



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 284, November 2013

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 14, 2013 Melissa Guerra, Latin Kitchen Market



Melissa Guerra is an 8th generation Texan, born and raised on a working cattle ranch in South Texas. She is a self taught culinary expert and food historian, specializing in the food ways of the American continent, especially Texas regional, Mexican, and Latin American cuisine. Her cooking show, "The Texas Provincial Kitchen," was produced in San Antonio at KLRN, and aired on PBS affiliates across the U.S. Guerra has worked as a bilingual spokesperson for Kraft, Coca-Cola, Goya and Mazola. In 2005, Melissa Guerra served as a consultant for and was featured as a culinary expert on the PBS reality show "Texas Ranch House." Guerra also teaches cooking courses and is often a featured public speaker.

(from <https://www.melissaguerra.com/>)

R-Z members bring a snack for the Hospitality Tables. Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor).

The San Antonio Garden Center is always a treat and is located on the corner of Funston and N. New Braunfels. For more SAHS information, see our website at www.sanantonioherbs.org



2013 Herb Market a Success!

On Saturday, October 19th many of the well known vendors purveying herbs, herbal lore and herbal products gathered at the Pearl (Brewery/Farmers' Market) among which was your own San Antonio Herb Society.

Only dedication could have gathered a core group of volunteers together on a very chilly & windy Saturday morning around 6:30 a.m. to erect all of the required infrastructure to sell our ideas and wares to the wandering populace, expected around 9 a.m. We shivered erecting tents, putting up signs, climbing under tables, displaying our goods and goodies for sale...

Carol Hamling and her crew displayed all of their wonderful handiwork with Herb Packets and Herbal items for sale in a most decorative fashion. It worked!! We had an avaricious public attending our stalls in a steady stream from opening 9 a.m. to closure at 3 p.m. Along the way we sold quite a number of our products, including cookbooks, spice packages, booklets, beverages, etc. Reports of which will be available at the November General Meeting. Also we met some very interesting individuals – who may turn up at our meetings later this year. And guess what, all of the wonderful volunteers gave freely of their time and I believe we had about 40 of them, lured people in to our booth with knowledge, grace and aplomb resulting in a very successful Herb Market, 2013.

Diane and I have heard from many volunteers who assured us that this was one of the best Herb Markets, and that they enjoyed the fact that it was fractious free, everyone was working together and they were first and foremost able to enjoy the public and get their message across. *Wunderbar!!* Diane and I thank everyone of you who participated in this year's event and assured its success, and hope that your experience this year will give us the advantage of being able to call upon your unique services again in 2014. Well done everyone. We did good!!

Special thanks go to the Herb Market folks, especially our own Evelyn Penrod and Herb Market Chairperson, Marilyn Magaro. Many thanks.

Submitted by Leslie M. Bingham

Coming in December

Banquet = Feast = Friendship = Celebration

It's that time of year. Time for SAHS members to bring a favorite dish to share with friends at our annual Holiday Potluck dinner. This year, we're celebrating SAHS' 30th Anniversary! What a treat! The Banquet committee asks that all comers bring a story about what was happening to them 30 years ago. We'll have a great time with our story-telling! Theme for the evening is pearls and the color is green.



Hospitality Table

Schedule:

Dec: Banquet-all

Jan: A-M

Feb: N-Q

Mar: R-Z

Members' Sale Tables

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

Inside this issue:

| | |
|---|------|
| Member Recipes | 2 |
| Over the Fence | 3 |
| October Minutes, Meeting Review | 4 |
| Brian's Garden To-Do List; Treasurer's report; Officers' contact info | 5 |
| SIG reports | 6, 7 |

Member Recipes

Thanks to *everyone* who shared their delicious dishes during our October meeting. Some of the goodies shared were:

Rosemary Cashews

Submitted by Jean Dukas

Ingredients

- 1 1/4 lbs cashews (raw or cooked & salted)
- 2 Tbs freshly ground rosemary leaves
- 1/2 tsp cayenne pepper (be careful with this—it depends on the "heat" of your cayenne... you can always add more if it's not spicy enough)
- 2 tsp organic brown sugar
- 1 tsp kosher salt (depends if the nuts are salted as to how much you need)
- 1 Tbs melted butter
- 3-4 drops Young Living Rosemary Essential Oil

Directions

Heat cashews on an ungreased cookie sheet @ 375°F for about 10-15 minutes until warmed through. Watch so they don't burn. Combine butter, sugar, salt, cayenne & rosemary leaves in a small saucepan & melt together. Remove from heat; add rosemary essential oil. Pour over nuts & toss until well coated. Serve warm if possible, but they also taste good after they are cooled.

Stuffed Eggs

Submitted by Charlene Swafford

Ingredients

- Basil
- Garlic Chives
- Mayonnaise
- Wasabi sauce
- black olives
- Sriracha Chili Sauce

Black Olive Tapenade

Submitted by Jeanne Hackett (from *The Mediterranean Vegan Kitchen*)

Ingredients

- 1 1/3 C pitted black olives (Kalamata)
- 1/4 C drained capers
- 2 Tbs extra virgin olive oil
- 1 Tbs brandy
- 2 large cloves garlic, chopped
- 1 tsp Dijon mustard
- 1/2 tsp herbes de Provence or of dried rosemary

Directions

Put all ingredients in a food processor or blender. Process until a coarse-textured paste is formed. Serve @ room temperature with crackers or toasted baguette rounds. 183 calories per 1/4 C, 0 cholesterol.



Peach Praline (Upside Down)

Submitted by Beverly Tibbs

Ingredients & abbreviated Directions

Melt in sauce pan: 3 Tbs butter, 4 Tbs peach jam, 1/2 C brown sugar

Line 8x2 round pan with parchment paper. Pour in melted sugar mixture; let cool.

Arrange peaches or plums or pineapple slices on top.

Cake Mix

Beat 3/4 C butter, 2 eggs, 3/4 C milk, 1 tsp vanilla
Sift together 1 1/2 C flour, 2/3 C sugar, 1 tsp baking powder
1/4 tsp salt

Other Treats

(We were a little slow in snagging the recipe cards before clean-up time, so here are some of the recipe Titles.)

- Bulgher & Red Quinoa w/ Tippy Peaches & Coconut Whipped "Cream"
- Mango Bread Pudding w/ Chai Spices
- Mississippi Mud Cake
- Pumpkin Spice Muffins with Pumpkin Frosting and a Pecan on top



Healthy Uses for Elder Tincture

One last item to remind you all of some anecdotal uses of elderberry tinctures.

A recent study (2004) in *The Journal of International Medical Research* (<http://imr.sagepub.com/>) concluded that elderberry extract relieved patients suffering from Influenza A & B. They were relieved of their symptoms four days earlier than those of the placebo group. Elderberry proved to inhibit replication of the virus in subjects. Sambucol® was one of the brands used in the study (a standardized extract) and it can be found in many natural foods stores if you are wary of making your own.

Elderberry extract was shown in a 2009 study to further support this theory, showing elderberry to surpass the effects of certain brands of medications on Influenza A strains H1N1 and H5N1 as well.

Not bad for an otherwise overlooked little tree berry! If you're considering making your own elderberry syrups or tinctures or other herbal goods, remember that the berry **MUST** be cooked or extracted in order to avoid possible stomach distress with the raw plant.

Elderberry Tincture Recipe

- A glass bottle
- A dark place
- Elderberries to fill the bottle halfway.

Fresh or dried will do

- Clear, high-proof alcohol such as vodka

Directions:

Mash destemmed berries into the bottle. Pour alcohol over the berries. Shake. Place in a dark cabinet for two to three months. Strain. Rebottle in small glass containers with a dropper.

Suggested usage (*remember that everyone is different and home preparations of tinctures can vary wildly*):

10-30 drops of elderberry tincture are to be administered up to three times a day for adults. Ten drops once a day for prevention and 30 drops three times a day when feeling something come on. May be administered under the tongue for better absorption. Smaller adults may benefit from this tincture at a reduced dose (7-10) drops or be given an elderberry syrup or extraction in glycerin. It is not recommended administer this to children.

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.

Over the Fence...

2013-2014 Program Line-up



Sales & Events:

Nov: Melissa Guerra, of Melissa Guerra's Latin Kitchen Market <https://www.melissaguerra.com/>

Dec: 30th Anniversary Banquet

Jan: Artemisia, 2014 Herb of the Year

Feb: program to be announced;
nominating committee forms

Mar: program to be announced;

Apr: 2014-2015 Board nominees announced;
program to be announced;

Like our programs? We NEED your ideas!

Know a great speaker for an interesting herbal topic? Contact Leslie Bingham or any Board member with your suggestions.

Next Board Meetings

November 25, 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 Grace Emery.

SA Botanical Garden Events

Nov 2, Nov 9, 11 am - 2 pm: Lethal Beauty & Kumamoto En: Samurai and Japanese Gardens. A joint tour & presentation (first ever!) between the SABotanical and the SA Museum of Fine Art. For more information or to register www.samuseum.org.

Scarecrow Exhibit ends Nov. 8.

Nov. 8, 6-8 pm: Family Flashlight Night. Explore the Garden after hours - don't forget your flashlight! Adults \$8/Children \$5

Nov. 29 - Dec. 31: Holidays in Bloom

For info call 210-207-3250 or visit www.sabot.org

Garden Center Events

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 www.sanantoniogardencenter.org

Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316.

New Braunfels Library Monthly Garden Series

Free programs at the NB Library, 700 E. Common Street, New Braunfels. No preregistration. Contact: 830-964-4494

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center
3310 N. New Braunfels (at Funston). Free and open to the public, donation is appreciated. Contact (210) 251-8101 or info@gardeningvolunteers.org

Guadalupe County Master Gardeners

Third Thursdays. Meetings are free and open to the public. The regular business meeting at the end of the program. For further information visit our website at www.guadalupecountymastergardeners.org

PayPal and SAHS membership payments

Your dues can be paid online with our PayPal link on the SAHS website. Click on that logo on the SAHS website's home page.

Interested in Texas Native Plants?

Third Tuesdays at Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm.

The next meeting topic will be "The Role of Legumes in the Landscape," presented by Kelly Lyons, professor of biology at Trinity University, specializing in control of invasive grasses.

Free and open to the public.

Webpage: www.npsot.org/sanantonio

Submitted by Beverley Geer, NPSOT

Garden Happy Hour—our Second Year!

The Garden Happy Hour was at Sid & Jean Dukes' beautifully manicured yard. We enjoyed the lovely weather sitting outside. They had a fire pot and a sage smudge stick (which Jean made) burning to deter any mosquitoes from joining our party which added such a nice fragrance. It was a very pleasant evening visiting with friends.

Submitted by Marilyn Nyhus

Ed. Note: This was the last Garden Happy Hour for 2013.

Coming January 2014:

Artemisia, Herb of the Year

Program Chair, Leslie Bingham, has announced a program all about this ancient and storied herb. Be sure to mark your calendar and be at our general meeting on January 9th!



SA Herb Society is Thirty Years Young!

Inquiring minds want to know: What were YOU doing *back when*? Bring your memories to our Holiday Banquet on December 12 and share with friends!

In 1983, Charter members of the Society: Sally McDuff, Berta Wingert, Darla and Wayne Cox, Antonia Gonzalez, Ruth Johnson, Mary Palmer, Mary Woods, Mazie Simpson, Marjorie Mantz, Leslie Davis, *Mary Dunford, Ernestine Taylor, Noemi Galvan Elling, Cathy Poehnert

The first SAHS Board, 1983-1984:

President: Wayne Cox (d), Mary Dunford

Vice-president: Cathy Poehnert

Secretary: Ernestine Taylor

Treasurer: Noemi Galvan Elling

Program Committee: Wayne (d) and Darla Cox, Leslie Davis, Mary Woods, Marion George

Project Committee: Mary Woods, Ann White, Marjorie Mantz, Wayne Cox (d)

Telephone Committee: Berta Wingert, Antonia Gonzalez

Here's some items from the fashion scene back when...

- Exercise wear (off-the-shoulder sweatshirts, leg warmers and slouchy socks, color-coordinated leotards, and more) went from the aerobics class to the streets
- "Jellies" - brightly colored, clear plastic soft shoes were quite the thing among all the girls
- Parachute pants of the rip-stop nylon variety (to help your breakdancing practice), again done in bright colors and littered with zippers
- Swatch watches, plastic bands and (again) bright colors
- Tom Selleck made Hawaiian shirts all the rage
- Linda Evans and Joan Collins championed the bigger-is-better trend in shoulder padding for the feminine blazer

Minutes from October 10, 2013

General Meeting

Members and guests began arriving at 6:30 to enjoy socializing and sampling of fantastic foods prepared by members.

Meeting was brought to order by Yvonne Baca, co-president, at 7:00. She greeted everyone and thanked them for coming acknowledging new members and visitors. Hospitality committee was thanked. Members with last names beginning with R-Z will bring food to next meeting.

The Cookbook has been reprinted and will be ready for sale at the Herb Market next weekend, Oct. 19. It is now in a spiral binding and will sell for \$15.

Grace Emery presented a centerpiece - a lovely wine and cheese basket- which is being raffled off at the November general meeting. Tickets are \$3.00 each or \$ 5.00 for two tickets.

The last Garden Happy Hour for the season will be Friday, October 25th in the garden of Jean and Sid Duke. RSVP instructions are in the current newsletter. Jean cautioned members about construction near her home.

Leslie Bingham spoke on the upcoming Herb Market on October 19th. She is co-chair with Diane Lewis. She asked volunteers to review the schedule. Diane brought Herb Market fliers for the event. Event is free as well as parking.

Carol Hamling spoke about the herb and spice blends that she and her committee have made to sell at the Market. She showed everyone the various unique packages made for the mixtures.

Leslie introduced the program for tonight. We're having presentations by our active Special Interest Groups (SIGs). Jinny Perkins encouraged everyone to go to the Decorated Egg Art Show and Sale at the LaQuinta Inn on October 19-20. Information: 494-5325.

November meeting, November 14th - Melissa Guerra.

The meeting was adjourned at 8:30 p.m. by Yvonne Baca who thanked everyone for coming.

Submitted by: Barbara Quirk, Secretary

Our Special Interest Group Expo!

Leslie introduced the program for tonight. The purpose for this unusual meeting is to inform members and guests of the various Special Interest Groups (SIG) in our society has to offer and hope to increase that interest to form new SIGs. Several SIGs will mentor a new group, while some SIGs are currently open to new members.

Happenings at specific tables:

Culinary SIG - Emily Sauls talked about how this SIG meets once a month at a member's house to enjoy food dishes prepared members according to a pre-decided theme. They have a few annual themes: ice cream social, cookie exchange, pizza party and tamalada.



The Culinary SIG is mentoring a new Culinary SIG. A sign-in sheet was available for those interested in belonging. Vivian Paul presented a slide show of the SIG; Carol Hamling had focaccia bread samples and Linda Barker served two types of delicious cookies (one sweet, one savory).

Aromatherapy group - Jean Dukas and Chris Sinick explained this particular SIG which deals with the importance of essential oils in daily living. A demonstration was made for making non-toxic antibacterial wipes for which there was a hand-out.



activities. Steaming respiratory system. honeys were offered for tasting.

Healthy Living with Herbs SIG - Marilyn Nyhus, Marguerite Hartill, and Diane Lewis were there to discuss their SIG in which they have some medicinal, culinary and spa ac-eucalyptus is good for the Samples of five infused

The Mad Hatters SIG - Jane McDaniel and Linda Barker

were there to discuss their fun SIG in which everyone must wear a hat. They go to various tea houses or members' homes every second month to discuss teas and stories about teapots. High Tea in Ireland is at 6:00pm. Each meeting ends with drinking champagne!



Weed and Gloat SIG - Grace Emery and Leslie Bingham

spoke on this SIG, whose table had samples of herbs to identify, a slide show on herbs and samples of oregano seeds. This group meets from 9-10 a.m. on the last Monday of the month at the Botanical Gardens for the purpose of weeding or planting in the herb beds there.



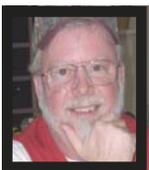
Craft SIG - Lenore Miranda, Adrienne Hacker, Kathryn Seipp and Anne Rossi spoke about the Craft SIG. They meet the third Saturday of each month from 10-12 a.m. at one of the 14 members' homes. There were samples of the various crafts they have created including trivets made of wine corks, paper, greeting cards, kitchen cosmetics and planters designed with broken tiles or plates.





Brian's November To-Do List for The Garden

Compiled by MG Brian D. Townsend



"One day, the gardener realizes that what she is doing out there is actually teaching herself to garden by performing a series of experiments. This is a pivotal moment." – Margaret Roach

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.

Late Fall Odds-n-Ends

Clean martin houses of sparrow debris and close them up until mid February.

If you want to protect the stem of your banana tree during winter to increase the chances of having fruit next summer; first, cut the stalk to 4 ft., wrap the stalk with newspaper and secure it with duct tape. Then, put a wire cage (a tomato cage will work) around the stalk and stuff it full of leaves. That will provide insulation to protect the blooms that developing inside the stalk.

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.

Divide irises and day lilies now. Replant the rhizomes and bulbs in full sun in compost-enriched soil.

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.

Seed nasturtiums, sweet peas, radishes, carrots, rutabagas, English peas, sugar snap peas, onions, collards and spinach to supplement cole crop transplants in the winter garden. Set out alyssum, asters, snapdragons, calendulas and stock for winter color. 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. For effective color, group your selections in mass or drifts so they will stand out in the landscape.

Treasurer's Report, August 2013

Submitted by Lenore Miranda, Treasurer

INCOME

| | |
|--------------------------------------|-------------------|
| Membership | \$65.00 |
| Booklets | 93.00 |
| SUBTOTAL - INCOME (corrected) | \$1,144.00 |

EXPENSES

| | |
|--|-----------------|
| Attendant Fee (unreconciled) | \$45.00 |
| Rent - Garden Center | 85.00 |
| Herb Market sponsorship, fees (unreconciled) | 430.00 |
| Insurance (unreconciled) | 475.00 |
| SUBTOTAL - EXPENSES | \$130.00 |

TOTAL (Income-Expenses) \$1,035.00

ASSETS

| | |
|-------------------------------------|-------------------|
| Cash and Bank Accounts | |
| Frost Cert of Deposit | 1,209.28 |
| Frost Checking | 2,495.77 |
| Frost Savings | 2,474.27 |
| Cash on Hand | 110.00 |
| Scholarship Garden Tour Fund | 3,114.48 |
| TOTAL Cash and Bank Accounts | \$9,403.80 |
| TOTAL ASSETS | 9,403.80 |
| LIABILITIES | 0.00 |
| OVERALL TOTAL | \$9,403.80 |

Happy 30th Anniversary, SAHS!

'12 - '13 SAHS Board Officers & Members

Emily Sauls - Co-President

830-438-8314 H; kivuli@msn.com

Yvonne Baca - Co-President

830-537-4700 H; 210-313-8705; yvonne943@yahoo.com

Leslie Bingham - Vice President (Program Chair)

210-445-8665 C; 210 998-3898 H; lesliegw@live.net

Norm Hastings - Membership Chair

210-860-4332 C; normhastings@hotmail.com

Sarah Rice - Membership Co-Chair

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Barbara Quirk - Secretary, Recording

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Lenore Miranda - Treasurer Chair

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Robin Maymar - Treasurer Co-Chair

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Lyn Belisle - Webmaster & Green List Coordinator

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Joe-Beth Kirkpatrick - Newsletter

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Jane McDaniel - Chair, Hospitality

210-930-1026 H;

Leslie Bingham - Co-chair, Hospitality

lesliegw@live.com

Margie Larkin - Co-Chair T-shirts, Cookbooks

Lynda Klein - Co-Chair T-shirts, Cookbooks

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SIG-nificant Events

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

Culinary SIG

Our October meeting had us all at Barbara's festively decorated home and table to celebrate our now-annual Harvest Vegetables evening. Corn, pumpkin, winter squashes, root crops and apples were the dominant theme, and with many variations on it.

Starters included a tasty cranberry bean and pasta minestrone and an intriguing butternut squash and tart apple soup, as well as a delicious harvest salad with apples, grapes and candied nuts. Main courses included a tasty roasted vegetable and quinoa quiche; a fennel-laced, puff-pastry-topped pot pie; an herbal winter vegetable cobbler; a piquant and delectable beet and orange side sauced with orange blossom water; and an assortment of delicious rolls made of corn meal and topped with various herbs.

Somehow we found room for a beautiful pumpkin trifle, and slices of pumpkin praline cake and pumpkin cheesecake. A refreshing palate-cleansing beet sorbet was a welcome intermezzo.

Sharing activities, comparing tips on specialty food shops and where to find hard to find food items (we love Ali Baba!), reflections on our participation in the October general meeting, and what we planned to look for at the Herb Market dominated conversation. It was another great and relaxing evening for our SIG!

Submitted by Jeanne Hackett

Healthy Living with Herbs SIG

The Healthy Living SIG met at Jean Dukes' home to enjoy our annual healthy soup night and talk a little about vitex (also known as chaste tree). It was a small group that met as many of us were busy with those thousand things that seem to happen in October every year. We missed you!

Jean prepared a tasty vegetable dish ("tian") that presented well with a tomato-rice rustic soup, fresh fruit mix and fresh bread. Herb tea topped off the simple dinner.

Vitex has a long and storied history as well as holding many names for its just as storied uses. Overall, it is considered an hormonal balancer and is safe for most all people to use on a regular basis. There are many great sources of information on this herb that are easily accessible by everyone.

The next time we meet, we'll be creating our own tea blends on a base of lemongrass. Randy Mass will lead this session.

About our presentation during the October general meeting:

During our SAHS presentation in October, we discussed the purpose of the Healthy Living SIG. Essentially, we study and share information about the ways to lead healthy lives with herbs, teas, tinctures, extracts, essential oils, organic cleaning products, salves, vinegars, oils, food, etc. Also, we discussed the benefits and group structure of the SIG.

Soon, an email will be sent to all those who signed our list at the October general meeting. If there are others who did not sign up and are interested in joining, they can get in touch with the mentors for the new Healthy Living SIG: Leslie Bingham, Marguerite Hartill, or Marilyn Nyhus.

Submitted by Joe-Beth Kirkpatrick

Weed-n-Gloat SIG

No report for October.

To learn more about herbs on site, please get in touch with me, Jane McDaniel, at email: janesirish@att.net or Leslie Bingham, at email: lesliewg@live.com.

Herbal Crafts SIG

No report for this October as we were helping with the Herb Market.

If you're interested in joining us or if you have any questions, contact Leslie Bingham, email lesliewg@live.com or call 210-445-8665 (C) or Adrienne Hacker, email hackla@aol.com or call (210) 829-8433

Herbal Mix Committee

The Herb Mixes for Herb Market 2013 were very well received by our customers during the Herb Market. Carol will bring the left-overs to the November meeting. Since herb mixes *do* have a shelf-life, we recommend everyone indulge in a little early holiday shopping. These attractively packaged and wonderfully fragrant mixes will delight any recipient! Each package includes recipes.

Here's a list of the mixes available:

- Boot Kickin' Pork Rub
- Za'atar
- Roasted Garlic Salt (free with purchase of any 3 herb blends)
- Pumpkin Pie Spice (not just for pie, wait 'til you see the recipes)
- Smoked Paprika & Ancho Chile Salt



RAFFLE!! Another Opportunity for Fundraising

Grace Emery's raffle basket is a donation a feast for the eyes as well as the palate! Tickets are \$3 each or 2 for \$5. The resulting funds will be donated to the SAHS. Retail value of the basket is approximately \$100.

Contact Grace directly or bring your cash to the November meeting. Buy a couple of tickets—or maybe even more!

Date Night Wine Basket

2011 Sister Creek Cabernet
2009 Sister Creek Chardonnay

2 wine glasses
Candle in a jar
Savory Crackers (garlic & herb)

Carr's Crackers (rosemary)
Truffle Chocolates from Lindor's

Jalapeño Jack Cheese & Basil/Sundried Tomato Cheese from Northwood's Cheese Co. (World Market)

Cheddar wheel & Swiss wheel from Dairy Food USA (World Market)

Antique Basket decorated by Grace in a grapevine theme.



From the Almanac

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.



Hearty Handshakes!! SIG Presentation Program

Once again, Carol Hamling has shown us all that a little bit of coordinated effort and the willingness to stay focused on the goal results in a pretty terrific program. A hearty handshake and a doff o' the tam to Carol. Many, many thanks for your leadership!!

SIG Program: Thanks from Carol Hamling

I would like to give a huge Thank You to all of the Special Interest Groups (SIGs). I won't name individuals as I am sure I would leave someone out. All of you did a fantastic job. The tables looked wonderful, the presentations were interesting and generated lots of talk and interest. What a wonderful group of members we have. Each and every SIG had sign ups for interested new members. Just from my quick glancing, it looks like the Healthy Living with Herbs SIG will be mentoring a new group as will the Culinary SIG. Mad Hatters will gain several new members as will the Talented and Crafty people of the Craft SIG. Weed and Gloat will have some new weed pullers and cultivators in the garden. When the Aromatherapy SIG resumes in January 2014 it will be with some new faces. Thank you again to all that made this a success.

Submitted by Carol Hamling

Healthy Living on Honey: a note from Marilyn

During the SIG presentation, there was some misleading information given regarding the acceptable processing temperatures for honey. Here is the correct data from "Honey, The Gourmet Medicine" by Joe Traynor:

"Raw honey is honey that is unheated and minimally processed. It is pure honey to which nothing has been added or removed. To be raw, honey should not be heated above temperatures one would normally find in a hive (approximately 95°F).

Additionally, it should not be ultra-finely filtered to the point of removing pollen and organic materials that are an intrinsic constituent of honey. Unheated, "raw" honey contains all the vital ingredients that give it its healthful properties and wonderful aroma.

Most commercial honey you see in supermarkets is not raw honey. This mass produced honey is often heated to temperatures far above the normal temperatures of the bee hive. Heating past the maximum hive temperature of 95°F changes honey's essential composition and degrades its quality. It partially destroys honey's beneficial enzymes and 'boils off' volatile compounds that account for the unique, delicate floral aroma of the honey. This is done to make it easier to extract from the honey comb, to filter it, to package it, to 'pasteurize' it to kill benign yeast and prevent fermentation and to delay crystallization."

SAHS Merchandise Table

We offer our thanks to Margie and Lynda for their untiring efforts in transporting our club merchandise to and from each meeting. They take care of a variety of cookbooks, resource guides, t-shirts, aprons, tote bags, booklets, and lions and tigers and bears... Oh my!!



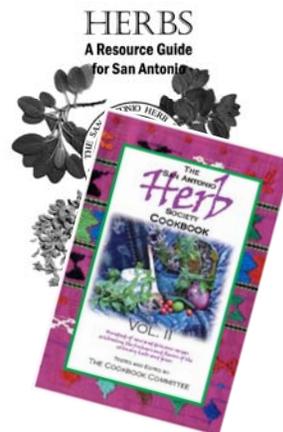
Books for Sale

Emily Sauls and friends will be helping sell new and gently used cookbooks/herb books before and after our general meetings. The original collection was a donation to the club with the offer that any sales proceeds be considered a donation to our treasury. A great idea! We can keep this idea going with a few of YOUR donated books. See Emily for details and how you can help with this new project.

Hey, how about a new Book SIG?

Cookbook, Vol II: It's Back!

Vol. II of our beautiful San Antonio Herb Society cookbook has been republished!! Rebuilt just like Humpty Dumpty, it now has a coated spiral binding so the cookbook lies flat. Sale price, \$15. Bundle it with a Resource Guide (regular price of \$20) and get both for \$30! Just in time for your holiday gift lists.



Leslie Vann & Quilting

Saturday, November 23, 2013, 11:00-4:00. "Quilt As You Go" (just what it says). Class held at The Scrappy Quilter, 1208 FM 78 Suite J, Schertz, Texas 78154. contact Leslie Vann at 210-667-9047 or 210-268-9808, email is nlvann@hotmail.com.

Pomegranate: A Positively Pleasant Plant

Native to the Middle East, pomegranate grows well in hot climates with cold winters. In fact, it's well adapted to our climate in San Antonio. Pomegranate tolerates light frost without damage, although it may suffer significant damage if temperatures fall below 15 degrees for an extended period. Pomegranate care is fairly simple and little maintenance is needed to provide bright, orange-red blooms throughout the warm season.

Plentiful sun and summer heat encourage more flowering, more fruit and a sweeter taste. Pomegranate may be grown in the shade, but it will flower less with smaller and less tasty fruit. Regular pruning is recommended to facilitate harvesting the fruit. Careful around those spiny tips! Deep, infrequent watering will establish deep, extensive and more drought-resistant roots.

If you have a sunny spot in your landscape for a plant that requires minimal watering and maintenance, try pomegranate. And as a bonus, it'll reward you with delicious fruit.

From the SAWS e-newsletter, by David Abrego

Got Pecans?

Harvest pecans as soon as they fall to the ground to maintain nut quality. Letting them lay in the damp grass allows the squirrels to beat you to the better quality nuts.

Newsletter Articles, photos, etc.

Deadline for all materials submitted for possible publishing is the Friday of the week following the general meeting.

Business Members

Nature's Herb Farm

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

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

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Studio Manager
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heronsnest@txwinet.com
www.heronsnestherbfarm.com
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PLEASE SEND TO:



The San Antonio Herb Society
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San Antonio, TX 78209
www.sanantonioherbs.org