



# La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 272, November 2012

*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 8, 2012 Juicer Heroes with Josh and Jason



Jason and Josh are two brothers who became passionate about juicing and healthy living as a necessity. In 2008 Jason began to experience several unrelated symptoms that, after visiting several doctors and dozens of tests, no real diagnosis could be determined. Jason spent hours on the internet and finally deduced he had heavy metal poisoning and attributed this to the amalgam or mercury fillings he'd received in childhood. He then researched how to detoxify his body and discovered that juicing of greens was perfect for him. This led to Jason and his brother founding Juicer Heroes, which provides a menu of the freshest, healthiest fruit and vegetable juices with varieties for every taste and pricing to fit every budget. Join the Herb Society members and guests on Thursday, November 8th, to hear the Juicer Heroes' story.



Members N-Q, please bring a tasty treat for our Hospitality Table. Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor for publication). Come on out to the lovely San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, see our website at [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

## 21st Annual Herb Market Report

...October 20th—what a day! SAHS troopers were out in force once again to both convey our passion for herbs to the general public and to sell a few of our books to help boost the treasury. Almost 30 SAHS volunteers helped with our own booth plus the Market's t-shirt booth plus the chef's demonstration plus gave a special talk on Roses, 2012 Herb of the Year \**whew!*\*. We took a few new memberships (Welcome!) and talked until almost hoarse with lots of folks interested in the various uses of herbs of all kinds. Our free brochures were generously distributed both for the timely information and for the contact information included to help bring folks to our meetings and open circle of friends.

If you were a volunteer, we hope you had a good time meeting old and making new, enjoying the pleasant weather and new location (close to the farmer's market spot) and talking to our many and varied customers.

**Especial** thanks and hearty handshakes go to Diane Lewis for her incredible attention to detail and making sure everything ran smoothly.

Thanks also to Evelyn Penrod for being SAHS' voice on the Market Association's board and helping get the Market planned properly.



## Winter Banquet: AN OLD-FASHIONED CHRISTMAS

Our final meeting of 2012 is right around the corner, and now is the time to mark your calendars for December 13th, and SAHS' annual Holiday Banquet. In remembrance of holidays past, the Culinary SIG is hosting an Old-Fashioned Christmas that we hope our members and their guests will enjoy.

For those wishing to participate in the traditional gift exchange, please bring a wrapped herbal gift (\$15 max value) to put on the gift table.

Our potluck dinner will be divided up this way: Members with last names beginning A thru F, appetizer; G thru L, side or salad; M thru R, entrée-type dish; S thru Z, dessert. Since we are saying farewell this month to **ROSES** as the 2012 Herb Of The Year, perhaps members will bring dishes incorporating that floral herb. (Recipes are in the new booklet!)



### Hospitality Table

**Schedule:**  
Jan: A-F  
Feb: G-M  
Mar: N-Q  
Apr: R-Z

### Members' Sale Tables

Contact any Board member at least 2 weeks in advance for a table.

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GO TEXAN.

Be sure to view the unabridged version of this newsletter with its full color photos @ [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

Thanks to *everyone* who shared their delicious dishes and recipes during our October meeting.

Crystalized Ginger Bits  
 Coleslaw with Celery Seed - Submitted by Mike Belisle  
 Orzo Salad with Artichoke, Basil & Goat Cheese - Submitted by Evelyn Penrod  
 Meatballs with Sauce Submitted by Barbara Quirk  
 Focaccia Bread - Submitted by Maria Luhmann

### Orange Scented Olive-Oil Cake With Orange Compote and Ganache

submitted by Carol Hamling (from Martha Stewart)

#### Ingredients

1¾ C all purpose flour  
 3 or 4 oranges (use blood oranges if in season)  
 1C sugar  
 ½ C buttermilk  
 3 large eggs  
 2/3 C extra virgin olive oil (I used extra light)  
 1½ tsp baking powder  
 ¼ tsp baking soda  
 ¼ tsp salt

#### For Compote:

2 Tbs honey

#### For Ganache:

¼ C heavy cream  
 2 (1/3 cup) oz bittersweet chocolate (70%)  
 finely chopped

Note: use a serrated knife

#### Directions

1. Preheat oven to 350°F. Butter and flour a 5 x 9 inch loaf pan. With a vegetable peeler, remove peel from half of 1 orange, leaving pith. With a paring knife cut rind into enough matchsticks to yield 1 tablespoon. Finely grate enough rind of remaining oranges to yield 1 packed tablespoon zest.
2. Working over a bowl. Cut segments of 3 oranges free of membranes. Squeeze juice from membranes into a bowl, you need ¼ cup juice for cake, set aside. Cut segments in half, place in bowl with matchsticks of orange peel; set aside.
3. Combine sugar and zest in a bowl; using your fingers rub together well. Add reserved ¼ cup juice and buttermilk, whisk to combine. Add eggs and oil, and whisk to combine. In small bowl whisk together flour, baking powder, baking soda and salt add to buttermilk mixture, whisking until smooth.
4. Transfer batter to pan and bake until golden and a toothpick inserted in the middle comes out almost clean, about 50 minutes. Let cool in the pan on a wire rack for 15 minutes. Turn out of pan, let cool 2 hours. Stir the honey into oranges segments to make the compote

To make Ganache: bring the cream to a gentle simmer in a small saucepan. Pour over chocolate in a bowl, let stand 5 minutes and whisk until smooth. Drizzle Ganache over cooled cake, and let set about 1 hour. Serve cake with orange compote.

### Olive Oil Dipping Sauce

Submitted by Jane McDaniel

#### Ingredients

Olive oil (3 parts)  
 Balsamic vinegar (1 part)  
 to taste  
 hot pepper flakes  
 fresh ground pepper  
 pinch of salt

#### Directions

Mix well; serve in a shallow bowl or deep saucer.



Empty plate = what happens when you wait to long too get a sample

### Castelluccio Lentils w/ Tomatoes & Gorgonzola

Submitted by Anonymous

Ingredients -- Oven-dried Tomatoes

5 plum tomatoes  
 8 sprigs thyme  
 1 Tbs olive oil  
 2 Tbs balsamic vinegar  
 salt to taste



1 red onion, small, sliced thin  
 1 Tbs red wine vinegar  
 1 tsp Maldon sea salt  
 1 1/3 C Castelluccio lentils  
 3 Tbs olive oil  
 1 garlic clove, crushed  
 black pepper  
 3 Tbs chervil or parsley, chopped  
 4 Tbs chives, chopped  
 3 Tbs dill, chopped  
 3 oz Gorgonzola, crumbled

#### Directions

##### Oven-dried Tomatoes

Preheat oven to 275oF. Quarter the tomatoes and place skin-side down on a baking sheet lined with parchment paper. Arrange the thyme sprigs on top; drizzle the olive oil & balsamic vinegar and sprinkle with some salt. roast for 1 1/2 hours or until semi-dried. discard the thyme and allow to cool slightly. Reserve the cooking juices. Meanwhile, place the sliced onion in a medium bowl, add the vinegar and sprinkle with sea salt. Stir and leave for a while until the onion softens.

Place the lentils in a pan of boiling water (cover the lentils at least 1 1/4 inches); cook for 20-30 minutes or until tender. Drain well in a sieve and while still warm, add to the sliced onion. Also add the olive oil, garlic and some black pepper. Stir to mix and set aside to cool. Add the herbs and gently mix. Taste and adjust the seasoning.

To serve, pile up the lentils on a large plate or bowl, integrating the Gorgonzola and tomatoes as you build the pile. Drizzle

### What's in Your Garden? Olives!

How about what's in the school's garden?

A recent article in the SA Express-News featured a local middle school's adaptive use of some surrounding acreage that was otherwise unusable for development. Some of the staff did their own homework and decided that a garden of some sort could be incorporated into various normal school subjects.

Well, that garden included a bunch of olive trees & a crash course in their care and feeding from Sandy Winokur from the Sandy Oaks Olive Orchard. The history teacher (de-facto manager of this little garden) really does bring the students into the garden and uses it to bring history to life for the kids.



The students are quite enthused and, according to the article, recently harvested several hundred pounds of the little fruit and received \$145 for them from Sandy Oaks. Being good stewards, part of what they learn is to take that income and reinvest it into the garden. This year, they're adding mulch. Next year, who knows? They may be making a lot more just like they'll be learning a lot more!

Congratulations to the staff of Tejada Middle School for this great effort. May it continue for generations!



## Over the Fence... 2012—2013 Program Line-up

**November:** Juicer Heroes ([juicerheroes.com](http://juicerheroes.com))

**December:** Member holidays party/banquet/reception:  
*An Old Fashioned Christmas*

**January 2013:** Elderberry, 2013 Herb of the Year

**February 2013:** to be announced

**March 2013:** to be announced



**April 2013:** Board nominations announced

**May 2013:** Spring banquet; Board of Officers election

### Have ideas for programs?

Know a great speaker for an interesting herbal topic? Contact Maria Lührman or Emily Sauls with your suggestions.

### Next Board Meeting

**November 26, 6:30 pm.** 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.

### 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 Kim Paynter

### We're OUT of the SAHS Cookbook, Vol III!

Well, almost out. After the Herb Market, there were only 10 returned to the storeroom. Folks, it's a fairly time-consuming and long-term job to put a book together and get it published. Help is needed to complete the effort; to compile our next book, the "Best Of" cookbook, contact co-chair Kathy Bruce at [kmbruce05@gmail.com](mailto:kmbruce05@gmail.com)

Oh, and ask for your copy of the great Vol. II cookbook before they disappear!

### Monticello Park Home & Community Garden Tour

Sunday, Nov. 4, 11am-5pm. Tickets (\$15) available via Jan Peranteau or go by the gazebo in the pocket park at Club/Kampmann that day. Tour this lovely historic district and discover 6 terrific homes and the thriving **Community Garden!** Call Jan 733-5923 for info. See also, [monticelloparkna.com](http://monticelloparkna.com)

### SA Botanical Garden Events

Art in the Garden features metal sculptors' varied works in the Conservatory atrium.

Dinosaur Stampede exhibit runs to Dec. 31.

For info call 210-207-3250 or visit [www.sabot.org](http://www.sabot.org)

### Garden Center Events

"Landscaping for Wildlife" is the topic of Judit Green's talk at the regular meeting of the San Antonio Garden Center on Wednesday, November 7th at 9:30 am. Judit has been an Urban Wildlife Biologist with Texas Parks and Wildlife Dept. for the past 17 years conducting outreach and technical guidance on conservation of natural resources that benefit wildlife, landscapes and water. Judit brings ideas about how to attract more birds, butterflies and friendly wildlife to your yard along with ideas on how to incorporate "wild creature comforts" into your landscape.

SAGC monthly meetings are held on the first Wednesday of each month and are free and open to the public. For more information call 210-824-9981 or check out their website at [SanAntonioGardenCenter.org](http://SanAntonioGardenCenter.org)

### Interested in Texas Native Plants?

Native Plant Society of Texas, San Antonio chapter meets 4th Tuesdays @6:30 pm over at Lion's Field on Broadway.

Webpage: [www.npsot.org/sanantonio](http://www.npsot.org/sanantonio)

### Comal County Master Gardener program

For information on upcoming programs, contact Carolina Gordon at [cvgordon55@gmail.com](mailto:cvgordon55@gmail.com)

### Guadalupe County Master Gardeners

Meet the Thursdays @ 7pm in the Agri-Life extension center (210E. Live Oak) in Seguin. Free. For more information on class locations & times, please call us at 830-303-3889 or check our website at

[www.guadalupecountymastergardeners.org](http://www.guadalupecountymastergardeners.org)

### GVST Presents the "Essentials of Gardening"

3rd Monday of Each Month @ San Antonio Garden Center 3310 N. New Braunfels (at Funston)

Free and Open to the Public, donation is appreciated; No reservations required; Bring your hand pruning tools and have them sharpened by Dr. Phix-It (aka Tom Harris) for \$2 each tool, a donation to Gardening Volunteers of South Texas

*Monday, November 19*

Session 1: Creating Landscapes with a 'Naturalistic Design, with Susan Crawford Taylor, Medina County Native Plant Specialist, creator and curator of the native plant garden around the Medina County Community Library.

Session 2: TBA

*Monday, December 17*

Session 1: Softening 'Hardscapes' with Colorful Container Gardens, with Patrick Murphy, *the Perennial Potter*.

Session 2: Care and Feeding of Christmas Cactus, with Claude Townsend, San Antonio Cactus & Xerophyte Society.

Dr. Tom Harris, a co-founder of GVST, also teaches Continuing Education gardening classes for Northside and North East Independent School Districts. For information, visit Tom's website at [www.TheHillCountryGardener.com](http://www.TheHillCountryGardener.com)

### Letter to the Editor

I would like to thank all those who were involved in the organization of the SAHS's first scholarship garden tour, from the inception of the idea, the organizing committee, to those willing gardeners who put hours into preparing their gardens and showing them, AND to the SAHS volunteers who helped on the actual day of the tour. What a delight it was, to see all those gardens, and what variety! From Auntie Bev's Re-Purposed Garden, with lots of great tips on how to mulch (with old carpets!!) and how to speed up newly planted seedlings (using dried milk in the bottom of the planting hole!), to Marguerite Hartl's Xeriscape Garden, a garden virtually wrenched from the Hill Country rocks, ("is this really how you plant trees in S.Tx. - using a jack-hammer????!!!!"), and Diane and Rob Lewis's Wildscape and Butterfly Garden, where Diane gave expert and wide-ranging advice on gardening in the shade, after a drought, and encouraging butterflies to range.

There was Square-Foot Gardening, a fascinating Budget Garden (which was a jungle wilderness, 6 years ago), a Texas Eclectic Garden, and a garden with chickens (Urban Chicken - don't you love it!!) which generated a LOT of interest (we could hardly get IN the garden). There was a amazing Cacti and Succulents Garden, chock a block full of every kind of cacti that you could imagine, and a garden in the making, Urban Chic, which was downtown. We drove around, Veronica Gard, Carol-lee Fisher and I, and loved it. Took all the excellent handouts, heard that there had been 170+ visitors at the end, and hoped that our trusty SAHS will do this again.

Thank You!

Jane McDaniel, Past Pres. SAHS



## Minutes from October 11, 2012

### General Meeting

Meeting called to order at 7:00 by Co-President Maria Luhrman. Attendance was 58 people.

Maria announced that the presiding President, Marla Garza, has had to step down as President due to work and school requirements and that according to the SAHS by-laws, the two co-vice presidents (Maria Luhrman and Emily Sauls) will assume those duties for the term of office.

Maria greeted and welcomed all, acknowledging visitors and new members, thanked the Hospitality Committee and all the food providers. Invited all to stop by the member's tables (Jinnie Perkins with Usana and In-Home Senior Care, and for tonight the presenter's (Abbie Rutledge) Texas Olive Ranch olive oil) and to visit the SAHS table, manned by Yvonne Baca tonight for cookbooks, resource guides, and aprons. Maria also asked that we will need a volunteer to man this table in the



future since Patti Wilson had to step down. Maria announced that the Garden Happy Hour for October 19th has had to be cancelled due to some unexpected conflicts and asked that Joe-Beth talk about the Newsletter. Joe-Beth reminded all of the deadline for submitting pictures, articles, recipes, etc. and asked for any and all gardening tips to be submitted.

Eileen talked of the wonderful success of the Herb Society Garden Tour, the great feedback, the money raised and announced that she, Jeanne, and Maria will gladly co-chair this event for next year (Sept 21, 2013). The scholarship committee has been formed and will be granting a scholarship to a St. Phillips culinary arts program. Marguerite will head up the committee to research and decide on the scholarship recipient. Diane talked of the 21st annual Herb Market at Pearl Market scheduled for 20 Oct, the need for more volunteers, and the many varied presentations on growing herbs. Sarah Rice talked of the Monticello Park Garden Tour on 4 Nov from 11-4 (tickets are \$15) and the inclusion of the community garden in that tour. John, president of the local Native Plant Society, talked of the propagation workshop on 27 Oct from 10-1 (tickets are \$10). Maria then announced that Sarah Rice has volunteered for the co-chair position along with Norm for Membership.

Our next meeting will be 8 November and the program will be "Juicers Heroes". The December meeting will be the Member's-only Holiday Banquet (13 December). The January meeting will be 10 January and the subject will be the Herb of the Year---Elderberry!

Jane then spoke of the "Weed and Gloat" SIG which meets at the Botanical Garden the last Monday of each month to, wait for it...weed and gloat, perform a service and to have a good time!! Asked if anyone is interested in helping to please contact her.

Jinnie then talked of the 11th annual Decorated Egg Art Show & Sale on October 27-28 to benefit the American Cancer Society.



Emily Sauls then introduced the speaker, Abbie Rutledge from the Texas Olive Ranch.

Submitted by Mike Belisle, SAHS Secretary on 12 Oct. '12.

### Abbie Rutledge & Texas Olive Ranch



Abbie is a representative of the Texas Olive Oil Council and is a spokesperson for the Texas Olive Ranch located in the Carrizo Springs/Atherton area on Hwy 1557. Abbie talked of the various types of olive that grow well in the area especially the Arbequina variety but also ascolano, Sevillina, mission and others. Olives are greatly rooted in the history of

the world, mentioned in Greek mythology as a gift from Athena plus numerous references in the Bible. Still existing are 2000 year old olive trees in the world and the typical Mediterranean diet consists of daily intake of olive oils!

Health benefits of daily consumption of olive oil include a reduced risk of heart disease/cancer/neurological disease/bad cholesterol...plus olive oil is an anti-aging agent and lowers cholesterol in general.

Olives were brought to the New World by the Spaniards in the 1500s. They were planted and used by pioneers in the 1800s. In the 1980s olive growing really took off in California and then spread to Texas in the 1990s. Texas is now changing the way olive oil is viewed and how tastes are changing.

Carrizo Springs was chosen as the site of the Texas Olive Ranch when it was discovered that olive trees planted there in 1918 were thriving and producing with little care...a perfect place to grow and harvest olives.

Olive trees grow fast. A small cutting can grow to 6 feet in 4 years. They grow at the rate of 650-700 trees per acre and the Olive Ranch has approximately 40,000 trees. The Texas Olive Ranch will provide tours by appointment only.

Abbie then presented a slide show of olives showing blooms, trees growing, and crops ready to harvest (olives are ready to harvest in August through October. All olives are harvested in various shades of green...from light to greenish purple (if olives are black, they are over ripe)).

In the US, 90% of all olive oil is imported and is of very low quality. The local olive orchards are trying to change that and to educate citizens about the tastes and benefits of olive oil. Abbie then described the process of harvesting, pressing, crushing and the use of the mullaxer (the grinder). Olive paste is produced/churned in the mullaxer and then put into the centrifuge which separates the oil, the water, and the even more solid paste (pomace). The pomace is then sold to cattle ranchers as cattle food. The oil is separated into the various grades, decanted and bottled.

The main enemy of olive oil is air, light, and heat so



it is important to store oil away from these. Protected oils can remain viable for years but once opened they can begin to deteriorate in just a few months. Abbie explained the 4 major grades of olive oil: Extra virgin (EV), Virgin (V), Ordinary Virgin (OV), and refined...plus the olive pomace. She also talked of the various olive oil tastes in various countries and the fact that the typical US citizen has not been raised to have the experiences needed to have the refined European tastes...and the goal of the Texas Olive Oil Council is to change that. She talked how good olive oil is for arthritis and how good it is to substitute olive oil for butter on breads, pancakes, and vegetables. She talked about how to actually taste olive oils and how to recognize the various flavors and briefly touched on using the Gawel Tasting Wheel and described the olive oil tastes and aroma characteristics.

Abbie finished by talking of the timing of the actual harvest and how that an "early" harvest will produce an astringent and rough taste while a "later" harvest will produce a mellow and smooth taste. The conclusion of the presentation was an invitation to sample various new oils, to ask questions, and to purchase the oils and small olive trees.



Contact them via the web at [www.texasoliveranch.com](http://www.texasoliveranch.com)  
A wonderful presentation!

### SAHS Membership - Dues News

Since March of this year we have had a steady increase in membership, gaining an average of 3 memberships a month. Currently we have 131 memberships and our monthly meetings are averaging in excess of 54 attendees. I believe these increases in membership and meeting attendance reflect the quality of our guest speakers and the Herb Society's professional approach in conducting meetings.



On another note, earlier this year the board recommended, and the membership voted, to raise annual dues for the following categories:

"Single member" increases to \$25

"Dual member" increases to \$35

"Business member" remains at \$40.

(Bonus for biz members: you get your business' name listed on the back page for 12 months!)

These new rates will be in place for 2013 dues beginning with the October 2012 meeting. Remember that if you join or renew after October 1, 2012 your membership is good through December 31, 2013.

### Garden Happy Hour-Winter Break

The SAHS Garden Happy Hour now pauses until next April. This is strictly a casual affair with visitors bringing appetizers or snacks and a chair and the host providing ice and paper goods. Come to visit and admire a garden, swap stories and tips. See Marilyn Nyhus for information.

**2013—what's in store?** Think about hosting one of these really nice sessions in your garden next year. This could be a new SIG!!

### Remembering Barbara Scribner

It was with a heavy heart that I read the email announcing the passing of our long-time friend. Barbara Scribner had been a founding member of the Herb Society and for many years participated in many activities and SIGs. For a woman who was pretty much dependent on public special transportation to get places, she was always at the appointed place and early, to boot. Even though legally blind, she always told everyone she met how wonderful and beautiful they looked. That complimentary outlook extended to anything a member may have brought to a meeting, especially the hospitality treats! She tried as many as she could and loved every one of them.

Barbara was a member of my medicinal SIG for a while. We formed the group and spent several sessions getting to know each other. At one meeting, a member fainted (we found out later she was having heart problems) and Barbara was right there, administering acupressure to help revive the woman, and talking to her in affirmatives every minute, telling her how cherished she was.

Barbara, I hope to be able to emulate your outlook; to be able to see everyone's true beauty, to appreciate everything everyone brings to the table or the garden!

Barbara Peters, another long-time member, remembered her this way: "...She rarely missed a meeting... She spoke up on occasion, being a "gadfly" when she felt the issue needed her input. Barb's enthusiasm was infectious and her attitude was always positive. She also was a very "gung-ho" member of her favorite SIG, the Madhatters Tea group. Her spirit will be missed!"

Here's a recipe Barbara brought for our delight back in 2007:

#### Grape Salad

3 cups seedless grapes (green or red)

1 or 2 cups whole pecans

1 cup sour cream

1 cup brown sugar

1 teaspoon almond extract

Mix last 3 ingredients and pour over grapes and pecans. Toss. *The secret is the almond extract!*



*'Bye, Barb. Vaya con Dios!*

## Brian's November To-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."*

### 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.

### In Our Organic Rose (Herb) Garden:

The fall colors and bloom size of our November blooms here in South Texas are a sight to see, the cooler weather slows down the growing speed, increasing size and intensifying colors. Winter Dressing - Add a two inch covering to your rose beds of either compost or manure (horse manure is best) toward the middle or end of this month.

Feeding - all feeding should have been discontinued the middle of October.

Spraying - Continue a weekly program. For blackspot and mildew use Triforine (formerly Funginex) (1Tbsp.) per gallon of spray. Make sure you spray top and bottom of the foliage to get complete coverage. \* Warning - Several gardens in our area have had moderate to severe problems with SCALE. Check your older canes low on the bush for small (2mm) gray bumps. If you have scale they will be in the hundreds or thousands. New canes are most likely not affected or to a much lesser extent. Maximum strength Cygon 2E, very light (horticultural) oil spray, or even Orthena may help (in February, the use of preventative sprays using dormant oil spray at least twice, mixed with one of the above insecticides during the pruning and yearly clean-up, should be part of spray program).

### Winter Odds-n-Ends

Brush your hand across a branch of your peach or plum trees. If leaves fall off, it is time to spray with Kocide 101 (Kocide will defoliate the trees), or any copper hydroxide product, to prevent bacterial diseases.

SLUGS and SNAILS are feasting on pansies, bluebonnets and other plants. Apply slug and snail bait or put out beer traps to slow them. The bait also will control pill bugs. (A thrifty way to control slugs and snails and help with recycling; take a 3-liter soda bottle, cut the top third off the empty bottle, push the top portion into the body of the bottle ((with the spout down inside!)). Use two or three staples around the rim to hold the parts together. Pour snail bait or use some bread with a little beer down the "funnel" and lay your trap down horizontally among your plants and the snails will come calling. When it's full or you're just tired of looking at it, just dispose of it and make another one. Harvest pecans as they fall to the ground to maintain nut quality. Plant spinach transplants for a nutritious, attractive vegetable that can be harvested all winter.

Stored pots that you plan to recycle can contain fungi and pathogens that could be harmful to the plants you plan to grow in them. To avoid that problem, mix a little bleach in some water (about 1 part bleach to 9 parts water) and pour the mixture in and over the pots before reusing.

Back in the 18th century, folks used to lay banana skins in planting holes since they would rot quickly and supply calcium, magnesium, sulfur, phosphates, sodium and silica to the new plants.

*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. Please see the full length version on the SAHS website.*

## SIG-nificant Events

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

### Herbal Crafts SIG

We did not meet this month because of the Herb Market. Hope everyone had a great time and bought tons of herbs. Our next meeting will be Saturday November 17th. It is our annual gift making sessions. See you there!!

Interested? Please contact Sandra (210-659-5561, slyssy123@yahoo.com) or Rebecca Kary (karyrebecca@yahoo.com).

*Submitted by Sandra Lyssy*

### Culinary SIG

Fall was in the air when our Culinary SIG gathered at Barbara's charming home to celebrate October with all things and herbs lemon. First admiring the beautifully appointed table, complete with glowing candelabras and a pumpkin centerpiece, we sampled yummy appetizers of smoked salmon atop lemon balm-infused cheese canapés and a creamy lemon basil cheese ball with pita chips and grape clusters. Each of us briefly described the approximately 20 dishes and drinks we had brought and as usual we were amazed at the variety of our offerings and the fact that there were no duplicates!

The fantastic meal included: a favorite parmesan chicken with garlic entrée kicked up another notch with lemon herbs in the breading; a beautiful grilled Thai ground chicken dish served on lemon grass spears, flavored with kaffir lime, galangal, and Thai chilies, and accompanied by peanut sauce; a succulent aubergine curry with lemon grass and coconut; a delicious penne pasta dish with broccoli and walnuts in a creamy fresh parmesan and lemon herb sauce; a flavorful orange-infused quinoa salad with garbanzos, lemon and lemon balm; crisp-tender asparagus with a lemon-herbed sauce; beautiful berries sparked with lemon balm; a pasta salad re-dolent with multiple basil varieties and lemon herbs; and a lovely salad of baby greens, walnuts, shaved parmesan and dried cranberries, with a lemon balm vinaigrette to drizzle over all. Accompanying our repast was a variety of tasty lemon-herbed, ginger-spiked teas, and even some adult beverages!

The 'business' portion of our get-together focused on the further brainstorming, planning and scheduling for our hosting duties at the Holiday Banquet in December. We did need to do some serious work before tackling our desserts and the resultant sugar highs! Our sweets, like the rest of our feast, were just super. Feather-light lemon verbena bread was wonderful with herbed butter. Delicious lemon verbena cookies went so well with mixed berries topped with a dollop of delectable lemon verbena whipped cream (and we all wondered, along with the chef, how the cream whipped so well with the lemon verbena-infused simple syrup in it!). There was a lovely lemon meringue pie, an heirloom recipe, as well as a tangy lemon curd into which we could dip tiny cookies and powdered sugar dipped wonton strips. You'd think there would be no room for anything more and you would be incorrect. Who could resist a spectacular and luscious lemon verbena and sweet basil ice cream? We couldn't and didn't. As we began to pack up for our trips home, Barbara presented us all with a packet of freshly-dried lemon herbs, prettily packaged, and Beverly gave us clementines cleverly decorated as tiny jack o' lanterns.

Next month, we head to Jeanne's for our 3rd Annual Gran Tamalada, and in December, we continue with our now-traditional cookie exchange at Chris'. When we looked back at our culinary journey this past year, there was a happy consensus that our fun and congenial group has made it a great one!

Stay tuned!

*Submitted by Jeanne Hackett*

## Weed-n-Gloat SIG

No The Weed and Gloat SIG met on Monday, September 24 at 9 am to work in the San Antonio Botanical Garden's Herb Garden, OUR Herb Garden, which we've been weeding, planting and gloating in for the past nine years. It's a fine spot, a lengthy plot, between the Cottage Garden and the Rose Garden, where we have a huge variety of culinary and medicinal plants flourishing in sun and shade. One of the best spots to sit and enjoy the SABot Gdn is on the bench under the crepe myrtle in front of our Herb Garden. But - we don't do much sitting when we get going on the last Monday of every month, and this session was no different; Marilyn Nyhus, Adrienne Hacker, Lenore Miranda, Leslie Bingham and I weeded and talked for almost two hours as we tidied up and talked about what we will do next. Next on the plan, on Monday, October 29, from 10 - 11 am, we will be thinning out the plants and putting in winter-hardy herbs, such as edible sages, cilantro and parsley. It was an enjoyable morning, as always - and we retired afterwards to the Green Restaurant on Flores Street to enjoy a vegetarian lunch. We may very well need help with the October or November digging and planting; if any of you would like to learn more about herbs on site please get in touch with me, Jane McDaniel, at either email: jane-sirish@att.net or tel. 210-930-1026.

Se you then!

*Submitted by Jane McD*

## Healthy Living with Herbs SIG

October found us back together in a session on Yarrow at Jean's comfy home out in Universal City. We discussed the intrinsic properties of this pretty herb as soon as we came back inside from admiring a healthy patch of it out back under a lovely old live oak. Yarrow (*Achillea millefolium*) has been used over the millennia to treat infections and wounds with its antibacterial, anti-inflammatory and balancing qualities. In aromatherapy, it's use is similar. Calming as well as revitalizing, the yarrow essential oil has also been used through the ages to sooth and ground a variety of "nervous conditions".

The aroma of yarrow varies with the color of flower (white or yellow) and the variation is distinctive.

If you are interested in joining this SIG, contact Diane Lewis @ drldesigns@swbell.net

*Submitted by Joe-Beth Kirkpatrick*

## Garden Tour Drawing Winners

And the Winners Are ...

One hundred and eighty five passports were turned in at the end of the Scholarship Garden Tour and were eligible for the prize drawing. Five local nurseries offered gift certificates as prizes. The Scholarship Garden Tour committee met and the following names were drawn as winners:

Wanda Wright (\$25 – Fanick's Nursery);

C. J. Lindeman (\$25 – Fertile Garden);

Cathy Eignus (\$25 – Fertile Garden);

Kay Cotter (\$100 – Nature's Herb Farm);

Joie Swanson (\$150 – River City Nursery); and

William Day (\$150 – Big Grass).

Congratulations to all the winners and we hope to see you on the tour next year!

*Submitted by Eileen Achorn, committee chair*

*Ed note: to be a host or helper in the 2013 Garden Tour, contact Eileen for information.*

## Treasurer's Report, September 2012

*Submitted by Barbara Quirk, Treasurer*

### **INCOME**

Cookbooks	\$80.00
Resource Guides	40.00
Booklets (Oregano, Rose, Horseradish, Basil)	25.00
Shirts, Aprons, Totes	12.00
Scholarship Fund	<u>236.00</u>
<b>SUBTOTAL - INCOME</b>	<b>\$393.00</b>

### **EXPENSES**

Attendant Fee	\$45.00
Rent Expense	85.00
Garden Tour Supplies	11.94
Banquet	10/77
Honorarium	75.00
Printing & Engraving	189.22
Telephone (toll-free number)	142.63
Uncategorized	70.00
Sales Tax	<u>0.00</u>
<b>SUBTOTAL - EXPENSES</b>	<b>629.56</b>
<b>TOTAL (Income-Expenses)</b>	<b>-\$236.56</b>

### **ASSETS**

Cash and Bank Accounts	
Cash on Hand	\$50.00
Frost Cert of Deposit	1,194.95
Frost Checking	669.87
Frost Savings	<u>2,473.88</u>
<b>TOTAL Cash and Bank Accounts</b>	<b>4,388.70</b>
<b>TOTAL ASSETS</b>	<b>4,388.70</b>
<b>LIABILITIES</b>	<u>0.00</u>
<b>OVERALL TOTAL</b>	<b>\$4,388.70</b>

## '12 - '13 SAHS Board Officers & Members

**Emily Sauls** - Co-President (& Programs Co-Chair)

830-438-8314 H; [kivuli@msn.com](mailto:kivuli@msn.com)

**Maria Lührman** - Co-President (& Programs Co-Chair)

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**Vice President post is open**

**Norm Hastings** - Membership Co-Chair

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**Sarah Rice** - Membership Co-Chair

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**Mike Belisle** Secretary, Recording

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**Lenore Miranda** - Treasurer Co-Chair

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**Kim Paynter** - Publicity / PR

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**Lyn Belisle** - Webmaster & Green List Coordinator

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**Marla Garza** - (mid-term resignation) Immediate Past President

210-837-7632 C, [marla.garza@yahoo.com](mailto:marla.garza@yahoo.com)

**Yvonne Baca** - Past President

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**Joe-Beth Kirkpatrick** - Newsletter

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**Pat Gonzales** - Co-Chair, Hospitality

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**Jane McDaniel** - Co-Chair, Hospitality

210-930-1026 H; 210-381-4931 C

[janesirish@att.net](mailto:janesirish@att.net)

**Need chair** - T-shirts, Cookbooks

**More Information Contacts**

**SAHS web page:** [www.sanantonioherbs.org](http://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

**Diane R. Lewis, B.S. & A.A.S.**  
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Landscape Design  
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[drl@designs@swbell.net](mailto:drl@designs@swbell.net)  
[www.communityed.neisd.net](http://www.communityed.neisd.net)

**Mike Behrend, Executive Chef**  
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1017 N. Flores  
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210-807-0891  
[Mike@greensanantonio.com](mailto:Mike@greensanantonio.com)  
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**Christa Emrick, Raw Food Chef**  
C-Me Change, Gourmet Raw Foods  
210-710-4793  
Counter Culture Café & Patio  
inside Gold's Gym, US281 N & Evans Rd  
[christa@cme-change.com](mailto:christa@cme-change.com)  
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<http://www.texasoliveranch.com>  
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**SAHS is thankful for all of our members and friends**



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**Count Your Blessings  
& Give Thanks**

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The San Antonio Herb Society

