soup, stir fry or coconut rice—it is especially good in Oriental dishes.

We also compared other "lemony" essential oils including lemon (*Citrus limon*), Melissa (lemon balm, *Melissa officinalis*), and lemon myrtle (*Backhousia citriodora*). Although each smelled similar—they were all uniquely "lemony" in their own

way. Lemongrass is easy to grow in the San Antonio region so you should try your gardening skills with this versatile herb!

For info, contact Jean at 10days@earthlink.net

Submitted by Jean Dukas

Weed-n-Gloat SIG

We did, we weeded AND we gloated, because the Herb Garden at the SA Botanical Garden is looking magnificent. The large bin pictured was one of three which we filled with "weedlings", cuttings from basil plants and some shizu plants which were planning to take over the Herb patch. On the whole, the Herb garden has fared well this hot summer, due to frequent watering by the SABot Garden Water volunteers, and encouraging words on the part of the Weed and Gloat Team.



Submitted by Jane McDaniel

Jane, Veronica with granddaughter SoSA, Adrienne and Marilyn

Culinary SIG

After a brief hiatus to regroup, the Culinary SIG met this month to celebrate Harvest Vegetables at the charming home of our gracious hostess, Barbara. As luck would have it, the first really cool front of the season arrived that day, perfect for whetting our appetites. And what a feast we produced! Savory, inventive and beautifully finished dishes featuring pumpkin, varieties of squashes, broccoli, cabbage, sweet potatoes, Brussel sprouts and autumnal greens tempted from a buffet, and a luscious pumpkin trifle for dessert satisfied our collective sweet tooth. The talk was spirited and varied, making for a lovely and convivial evening. Maybe all that positive energy moves the weather in some weird way: it rained the two previous times we met, and this gathering coincided with the first late night temps in the 40's. Wonder what our November meeting, a tamalada at Jeanne's, will produce? For sure, some wonderful tamales!

Submitted by Jeanne Hackett

2012 Fall Garden Tour Fundraiser Committee

With the heat and the lack of rain we are postponing further detail planning until the spring. Keep on planting and planning your garden and theme.

SAHS Membership

Several folks joined the SAHS during October. Please welcome Vivian Paul, Loretta Charles, Yvette Erwin, John Sells, Sue, Pattillo, Francine M Jenness, Julia Way, Janet Teague, Kim Paynter, Linda M Lopez de Roman, Kathy & Horace Acoek and Monica & Tim Gorczyca. WELCOME!! We're glad you're here.



The next nametag order will be placed soon. We do keep track of attendance and try to order your nametag when due, but it isn't a fool-proof system, so if you think you're due a nametag (i.e. you've attended 3 meetings since joining), please mention it to the membership co-chair at the September meeting.

Submitted by Norm Hastings, Co-Chair, Membership

Treasurer's Report, September 2011

Submitted by Kathryn Seipp

INCOME	
Membership	90.00
Cookbook sales	25.93
Booklet sales	9.75
Shirts, Aprons, Totes	27.00
Miscellaneous Sales	<u>265.00</u>
SUBTOTAL - INCOME	417.68
EXPENSES	
Attendant Fee	45.00
Honorarium	50.00
Insurance	414.00
Printing & Engraving	588.54
Publicity	50.00
Rent Expense	85.00
Supplies	493.46
Telephone	142.88
Website Fee	30.00
SUBTOTAL - EXPENSES	1,898.88
TOTAL (Income-Expenses)	-1,481.20
ASSETS	
Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,194.95
Frost Checking	2,354.76
Frost Savings	2,387.68
TOTAL Cash and Bank Accounts	5,937.39
TOTAL ASSETS	5,937.39
LIABILITIES	0.00
OVERALL TOTAL	5,937.39

'10 - '11 SAHS Board Officers & Members

Yvonne Baca - President 210-313-8705 C; yvonne943@yahoo.com
Marilyn Nyhus - Vice President Programs 210-606-2933 C; rudvandmar@yahoo.com
Marguerite Hartill - Programs Assistant 210-497-1355 H; mhartill@aol.com
Norm Hastings - Membership Co-Chair 210-860-4332 C; normhastings@sbcglobal.net
Mike Belisle Secretary, Recording (210) 826-6860 H mbelisle@satx.rr.com
Kathryn Seipp - Treasurer 210-495-3591 H, kseippccc@aol.com
Barbara Quirk - Treasurer Co-Chair 210-828-0432 H; barbara.quirk@sbcglobal.net
Jeanne Hackett - Publicity / PR 210-735-5333 H, jeannehackett@sbcglobal.net
Lyn Belisle - Webmaster & Green List Coordinator 210-826-6860 H, belisle@satx.rr.com
Eileen Achorn - Immediate Past President 207-712-1903 C; eileen.achorn@utsa.edu
Joe-Beth Kirkpatrick - Newsletter 210-590-9744 H, joby53@gmail.com
Sandra Lyssy - Hospitality 210-659-5561 H; slyssy123@yahoo.com
Patty Wilson - T-shirts, Cookbooks 210-647-0838 H/W, dwilson@satx.rr.com
More Information Contacts
SAHS web page: www.sanantonioherbs.org
SAHS toll-free phone: 888-837-4361

Business Members

We thank our business members for their support. When you patronize their businesses, be sure to mention your SAHS membership.

Nature's Herb Farm

Mary Dunford
7193 Old Talley Road, #7
SAT 78253
(210) 688-9421

Nematode Nick's

Landscape Design & Installation

Organic Landscaping
Organic Fertilizing
Nick & Leslie Vann
3561 Kusmierz Rd.
St. Hedwig, Texas 78152
(210) 667-1500
www.nematodenick.com

Diane R. Lewis, B.S. & A.A.S.

Herb, Cooking & Gardening Classes;
Landscape Design
(210) 495-6116
drl designs@swbell.net
www.communityed.neisd.net

Ten Days Health Ministry Natural Health Counseling & Essential Oils

Jean Dukes, RN, CNHP,
Certified Aromatherapist
(210) 566-4379
10days@earthlink.net
www.youngliving.com/tendays

In Home Senior Care and USANA Health Sciences

Nutritionals You Can Trust™
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SAT 78228
(210) 256-2273
jinnieperkins@yahoo.com
www.inhomeseniorcare.net

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Sil & Yoli Huron, BA, CNHP
Certified Natural Health Counselors
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Website: www.barleybaby.com
www.health4ever@barleybaby.com

The Human Path

Herbology and Wilderness Medicine
Classes by Sam Coffman
210-807-0891
Sam@thehumanpath.com
www.thehumanpath.com

Yvonne Baca, LMT

Holistic Health Practitioner
Therapeutic Massage,
Lymphatic Drainage, Essential Oils,
Reiki Master, Therapeutic Touch
Akashic Record Consultations
830-537-4700 H
210-313-8705 C
yvonne943@yahoo.com
www.holistichealthboerne.com



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PLEASE SEND TO:



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