



# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 236. November 2009

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



## Program Thursday, November 12, 2009 Members' Round Table

The November meeting will be full of interesting items & topics presented by our members. Some of the good things you'll get to see and hear about: **Carol-lee Fisher: tea (Medicinal SIG); Diane Lewis/ Marguerite Hartill: herbal butter (Healthy Living SIG); Rosemary Kotrich/Mary Anderson: Scones (MadHatters ); Mary McClendon: Aromatherapy; Sally Ann Hnatiuk: Craft.** We've done this program before and always have a very interesting and delightful time getting acquainted with all the different herb-y interests that abound in our club. It'll be a round table format with each presentation lasting less than 10 minutes. Don't be surprised if you walk away with an idea for a new SIG! Or maybe even two!



The hospitality tables open at 6:30 (names starting with E-M bring the treats). The business meeting starts at 7:00. We're in the 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](http://www.sanantonioherbs.org)

### **SAHS December Banquet is about International Heritage in our Families**

Potluck : Last names A – H please bring an appetizer or desert, I – Z please bring a salad, side or casserole.

There will be a wine bar, as well as tea and water provided by SAHS.

Table decorations will feature an International theme—so far we have one All-American table and one Anglo-Irish table. We need five more tables/countries represented, so if you have a favorite nationality you'd like to illustrate in Holiday finery, please e-mail event chair Jan Conwell ([jan\\_storyteller@yahoo.com](mailto:jan_storyteller@yahoo.com)) and sign up! There will be a popular vote for Best Table.

To highlight Christmas Around The World, we would love to hear from our members. One of the best things about America is that we come from everywhere, bringing a rich cultural heritage with us! In addition to our program of Christmas Storytelling, we would love to hear from our members' ways of celebrating the holidays. To share a poem, story or ethnic holiday tradition (maximum 5 minutes) please contact the event Chair so the schedule can be adjusted.

*There will be, as always, a gift exchange, so begin thinking of what you'd like to bring. Gift value limit of \$12 is recommended. There will be no members' sales/swap tables available during this meeting.*

### **18th Annual Herb Market a Success!**

Many thanks go out to the 26 members who volunteered their time at the 18<sup>th</sup> annual San Antonio Herb Market on October 17<sup>th</sup> at our new location at Pearl Brewery. We could not have done it without you! We had a lot of fun and just a few challenges, which we met with skill and grace.

The t-shirt sales were red hot! Our book proceeds were less than recent years, but we reached many new people with news about herbs and SAHS. We had several members make mini-presentations during the day and were able to meet even more folks that way. We saw several old friends, too!

We are taking notes and making lists of things to do next year. Your input is welcome, email Diane at [lewisdr@swbell.net](mailto:lewisdr@swbell.net) or Evelyn at [epenrod@gvtc.com](mailto:epenrod@gvtc.com).

A full report will be made at the November meeting. Thanks again!

Diane Lewis and Evelyn Penrod (co-chairs)

### **Members' Sale Tables at General Meetings**

The general meeting have tables available for members to share / swap / sell before each month's general meeting first come is first served. Contact Jean Dukes at least 2 weeks prior.

#### **Hospitality**

#### **Table Schedule:**

November: E-M  
Need a substitute for Sandra as hospitality host for November. Call her at 210-659-5561  
December: All - Banquet  
See the article for food assignments.  
January: N-S  
February: T-Z

#### **Inside this issue:**

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*Happy Thanksgiving to all. May we express the deepest gratitude for our family, our friends, our health and our well being.*

**Be sure to view the unabridged version of this newsletter @ [www.sanantonioherbs.org](http://www.sanantonioherbs.org)**

If you would like to receive the SAHS newsletter electronically, please contact Lyn: [belisle@satx.rr.com](mailto:belisle@satx.rr.com)

## Member Recipes

Some of the goodies on the table in October included these treats:

### Coconut Cakes (Easy)

Submitted by Bill Drane (as adapted from Parade Magazine, Sept 2009)

- 4 large egg whites
- 1 ½ C shredded coconut
- 2/3 C sugar
- ½ C flour
- ½ tsp vanilla extract
- ¼ tsp salt
- 1 stick unsalted butter, melted

Whisk the egg whites until smooth and a little foamy, then add the remaining ingredients one by one. Be especially light-handed when stirring in the butter and flour.

Butter two 120-cup mini-muffin pans or fit them with liners. Divide batter among 20 of the cups and bake at 350oR for 20 minutes. The cakes should be puffy springy and easy to pull from the sides of the pans.

Remove cakes from the pans. Cool to room temperature, then serve.

Per muffin: 110 calories, 12g carbs, 1g protein, 10 mg cholesterol and 6g fat.

### Jack-o-Lantern Cheese Ball

Submitted by anonymous

- 2 C shredded Cheddar cheese (8 oz)
- 4 oz Cream cheese, softened
- ¼ C solid pack pumpkin
- ½ C pineapple preserves
- ¼ tsp ground allspice
- ¼ tsp ground nutmeg
- 1 pretzel rod, broken in half
- dark rye bread, red pepper and black olive slices
- assorted crackers



Beat cheeses, pumpkin, preserves and spices in medium bowl until smooth. Cover; refrigerate 2 to 3 hours or until cheese is firm enough to shape.

Shape mixture into round pumpkin; place on serving plate. Using knife, score vertical lines down pumpkin. Place pretzel rod in top for stem.

Cut bread into triangles for eyes. Decorate as for a jack-o-lantern with the peppers and olives.

Cover loosely; chill until serving time. Serve with Crackers

### Pumpkin Cheese Ball

Submitted by anonymous

From a Topeka, KS magazine editor, Linnea Rein.

- 1 8-oz pkg cream cheese
- ½ C canned or cooked pumpkin
- 1 8-oz can crushed pineapple, well drained
- 2 C shredded sharp cheddar cheese
- 1 2-oz package dried beef, finely chopped
- 1 Tbs onion, finely chopped
- celery leaves
- crackers or raw vegetables

In a mixing bowl, beat cream cheese, pumpkin and pineapple. Stir in Cheddar cheese, beef and onion. Shape into a ball; place on a serving platter. Score sides with a knife to resemble a pumpkin and add celery leaves for a stem. Serve with crackers and/or vegetables.

### Black Halloween Punch

Submitted by anonymous

- A black and spooky touch for your table
- 1 (.13oz) envelope unsweet grape soft drink mix
- 1 (.13oz) envelope unsweet orange soft drink mix
- 2 C white sugar
- 3 qts cold water
- 1 L ginger ale

To make a frozen hand, wash a disposable glove, fill with water, seal with a rubber band and freeze until hard.

Stir together grape soft drink mix, orange soft drink mix, sugar and water until solids are dissolved. Combine with chilled ginger ale just before serving. Dip the frozen hand/glove briefly in warm water, then peel off the glove. Float the prepared "hand" in the punch bowl for a ghastly effect!



### Green Punch

Submitted by anonymous

- A great-tasting punch for anything calling for green.
- 2 (0.3 oz) pkgs lime flavored gelatin mix
- 1 qt hot water
- 1 (46 fluid oz) can pineapple juice
- 2 (12 fluid oz) cans frozen orange juice concentrate, thawed
- 2 C white sugar
- 4 ½ C cold water
- 2 L ginger ale

In a large saucepan, dissolve the gelatin in 1 quart of hot water. Allow to cool.

When gelatin is cool, pour into a large punch bowl. Stir in pineapple juice, orange juice concentrate, sugar and 4 ½ C cold water. Pour in ginger ale just before serving.



An "organic" rocket ship from the Botanical Gardens in Montreal

## Over the Fence...



### 2009 Program Line-up

**November:** Round Table forum on the various uses of herbs. Our SIGs will help host and present the various topics—some will include “take-away” items promoting the craft or recipe or topic. Contact Jean Dukes. This is a great way to connect with folks and maybe come up with an idea for a new SIG or two!

### December Meeting Program is our Annual Members' Banquet

Membership is asked to provide all food items - it's a veritable pot-luck heaven!! SAHS provides all the accoutrements and beverages. See separate article by the chair.

**January:** 2010 Herb of the Year is Dill (*Anethum graveolens*); Joint meeting with the Men's Garden Club.

### GVST Classes

ESSENTIALS OF GARDENING 3rd Monday of every month from January-December 2009, 12n - 3:15pm  
San Antonio Garden Center, 3310 N. New Braunfels  
Light refreshments are served, and you are welcome to bring your brown bag lunch.  
*submitted by Sandra Lyssy*

### Next Board Meeting

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

### Lost-n-Found

Sandra Lyssy has agreed to hold those items left-behind from our various meetings and other functions. If an item is not claimed after 3 meetings, it goes on the share table or to a thrift shop collection.

### Other Events in November & December

#### **Aromatherapy** workshop.

In November, Contact Jean Dukes.

**Rainwater Collection:** classes on rainwater collection systems at the Cibolo Nature Center in Boerne on November 14th. Contact the nature center to sign up at 830-249-4616.

#### **Sandy Oaks Olive Orchard cooking demo/workshop**

November 14, 11:00 AM - Mediterranean Comfort Food  
December 5, 11:00 AM - Starters and Stoppers  
Olive Culture and Cuisine Come Alive at Sandy Oaks Olive Orchard

Sandy Oaks invites you to experience “Olives with a Texas Accent!”™ with a subtle infusion of Latin American and Mediterranean cuisines. Borrowing from traditional Spanish and Mediterranean practices of fresh ingredients and vibrant yet delicious flavors; our cooking demonstrations will introduce you to olives and olive oil from Texas and other regions of the world. Demonstrations include a complete lesson and meal, recipe cards, a tour of Sandy Oaks Olive Orchard and a sample from the Sandy Oaks product line.

Space is limited - make your reservations in advance. \$35.00 per person. 210-621-0044

### Cooking Classes with Diane Lewis

“Dieting Made Tasty with Herbs” Nov. 6

“Herbs for the Garden, Kitchen & Bath” Nov. 14

“Herbal Delights for the Eyes and Palate” Dec. 5

Diane conducts some very interesting classes through the NEISD community education system. In this series, she'll promote the use of herbs in everyday cuisine and the bath as well as a few gardening tips.

These classes include a light lunch with recipes and take-away samples. Contact NEISD for info by phone at 210-657-8866 or on the web at [www.communityed.neisd.net](http://www.communityed.neisd.net)

### **The Dinner Garden™**

Got an e-newsletter from the Hirshbergs a couple of weeks ago. You'll remember last summer, Holly gave us a brief run-down on their goal of help everyone in need learn how to keep a dinner garden in their own backyard. A worthy mission, certainly. Keep up with them here: <http://www.dinnergarden.org/>

### **The Herb Companion online e-news “How to Boost Your Immune System with Herbs”**

A recent issue of this publication had an article featuring those herbs notable for their immune system boosting constituents. Aside from the common-sense, wash everything, eat healthy foods, and exercise regimens with which we're all familiar, these herbs can help promote the ability of one's immune system during stressful times. They do so by boosting the blood system and its components among other abilities.

American ginseng, Andrographis (Indian Echinacea), Echinacea, Eleuthero, Elderberry, Green tea, Astragalus, Garlic, Mushrooms.

Check out the article and study up on these yourselves. <http://www.herbcompanion.com/health/>

A few weeks ago, there was a similar article (Q&A format) regarding heart health and herbs. Such wonderful plants, these are! Article was titled: *Ask the Herbalist: Prevent Lifestyle Illnesses.*

**Green Tips and Thinkin' About the Holidays...**

It's not too early to think about Christmas and Winter Holiday “green” gifts. Oranges and grapefruit are plentiful and delicious right now. Start saving pretty yogurt containers, fill them with soil mix, and plant them with orange and grapefruit seeds that you save on paper towels. They will be sprouted by early December and will make cheerful citrus mini-trees to pass out to friends or to use as creative place markers at the holiday table. And save and dry the citrus peels to mix with cloves for your holiday potpourri.

*submitted by Lyn Belisle*

Ed. note: For those of you more traditionally and culinarily (*is this a real word?*) inclined, take a bag of that mixed citrus and whip up some marmalade. Top the canning jar lids with attractive fabric or ribbon or raffia and a gift card (be sure to see the Craft SIG's presentation during the November meeting for those) and there's some nice, homemade treats. (Send 'em right on along to my house.)

## From SAWS' e-news, "cnsrv"

10/22/2009

Surveying the Drought Damage

By Calvin R. Finch

The drought-breaking rains will quickly translate into new growth and full recovery for many plants over the next few months. Roses, lawn grass, perennials and wildflowers are especially adept to quick recovery.

For other plants, recovery will be slower and require one or more full growing seasons with adequate moisture. Still for others, the rain came too late, and they will continue to decline and die over the next few years.

Slow-recovering and threatened plants are easy to recognize by the branch dieback, which indicates root damage. A plant with root damage is less likely to utilize the newly available soil moisture and has very little tolerance for recurring stress due to dry or soggy soils.

Identify those plants (usually trees and shrubs) that were severely injured in the drought and give them special attention.

Prune off dead wood.

Apply mulch over the root system.

For shrubs and small trees, provide deep watering every time the soil dries under the mulch.

For large trees, limit irrigation to once per month if there is no rain.

It's key for the soil to dry out some between watering events. Soggy soil is just as deadly to a plant with root damage as drought is.

Also, avoid fertilizing an injured plant until you know for sure it has recovered and there's new growth. Fertilizers are salty and nutrients are effectively utilized only by plants with strong root systems. Most importantly, proceed with moderation as there is no quick fix.

*Calvin R. Finch is director of regional initiatives and special projects for San Antonio*

## SA Botanical Garden

**Family Art in the Garden** with The Southwest School of Art & Craft

Second Saturdays of the Month, 1:00 pm - 3:00 pm

### **Featured Adult Classes**

Saturday, November 7– *Haircuts for your Plants*

### **Art in the Garden**

Metal geometric sculptures of John Henry through June 2010

**Farmers Market (Thursdays)** 8 am - 1 pm

**Plant sales**, Wednesday mornings, Carriage House.

Contact [www.sabot.org](http://www.sabot.org) for information



## A Cookbook Review

*The Diabetes Seafood Cookbook: Fresh, Healthy, Low-Fat Cooking*

by Barbara Seelig-Brown

I promised myself I wouldn't buy another one – I must have hundreds. I could count them all if I could remember their various locations around the house. Cookbooks. A major weakness. I'm sure many of you understand. We are a sisterhood, are we not?

But I couldn't pass this one up. As I listened to Barbara Seelig-Brown talk about her book during an interview on some show on Sirius' Martha Stewart Living channel, I got hungry. She animatedly talked about a few of the recipes, simple, fresh, healthy. While I'm not diabetic, I sure do have a lot of "cleaning up my act" to do, and this cookbook seemed to be a great step in that direction. Besides, the "fish cookbooks" I had in my cookbook library hadn't always proven to be as practical as I would have liked. Okay, so there's at least a couple of excuses to splurge on another cookbook...

I didn't count the number of recipes, but there are about 150 pages (not counting the introduction, index, etc.), one recipe per page, with a "Table of Contents" page in front of each chapter. The general "Table of Contents" includes 10 chapters: Starters; Soups and Salads; Salmon; Tuna, Swordfish, & Halibut; Thin Fillets; Thick Fillets; Shellfish; Whole Fish; Sauces and Dressings (5 recipes); and Rounding Out the Meal (12 side dishes and 1 dessert). The last chapter was a pleasant surprise for me since I expected only recipes that included fish (did I mention I actually bought this book sight unseen?), kind of like a free "bonus". (I love free things!)

Thumbing through the book I see heavy emphasis on fresh produce and herbs. Every recipe screams "Healthy! Eat me!" More than 50% of the recipes use fresh herbs; some incorporate dried. Ingredients are easy to find in your neighborhood grocery store (or in your own back yard). While I haven't had a chance to prepare any of the recipes (tomorrow night I'm making Seared Tuna and White Beans – ask me about it at the November meeting), I've been "tasting" them as I read through them like a novel. I've never been good at deconstructing the recipe as I taste a prepared dish, but for some reason I can sense the flavors in my mouth as I read the ingredient list. And I haven't found any in this book that I wouldn't try. (Well, I'm a little shy when it comes to whole fish...I need to get over that). They all sound delicious.

As an added bonus, every recipe meets the nutrition guidelines of the American Diabetes Association and includes exchanges as well as nutritional information. Almost every recipe includes a "Cook's Tip". Serving suggestions are also included. There are only a few pictures in the middle of the book; I wish there were more, because the ones included are very inviting! But more pictures might have taken the price higher than \$18.95, and, in my opinion, the book is well worth the price. (And when you use a 30% off coupon from Borders, you just can't lose.)

Barbara Seelig-Brown is the host of the TV cooking show, *Stress Free Cooking*, and has her own website: [www.stressfreecooking.com](http://www.stressfreecooking.com).

Oh, and before I close, here are some of the recipes to whet your appetite: Shrimp Scampi Mini Phyllo Tarts; Mixed Bean Chili with Cod; Asian Tuna Salad; Salmon Tacos; Halibut in the Style of Osso Buco; Fish Fillet with Fennel, Figs & Orange; Risotto with Shrimp and Lemon; Mushroom Garlic-Scented Rice. –

*submitted by Gayle Morris*

## San Antonio Herb Society Minutes

**Meeting October 8, 2009**

Eileen Achorn called the meeting to order at 7:05 and welcomed newcomers and thanked Sandy Lyssy for the superb Halloween-themed table decorations.

A short business meeting followed, the highlights of which were:

Approval of the secretary's minutes from the previous month;

Another request for a member to step in as Treasurer;

A final Herb Market update from Diane Lewis;

An announcement about "Bootanica" at the SABOT on the 25<sup>th</sup> by Lyn Belisle;

An announcement about the Native Plant Society speaker, author Matt Turner, by Diana Fox;

Information about Cabot Cheese by their representative, Irene (didn't get last name);

Reminder about the November SIG round-table;

Request for December banquet chairman and vote by members to forego a meat and to have wine again this year – Gayle Morris and Marguerite Hartill offered to cork (see separate article regarding the banquet);

Vote to accept the by-laws as published.

Eileen adjourned the meeting at 7:30 and everyone proceeded to shop.

Participating vendors were:

- Jean Dukes with aromatherapy products;
- Mike Belisle with habanero jelly;
- Sally Ann Hnatiuk with herbal jelly and dream pillows;
- Beverly Tibbs and Madeleine Sprague with garden art;
- Joyce Efron with quilted products;
- Patty Wilson with SAHS products and her own fabric creations;
- Eileen Achorn with beaded jewelry and fabric bowls;
- Cabot Cheese with cheese samples.

*Submitted by Eileen Achorn*



## From the Membership Chair

### **New Members**

We welcome some new members to the San Antonio Herb Society. We're so glad to have you join us!

Catherine Antone

Evangelina Aparicio

Kamisah Cromwell

San Juanita T. Preciado

Lucy Robles

Vida Rodrigues

Yun Shi

And for those of us who have been with the Herb Society for a while now, watch for these fine folks at future meetings, introduce yourself and make sure they feel right at home!

### **Searching for 1999 Members...**

Our Membership Chair has a copy of every San Antonio Herb Society roster except, alas...1999. If you joined the San Antonio Herb Society in 1999, please contact Gayle Morris (above-mentioned Membership Chair) by phone (210-497-7416) or email ([gaylemorris09@gmail.com](mailto:gaylemorris09@gmail.com)) as soon as possible. She would love to hear from you!

### **Name Tag Orders**

Most often we have only one or two nametags to order, either for those newest members who have attended 3 meetings or as replacements. So...in an effort to make the process more cost-effective and time-efficient, orders for nametags will be placed on a quarterly basis, unless we have an unusually large number of nametags to order before the end of a quarter.

I have several nametags that I bring to every meeting waiting for pick-up – so if you've been contacted that your nametag is ready or think you might have one waiting for you, don't forget to stop by the Membership Desk on your way in! I try to catch people as I can, but sometimes it just gets pretty busy over in that corner!

*Submitted by Gayle Morris, Membership Chair*

## **From the Old Farmer's Almanac:**

Full moon is November 2nd. For both the colonists and the Algonquin tribes, this was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. This full Moon was also called the Frost Moon.

December 2nd is the next full moon, known as the Full Cold Moon. This is the month when the winter cold fastens its grip and the nights become long and dark.

This full Moon is also called the Long Nights Moon by some Native American tribes.



## **December Newsletter Deadline**

Wednesday following the regular meeting.

I.e., November 20th.

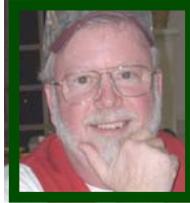
YOUR contributions, reports, commentary & photos are always welcome.

Thanks!

*2010 is just around the corner!! Membership renewal time begins in January.*

## Brian's November o-Do List for The Garden

Compiled by MG Brian D. Townsend



*“When the world wearies, and  
society ceases to satisfy, there is  
always the garden.”*

### **1st WEEK:**

Enjoy the bright flowers of salvias, Cape honeysuckle, firebush, firespike, esperanza and poinciana, which will bloom until the first serious cold wave.

Remove debris from flowerbeds and gardens to control disease and insects.

Plant onions, radishes and spinach, English peas, sugar snap peas and collards. Continue harvesting fresh vegetables from your garden.

Hibernation begins at this time for the ladybug and goes through to January.

**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. - *EW*

Complete harvesting of cold sensitive herbs and dry or freeze them for later use. Apply compost as winter mulch if not done in Oct. Mature herb plants will be high in essential oils - this is a good time to preserve them. - *Herbs: A Resource Guide for San Antonio*

### **2nd WEEK:**

Mulch deeply all subtropical perennials (listed earlier) until March. - *me*

Put out birdseed for migrating birds. Shallow dishes of water will help quench their thirst.

Crickets can make a pretty good thermometer in a pinch. They chirp at a rate that increases as the temperature rises: the higher the temperature, the greater the number of chirps per minute. Count the number of chirps they make in fourteen seconds and that will be the temperature at their location. - *TGS*

### **3rd WEEK:**

Papayas are not cold hardy. Be prepared to harvest the fruit when temperatures below 36 degrees are forecast.

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

This is a good time to build a compost bin. Leaves can be raked and composted and ready for spring gardening.

### **4th WEEK:**

Plant spinach transplants for a nutritious, attractive vegetable that can be harvested all winter.

If deer visit your garden, but you still want winter and early spring color, plant flowering kale, ornamental cabbage, snapdragons and bluebonnets. The deer don't seem to find them as tasty as other plants.

Tomatoes, peppers, okra, beans, and Southern peas will continue producing as long as warm weather prevails.

*Many thanks to my contributors for sharing their wisdom so I can learn and share it with you. -Brian*

## SIG-nificant Events

**SIG Leaders...** Don't forget to get a report to the newsletter editor for *next* month!

### Healthy Living with Herbs SIG

In the fall, the HLWH SIG has the tradition of holding a pot-luck healthy soup meeting. We all bring a healthy soup and the recipe and information about the healing ingredients found therein. What might be hard to imagine is the fabulous flavors in each. This year, we were treated to a hearty lentil soup (for protein and warming), a "Sore Throat" broth (see recipe), an Asian combination soup that was more of a meal with all the things to put in. For dessert, there was a healthy apple and oat crisp. In between, Jean gave us a short overview of an essential oil proprietary blend by Young Living. *Thieves* is an-all purpose healing E.O. that can be used neat or in all manner of consumables.

Needless to say, we all went home with full tummies and happy taste buds!

#### **Soup for Sore Throat** By Jane T. Davis

*Submitted by Jean Dukes*

12 oz. salt free chicken broth

1 heaping tsp. of miso

1 T raw organic apple cider vinegar

2-3 cloves of squeezed garlic

2 healthy shakes of cayenne pepper or to taste

1 T Olive Oil

Juice of ½ lemon

1 drop lemon essential oil

1 drop clove essential oil

1 drop oregano essential oil

1 drop ginger essential oil

Put all ingredients into pot (except the essential oils & lemon juice). Cook until the garlic and ginger have had time to blend nicely. Add oils & lemon juice at end and remove pot from heat immediately. Put the entire lot into a large bowl and have fun getting better! (Note from Jean: Use only pure, therapeutic grade essential oils)

*submitted by Joe-Beth Kirkpatrick*

## SIG-nificant, continued

### Herbal Crafts SIG Schedule

This month we had several people teach a craft as we started on ideas for Christmas presents. As you know, most vinegars must develop for a few weeks. As do mustards. Sandra made a marvelous salad burnett/chive vinegar. Diana Fox was unable to attend but she sent a tasty apple/lime vinegar for us to share. The limes were from her back yard. We made an extraordinary Dijon style mustard that Marilyn taught. Sally Ann also taught a Dijon style mustard and then used that as a base for a Black Peppercorn mustard. All three mustards were different and tasty. We were all talking about how to use the mustards when we cook. We made an Evelyn inspired recipe of roasted rosemary walnuts. Then we learned how to make a lip balm was creamy and delicious tasting. And lastly, we made Herbes de Provence that were used to make a Christmas gift bag of Herbed Focaccia Bread mix. As usual we had food fit for the queens and plenty of it.

The November 21 meeting has been changed: We will travel to Sandy Oaks Olive Orchard to participate in the cooking demonstration that day.

*Submitted by Sally Ann Hnaituk*



Sally Ann, Sandra, Kathryn and Linda invite you to join them in the Craft SIG's variety of projects and camaraderie.



### **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 and a person may have a reaction to any herbal product even though it is not a toxic substance.*

## **Treasurer's Report, September 2009**

*Submitted by Kathryn Seipp*

INCOME	
MEMBERSHIP	\$40.00
Rsrce Guides & Cookbooks	131.30
Booklets	6.00
<b>TOTAL INCOME</b>	<b>\$177.30</b>

EXPENSES	
ATTENDANT FEE	\$45.00
COPIES	137.97
Honorarium	50.00
POSTAGE AND DELIVERY	194.90
Storage	50.00
RENT EXPENSE	160.80
SUPPLIES	55.67
Website hosting fee	60.00
<b>TOTAL EXPENSES</b>	<b>-\$754.34</b>

**TOTAL INCOME — EXPENSES** **-\$577.34**

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9/30/2009 BALANCE

ASSETS	
CASH ON HAND	0.00
FROST CERT OF DEPOSIT	1,154.09
FROST CHECKING	3,343.40
FROST SAVINGS	2,385.00

**TOTAL CASH & BANK ACCOUNTS \$6,822.49**

### '09 - '10 SAHS Board Officers

**Eileen Achorn** - President  
207-712-1903 (cell), [Eileen.Achorn@utsa.edu](mailto:Eileen.Achorn@utsa.edu)

**Evelyn Penrod** - Co-Vice President Programs  
830-438-2290 (cell), [epenrod@gvtc.com](mailto:epenrod@gvtc.com)

**Jean Dukes** - Co-Vice President Programs  
210 566-4379 (cell), [10days@earthlink.net](mailto:10days@earthlink.net)

**Gayle Morris** - Membership  
210-497-7416 or 210-912-9787 (cell)  
[gaylemorris09@gmail.com](mailto:gaylemorris09@gmail.com)

**Jan Conwell** - Secretary / Recording  
575-439-7522 (cell), [jan\\_storyteller@yahoo.com](mailto:jan_storyteller@yahoo.com)  
Treasurer - vacant

**Lyn Belisle** - Webmaster & Green List Coordinator  
210-826-6860, [belisle@satx.rr.com](mailto:belisle@satx.rr.com)

**Kathryn Seipp** - Publicity / PR  
210-495-3591, [kseippccc@aol.com](mailto:kseippccc@aol.com)

#### Contacts

**Joe-Beth Kirkpatrick** - Newsletter  
210-590-9744, [joby53@gmail.com](mailto:joby53@gmail.com)

**Sandra Lyssy** - Hospitality (needs assist)  
210-659-5561, [slyssy123@yahoo.com](mailto:slyssy123@yahoo.com)

**Patty Wilson** - T-shirts, Cookbooks  
210-647-0838, [dwilson@satx.rr.com](mailto:dwilson@satx.rr.com)

**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](http://www.nematodenick.com)

**In Home Senior Care**

Greg & Jinnie Perkins  
5805 Callaghan Rd. Ste. 205  
SAT 78228  
(210) 256-2273  
[www.inhomeseniorcare.net](http://www.inhomeseniorcare.net)

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

Herb, Cooking & Gardening Classes;  
Landscape Design  
(210) 495-6116  
[drldesigns@swbell.net](mailto:drldesigns@swbell.net)  
[www.communityed.neisd.net](http://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](mailto:10days@earthlink.net)  
[www.tendayshealth.com](http://www.tendayshealth.com)

**BarleyBaby.com**

Sil & Yoli Huron  
2127 Santa Monica St  
SAT 78201  
(210) 735-9053  
[health4ever@barleybaby.com](mailto:health4ever@barleybaby.com)



**More at the SA Botanical Garden**

Don't forget to visit the Garden this fall and see the **BIG BUGS!** installation. A 25 foot tall praying mantis greets you and gets you in the mood to meet a 7 foot ladybug, a spider with a 12 foot web and a dragonfly with 17 foot wingspan. The sculptor, David Rogers, has been working with these bugs for several years and has as much fun making and touring them as people do seeing them. With eight kinds of bugs in all, this exhibit is a delight.

**Herb Market**

Thanks from the SAHS for all you terrific volunteers who made our efforts in the new venue a great success!!

**Hearty Handshakes to the  
Co-Chairs, Evelyn Penrod and Diane  
Lewis for their superb teamwork!**

*In everything, be Thankful*  
Gratitude is not only the greatest of virtues, but  
the parent of all others.  
*Cicero '54 BC*

**PLEASE SEND TO:**



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