



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 296, November 2014

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

Program Thursday, November 13, 2014

Cris Goloby, Herbs in Holiday Cooking

Adjunct Instructor, St. Philip's College, Dept. of Hospitality, Tourism & Culinary Arts speaking on when to use herbs in dry form and when to use fresh. Program will include a demonstration and tasting (dressings made with sweet and savory herbs). Chef Cris and the students recently hosted Texas Chefs' Association chapter of the American Culinary Federation October meeting at St. Philip's Artemisia Room.

SAHS members A-M, please bring a snack to share. Be sure to provide a name card (and recipe) for the dish you bring (better yet, 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



Herbal Salt Blends for Your Culinary Delight!

The Salt Project was spearheaded by Robin Maymar and monitored by Co-President Grace Emery. SAHS members Pam DeRoche, Frankie Campbell, Teresa Sterling, Melanie Short and Lenore Miranda all contributed time and ideas. Jane McDaniel offered consultation wisdom. Barbara Quirk provided recipes. We want to thank all these members and everyone who contributed generous armloads of herbs to be dried.

Milan Maymar played a huge part in the projects by devising drying racks and fans that helped with Mexican mint marigold drying and made my laundry room smell incredibly fresh. Milan also helped construct the display rack. He had to put up with my "new" ideas every day for about a week as I designed and redesigned the rack. We had to buy a few dowel rods, but the rest was made out of found objects.

So how did we do? Just on the dried herbs we grossed \$165. The minimal cost involved was for the portion bags we purchased and the labels we made. This was a true money-maker. We need to remember this and continue production for the next big sale event. As far as I know, we were the only booth with both dried herbs and salt blends.



The salt blends were very successful. We sold over two-thirds of all our stock; sold out of garlic salt; sold most of the Ancho Chili & Smoked Paprika, Home-made Tuscan Herb Salt, Lemon Salt and Rosemary Lemon salt. Peppercorn salt, the most expensive to produce, did not sell well at all. We

grossed \$377 on sales of salt blends. Our cost to produce was \$125; profit for both herbs and salts of \$417.

To purchase some blends for your own kitchen projects (and improve that profit margin!) please contact Robin at robinmaymar@gmail.com

*Submitted by Robin Maymar, Chair
See Market report on page 7.*

December Meeting: Our Annual Members' Banquet

Come and join all your herb friends on December 11 for our annual Holiday Banquet. Celebrate with us as we invite the joy of family and friends into the room. Bring your favorite herbal dish to share on our (always delicious and very heavily laden) potluck banquet tables. Here are our general "assignments": A - F, Entrées; G -M, Desserts; N - S, Appetizers; T - Z, Sides/Salads (don't forget serving utensils). Beverages and tableware provided by SAHS.



Bring your spouse/partner/significant other/best friend/guest to help share. Decorations to be provided by our own Craft SIG (it's a surprise-they've been hard at work refurbishing donated gently used Christmas decorations!). Help us get organized AND get the hall ready for this much-anticipated event by contacting Leslie Bingham, event chair, and volunteering today! lesliegw@live.com

SAHS publications...

...make EXCELLENT holiday gifts. See Margie & Lynda at the book sales table in November!



Hospitality Table

Schedule:

Dec: Everyone!
Jan: R-Z
Feb: A-M
Mar: N-Q

Members' Sale Tables

Contact any Board member 2 weeks prior to the meeting to arrange for your table.

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Member Recipes

Here are a few of the items from the October table.

Pumpkin Bread

Submitted by anonymous (Original recipe with changes made from "The Southern Junior League Cookbook" edited by Ann Seranne.)

Ingredients

2 2/3 C sugar
2/3 C butter
4 eggs
1 15oz. can pure pumpkin
2 tsp cinnamon
1 tsp pumpkin pie spice
1 tsp nutmeg
1 tsp cloves
3 1/3 C flour
2 tsp baking soda
1/2 tsp baking powder
1 1/2 tsp salt
2/3 C water
1 1/2 tsp vanilla
1 C pecans
1 C golden raisins

Directions

Preheat oven to 350°F.

Soften butter in the microwave and then cream with sugar in a large bowl. Add beaten eggs and pumpkin to creamed mixture. Combine all dry ingredients in a smaller bowl. Slowly mix dry ingredients into creamed mixture; add water and vanilla. Mix well. Next, add pecans and golden raisins. Oil 3 small loaf pans and scoop equal portions of batter into pans. Bake at 350°F for 60 minutes. Bread might take longer; test with a toothpick in center of loaf. If nothing comes out on the toothpick, bread is done. Cool in pans for 10-15 minutes on wire rack; take bread out of pans to continue cooling. Pumpkin bread freezes well.



Chicken Salad with Fresh Peach Chutney

Make your favorite chicken salad recipe to which you add peach chutney, adjusting the amount of chutney to the amount of chicken salad you have made. Start with several tablespoons and then add more to taste.

Submitted by Carol Hamling

Ingredients

1/2 C cider vinegar
1/2 C loosely packed brown sugar
1/2 C white sugar
1/2 C red pepper, diced 1/4 inch
1/2 C white onion, diced 1/4 inch
1 small jalapeño pepper, seeded and diced, 2 Tbs
1/3 C white raisins
1 Tbs finely chopped garlic
1 Tbs grated ginger
1/2 tsp salt
1 1/2 lb firm, fresh peaches, blanched to remove the skin, pit removed, sliced into thin wedges, then halved

Directions

Put the vinegar and both sugars into a non-reactive pot, place over medium heat and bring to a boil. Add the red pepper, onion, jalapeño, raisins, garlic, ginger, and salt; simmer 10 minutes. Add the peach segments and simmer an additional 5-10 minutes. If the peaches are still firm, allow to cook several minutes more. If you would like the syrup thicker you may also allow to cook for a minute or two to reduce liquid. Remove from the heat; allow to cool for 15 minutes in the pot. Serve at room temperature. Transfer all excess to a clean container and refrigerate, covered, for up to one week.

Herbal Popcorn

Submitted by Diane Lewis

Ingredients

2 Tbs butter, melted
3 Tbs Healthy veg oil (olive, sunflower, grape seed, etc.)
1 tsp dry dill weed, chopped
1 tsp lemon pepper
1 tsp Worcestershire sauce
1/2 tsp garlic powder
1/2 tsp onion powder
2 bags microwave popcorn, popped (I used O.R.Naturals) *
2 C small pretzels or small "square" cheese crackers or 1 C each
2 C mixed nuts

Directions

Preheat oven to 350°F. Mix first 7 ingredients; toss with remaining ingredients. Cover jelly roll pan with foil or parchment paper. Spread a single layer of mixture on pan. Bake 4 minutes; stir and bake 2 minutes. If needed, stir and bake another 2 minutes. Stir and dump into heatproof bowl. Repeat in batches until all ingredients are used. Cool completely before storing in an airtight container. Herbal popcorn stays "fresh" about 2-3 days but usually disappears quickly!

*Alternatively, use 1/2 C unpopped popcorn to make about 2 qts of traditional popcorn.



Cookbook, Vol III:

With a theme centering around the seasons in South Texas, planning recipes to coincide with the time of year at which your garden's herbs are at their most robust isn't difficult at all! The Committee is looking for your own home-proven recipes to test. Entrees, side dishes, condiments, beverages, desserts for any time of day or night. Remember that ALL **herbal** ideas are welcome.

Help us out! Take at least one recipe each month to test and evaluate.

The committee will be presenting a few dishes at each general meeting for the membership's review. Take a few minutes and help out by sampling one and filling in the evaluation slip; hand that slip to Grace or Karen that evening.

Recipe submittal criteria for the new cookbook:

Recipe Format

1. Recipe name & submitter's name
2. Origin (if interesting or applicable)
3. Ingredients list (must include herbs!)

Please be sure to check your recipes for quantities and units of measure, types of ingredients (fresh, dried, canned, salted/unsalted, frozen, etc.).

4. Instructions

Please be sure to check your recipes for sequence of prep, cooking temps and times.

5. Comments (if any)

We welcome your story on the source or history of the recipe!

Evaluation Criteria for Recipes

Use of herbs

Presentation and appearance

Use of seasonal and/or fresh ingredients as possible

Taste

Send your herbal recipes directly to Grace Emery:

1415 Sage Run, SATX 78253 or gemery49@yahoo.com or Karen Lopez at i_quilts@yahoo.com

Over the Fence...

2014-2015 Program Line-up



SAHS online calendar:

<http://www.sanantonioherbs.org/Calendar/CALENDAR.htm>

Dec: Winter Holiday Banquet; need coordinator for this event. Contact any Board member.

Plan NOW for 2015's meetings!

Jan: James Bucklin, general manager of *Hearthstone Bakery Cafe* will include **Savory**, 2015 Herb of the Year

Jan: Begin forming Nominating Committee

Feb: Dave Saylor, owner of *Acadiana Café*

Mar: Ruben Villarreal, bringing *Archi's Acres* to SATX; SAWS Spring bloom plant sale

Apr: Angela Love, RN; *Aromatherapy* for stress relief 2015-2016 Board nominees presented

May: Spring Banquet & Social 2015 Board vote

Ask the program presenter a question!

Send your question to Rachel Cywinski at worldvisitor@rocketmail.com no later than 3:00 p.m. on Sunday before the meeting. Rachel will collect the questions and pass them on to our speaker to consider before the Thursday meeting.

Like our programs? Have an idea for one?

Know a great speaker for an interesting herbal topic? Contact Rachel Cywinski or any Board member with your suggestions and contacts.

Next Board Meetings

November 24, 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.

SAHS Publicity Needs YOU

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. Know of a new contact that would help us? Get with Mike Belisle to help out.

SA Botanical Garden Events in November

Through Nov 16: Scarecrow Trail
Through Jan. 4—Lego Art in the Garden
Nov. 07—Family Flashlight Night
Nov. 27—Closed on Thanksgiving Day
Nov. 28 through Dec. 31—Holidays in Bloom
Dec. 06 & 07—Dogs Days

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

SA Garden Center

Nov. 05—John Thomas from Wildseed Farms
Nov. 08—Floral Design Workshop with David Garcia (must enroll by Nov 1.

Nov. 24-26—Operation Christmas Cheer: help make wreaths, table décor and gift baskets for local charities
<http://sanantoniogardencenter.org>

Submitted by Peggy Jones, Publicity, SARS

SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center. Anyone is welcome to come and learn for free. www.sarosesociety.org

Submitted by Peggy Jones, Publicity, SARS

Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316. Website: <http://txmg.org/comal/>

Guadalupe County Master Gardeners

The regular meetings are on third Thursdays; free and open to the public (business follows program). For further information call 830-303-3889 or visit our website at www.guadalupecountymastergardeners.org.

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center, noon to 3 pm; 3310 N. New Braunfels. Free and open to the public; \$5 donation is appreciated. Contact (210) 251-8101 or info@gardeningvolunteers.org

Web site: <http://www.gardeningvolunteers.org/gvstwp/>

Texas Native Plant Society

Meets every 4th Tuesday, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. contact via email: npsot.sanantonio@gmail.com or check the website: <http://sanantoniochapter.wordpress.com/>

Submitted by NPSOT, San Antonio Chapter

Raffle Basket Time!!

It's fall! That time of year here in South Texas where we find the first relief from the intense heat of summer. To celebrate, SAHS will raffle off a wine basket filled with fine items reminiscent of the autumn months. The entire package includes wine from Fetzer and Turning Leaf, crystal glasses, linens and an assortment of snacks. Can't you just taste the rich pumpkin soup steaming in the bowl alongside a handful of crackers stacked with Wisconsin cheese? There's even a little bartender's book for your further enjoyment! Retail value is about \$70. Donations are: \$3.00 for 1 ticket and \$5.00 for 2. Basket items were donated by Grace Emery and Charlene Swafford. Proceeds benefit the SAHS general fund. Winner to be drawn at December banquet.



King William Parade Preparation Starts EARLY!

Mike Belisle, et. al., have been BUSY! Even though Fiesta 2015 and the King William Parade aren't until April, there are certain donated supplies which must be solicited almost a year ahead of time. The SAHS is proud to report that the nursery known as Johnny's Seeds of Maine has graciously added us to their recipient list for this year. Thank you so much, Johnny's Seeds! In return, the SAHS will display their logo and web link. <http://www.johnnyseeds.com/>



Field Trip to Nature's Herb Farm

On October 25, eighteen members trekked down Old Talley Road to the vast greenhouses of Nature's Herb Farm. Even though NHF is primarily a wholesale grower, it is possible to purchase plants and take tours on a retail basis.

Mary Dunford was a gracious hostess, serving food and teas to the group. She answered all questions and explained to us which herbs are typically grown in the fall. One amazing place was the propagation area; we saw individual thyme leaves prepared and placed in potting mix - 90 little pots in a tray - a meticulous job. It's a beautiful place; my two favorites were the thyme hedge and the 30-foot bay tree! Great fun, very informative with sunny fall weather to top it off.



Submitted by Grace Emery

Minutes from October 16, 2014

General Meeting

The meeting was held at The San Antonio Garden Center.

47 in attendance (5 guests, 42 members).

Call to Order: 7:00 - Yvonne Baca introduced herself and Grace Emery, co-presidents.

Yvonne acknowledged new members. There was one in attendance. Visitors were recognized.

Thanks were given to the Hospitality Committee for the great table and for all who brought food for the table. There were 5 designated recipes prepared from recipes to be evaluated for the new cook book. Evaluation slips were available for the prepared dishes.

Our next meeting is November 13th. Members with the last name initials A-N are asked to bring dishes for the Hospitality Table.

Ms. Baca encouraged everyone to visit the tables at the back: The Share Table, Jane McDaniel's table with handmade table runners, potato bakers and *Lizzies*; Linda Barker's Scentsy™ Table; the SAHS Merchandise Table (with our new t-shirts); the used book table staffed by Charlene Swafford and Karen Lopez. A reminder was given that Newsletter articles and recipes are due by Friday, Oct. 24th. Send newsletter articles to Joe-Beth's email - it is in the newsletter. If you are sending a recipe remember to include the name of the recipe and your name.

•Recognized the sad passing of Jinnie Perkins, our USANA and Faberge egg lady, Yvonne called on Adrienne Hacker to say a few words; Adrienne spoke of Jinnie's good humor and sense of dedication.

•New t-shirts are here and for sale for \$15.00. Mike Belisle and Joe-Beth modeled them.

•New Special Interest

Group - Carol Hamling

said that the October

meeting was cancelled

because of her husband's fall, but will resume next month at her house on November 18. This SIG is for any new members and members who don't belong to an existing SIG but would like to try one out.

•Christmas Banquet Chairman needed - Leslie Bingham accepted; she is also in the Craft Sig which has been gathering decorations for this event.

•Request for assistants to help Joe-Beth on the newsletter and Lyn as backup admin to our website.

•Rachel Cywinski - Field trip to Nature's Herb Farm, Saturday, October 25. We will meet to carpool at Wonderland Mall.

•Robin Maymar/Grace Emery - Cookbook Committee update - Grace reminded attendees to taste the designated recipes on the table and write an evaluation. Karen Lopez is coordinating the testing of recipes. More recipes are welcome - especially desserts and drinks.

•Update on herb and salt blends to sell at the Herb Market this Saturday, October 18th.

Robin Maymar reported six salt blends will be available for sale. She thanked everyone for bringing herbs which were dried and packaged for sale as well.

•Update on Herb Market on Oct. 18th, from 9:00am to 3pm. Diana Lewis, co-chair with



Leslie Bingham, reported there is a sign-up sheet in back with volunteers are needed especially for 11:00 to 1:00 because we also help with the Chef Competitions. We will sell books, resource guides, etc. at our booth. Junior master gardeners will be on the grounds to help young ones learn how to plant.

•Grace Emery - Tickets for the raffle basket are on sale now, \$3.00 for 1, \$5.00 for two. The winning ticket will be drawn at the Christmas Banquet (need not be present to win).

Express News is still requesting garden owners to volunteer for the "Sow, Grow, and Savor" column. If interested in featuring your garden, contact Mike Belisle or Grace Emery.

Next program on November 13, 2014: Chris Goloby; Herbs for Holiday Cooking

Adjournment: at 8:30 after the program by Yvonne Baca
Submitted by Barbara Quirk, Secretary SAHS

Program: Mary Dunford of Nature's Herb Farm

Rachel Cywinski, Program Chair, introduced Mary Dunford, owner of Nature's Herb Farm and cofounder of the SAHS.

Diane Lewis asked Mary to tell us a little of the founding of SAHS.

Mary responded that she had always volunteered at the Botanical Center. Some of volunteers were interested in herbs. A friend suggested they start their own group and the rest is history. Mary was elected President. They met in the greenhouse and several years later moved to the Garden Center. Mary's presentation began with a friendly request that everyone move closer and get cozy. Her warm manner dominated throughout her speaking. She frequently referred to a friend, the late Madeline Hill, as a mentor. She handed out a list of her favorite herbs for harvesting and drying. She began with varieties of Artemisia, being it's the 2014 herb of the year.

Silver King Artemisia is very hardy. When it dries in the ground, it is cut back. It makes beautiful swags for decorations. When making wreaths with fresh plant materials, make them very full because the plants will shrink as they dry out. She demonstrated how to make simple wreaths by wrapping herbs into the proper shape. The fresher the herbs, the easier it is. If herbs are too dry, soak them. Mary passed around wreaths she had made with long stemmed grape vines and lamb's quarters. If making a wreath with bay leaves, keep the finished wreath in a cool, clean place as the bay leaves are intended to be used by the cook!

She enjoyed talking about oreganos. Dittaney of Crete and Hopley's varieties can simply be put in a vase without water. They will hold their shape and most of their flower colors as they dry. Holy basil and opal basil have deep colors and are excellent as accent stems in any arrangement.

When preparing any fresh herbs or other plants for drying, bundle the herbs, tie them with a rubber band (remember the plants shrink during the drying process). Hang them in a place with good air circulation and low humidity. She also spoke on making potpourris and passed around a small sachet filled with aromatics (including lavender) that was several months old but still had a distinct fragrance.



Rosemary and scented geraniums are good fillers, but they must be dried first or else mold or mildew can occur.



Right now the Farm is primarily working on prorogating, not seeding. She demonstrated how to propagate: Take a long stem, strip the bottom leaves, put it in good soil with the bottom stem angled horizontally. Put a rock on it and wait for roots to form (can be several weeks for woodier stems).



Hearty Handshakes!!

Many thanks to Robin Maymar and her committee for their efforts in the cost research and reporting on a new item (herbal salt blends) for SAHS to sell during the Herb Market in October. A solid idea and one well-received by our customers! Hearty handshakes and a tip o' the hat!!

New nametag system...

...has been implemented. Partly due to the growing expense of the engraved plastic nametags used for the past 20 years or so, the SAHS Board decided to begin a new tag method. The Membership chair will provide a reusable name tag for all current members. This nametag will be available to you at the door at the beginning of each general meeting. Pick up the nametag, wear it with pride, turn it back to the membership desk before you leave for the night. Simple. You don't have to worry about remembering to wear the tag (or losing it somewhere).



From the Membership Chairs

At the October meeting, we had the following attendance: 5 guests and 42 members for a total of 47. Come one, come all: Join SAHS in November for a 14-month membership San Antonio Herb Society. We are 30+ years old and still going and growing and glowing. With your 14-month membership, which is good through 12/31/2015, you will be informed, challenged, delighted and well fed, of course. New Business members include: Mike Bolner (Fiesta Products), Sil & Yoli Huron (Health by Choice). Be sure and take advantage of the products and services of these fine folks! Welcome to new member Pamela DeRoche!
Submitted by Ann Rossi & Penny Cardwell

In Memoriam

The entire membership offers our condolences to the family of Jinnie Perkins, long-time SAHS member, all-around herb enthusiast and Fabergé-style egg decorating expert.

Jinnie passed from this life in early October.

Peace and prayers to all her family and friends. We'll miss you!



Treasurer's Report, September 2014

Submitted by Robin Maymar, Co-Treasurer

INCOME

Book sales	\$79.00
Subtotal - INCOME	\$79.00

EXPENSES

Garden Center, attendant fee	\$45.00
Garden Center, rent, September	85.00
Garden Center, rent, October	85.00
Herb Market Sponsorship	400.00
Annual Liability Insurance	475.00
Subtotal - EXPENSES	\$1,090.00

TOTAL (Income-Expenses) (\$1,011.00)

ASSETS

Frost Cert. of Deposit	\$1,209.28
Frost Checking	4,294.86
Frost Saving	460.38
Scholarship Fund	1,096.82
Cash on Hand	110.00
TOTAL	\$7,171.34

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 information mentioned in this newsletter are at the decision and discretion of the individual.

'14 - '15 SAHS Board Officers & Members

Yvonne Baca - Co-President

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

Grace Emery - Co-President & Cookbook III Chair

210 875-6919 C, gemery49@yahoo.com

Rachel Cywinski - Vice President (Program Chair)

worldvisitor@rocketmail.com

Ann Rossi - Membership Co-Chair

210 422-8506 C; aspiring_annie@yahoo.com

Penny Cardwell - Membership Co-Chair

210-380-9755; p.card1@aol.com

Barbara Quirk - Secretary, Recording

210-828-0432 H; barbara.quirk@sbcglobal.net

Lenore Miranda - Treasurer Co-Chair

253-777-2979 C; tinkyny@earthlink.net

Robin Maymar - Treasurer Co-Chair

210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Mike Belisle - Publicity / PR

210-826-6860 H, mbelisle@satx.rr.com

Lyn Belisle - Webmaster & Green List Coordinator

210-826-6860 H, belisle@satx.rr.com

Joe-Beth Kirkpatrick - Newsletter

210-590-9744 H, joby53@gmail.com

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

SAHS web page: www.sanantonioherbs.org

SIG-nificant Events

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

Culinary SIG I

October's cooler temperatures and slowly coloring foliage brought one of our SIG's favorite dinner themes: Harvest Vegetables. Meeting at Barbara's with her charmingly decorated home and table, we had a feast of fall bounty. Starters were two lovely soups, a creamy potato and turnip with fresh basil from the Trentino area of northern Italy, and a puree of roasted butternut squash, sweet potatoes, carrots, garlic and apples with sweet spices and savory curry that was concocted from four recipes to make a delicious new one. Steamed Indian shuck bread beautifully wrapped in corn husks and served with pats of maple syrup butter were a tasty accompaniment, as were rich croissants. A fall harvest salad with fresh greens, apples, dried cranberries and Swedish pecans with a raspberry vinaigrette had us going back for seconds.

The main dish star was an old family recipe for chicken and dumplings that had us remembering how our mothers and grandmothers preferred to make theirs. Keeping company was a delicious butternut squash and sweet and russet potato gratin, a tasty balsamic and fresh thyme spiked roasted parsnip and carrot dish, a wonderful cornbread stuffing with sweet potatoes and winter squash, a dried fruit and butternut squash casserole that took a homey vegetable to new heights, some deviled eggs with black olive garnish in the shape of spiders (because Halloween is right around the corner), and a brilliantly-colored haricot vert "slaw" with finely julienned carrot, red pepper, parsnip and red onion in a savory vinaigrette. Even those of us who don't count fall root vegetables and winter squashes as our favorites were asking "how did you make this taste so good?!"

After so much great food, we still managed to have a bite (or two) of wafer-thin gingersnaps with an addictive pumpkin and cream cheese dip. Conversation included sharing cooking finds and tips (did you know a pinch of baking soda in boiling water enormously speeds up the cooking time of vegetables?), and finalizing plans for our next meeting when we go to Jeanne's for our annual tamalada, just in time for the holidays. Stay tuned!

Submitted by Jeanne Hackett

Texas Natural Living SIG

The Texas Natural Living SIG met October 30 and will report on that as well as their November sessions in the December issue of this newsletter.

For SIG meeting information, please contact Marilyn Nyhus (rudyandmar@yahoo.com) or Marguerite at mhartill@aol.com.

Submitted by Marguerite Hartill

Aromatherapy SIG

We are considering our next series of classes and on hiatus until January 2015. For information, send email to it-makescents@earthlink.net or call 210-566-4379.

Submitted by Jean Dukes

Herbal Crafts SIG

The Craft SIG has finished the decorations for the Herb Christmas party. 7 people showed up for the special meeting and helped make light work of the project. To see what we created, please come to the December Banquet. Hope to see you then. For SIG info, contact kseippccc@aol.com.

Submitted by Kathryn Seipp

Healthy Living with Herbs SIG

The Healthy Living group gathered at Jean's home late in the month to discuss turmeric and curcumin and their contributions to our health-filled culinary efforts.

Turmeric is a well-known adaptogen—a food which supports the body against stress and provides support for the immune system. It aids the body in absorption of vitamins and minerals; promotes the health of the nervous and circulatory and nervous systems; aids in the purge of wastes and building healthy blood.

Curcumin is a component of turmeric (which is the spice that gives curry blends their distinctive yellow color) and is a spice to know in regards to keeping inflammation at bay and maintaining a healthy blood and cardiac system.

We sampled several dishes and drinks containing turmeric—delicious!!

In November, we have our traditional healing soup session with Margie & Lynda hosting.

Postscript: This SIG will miss Jinnie Perkins, a member of this group since we first gathered back in 2001.

Submitted by Joe-Beth Kirkpatrick

Culinary SIG II

On October 23, the members of the SIG met at the home of J. Ann Bauerkemper and celebrated Oktoberfest with a delicious feast. Bernetta Haden brought some bratwursts and sauerkraut that had some caraway and celery seeds and bacon to make it extra special. Adrienne Hacker and J. Ann made the main course of Sauerbraten, Kartoffelknoedel (potato dumpling) and gravy; these dishes were made with juniper berries, bay and cloves and a dry red wine then set to marinate for 20 hours. The dumplings had a filling of bread cubes soaked in brown butter. Very tasty for all. Grace made some small potato dumplings with fresh dill. As a note, German potato dumplings are a true favorite in Bavaria - especially when served with a Schweinebraten (pork roast). Whether the Kartoffelknoedel are made from bread, potatoes or Brezen (pretzel) is all a matter of personal taste. But to serve a Schweinebraten in Bavaria without dumplings is unthinkable. Gloria Ortiz made another common dish, Zwiebelkuchen (onion pie), and presented it in a tart pan. It was beautifully golden brown - warm and delicious. Sandra Woodall made a delicious German potato salad with lots of caraway, olive oil and vinegar for a wonderfully savory taste. Finally, we were served some Three-day Weekend Spitzbuben. These cookies are a family affair at the home of Robin Maymar, grandchildren helping with all details. They are star-shaped and filled with raspberry preserves; the dough has crushed pecans, lemon zest and lemon balm. Very nice finish to a wonderful Oktoberfest.



The next Culinary SIG II dinner will feature Thanksgiving Favorites at the home of Robin Maymar, Wednesday, November 19, 2014 at 6:30.

Submitted by Grace Emery

Mad Hatters

The Mad Hatters Held our Oct. get together at The English Tea Shoppe on Bandera Rd. Though our numbers were few, we had a great time. It all started with a pleasant dinner and then the Mystery.



The story took place at a fictitious archeological dig with characters that had really distinctive names. Such as *Ham Fysted*, *Louisa Terra-Cotta*, *Missy Links* and others that were equally funny. Most of us

played parts and there was plenty of fun all around. After Act II, we had desserts & teas. Some opted for the home-made German chocolate cake or a very moist, fresh-made carrot cake or a fruity selection of scones.

After dessert and tea, the story continued. In the end, everyone got to help decidie "Who Done It" Even with 8 suspects, one of the evening's guests chose the correct villian and won a gift card from the Tea Shoppe.

It was a lot of fun; I hope we can do this again. The owner is planning another Murder Mystery for the end of the year. Just a FYI.

The Mad Hatters next meet will be in December for a lovely Christmas luncheon or brunch. We will keep you posted. Interested in this group? Have an idea for a meeting location? Contact Linda at lnbdesignline@aol.com.

Submitted by Linda Barker

Garden Happy Hour

Thanks to all of you who opened your gardens this past spring and summer to the curious and very appreciative SAHS folk! We're looking for a few members to help plan, recruit and coordinate next year's Happy Hour series. For info, contact Robin at robinmaymar@gmail.com

NEW SIG: "Herb & Culinary"

The new Herb & Culinary SIG had to cancel their meeting for October but will meet on November 18th which is a Tuesday night. We will start at 6:30 pm with conversation and dinner at 7:00 pm. Any member of the Herb Society that does not belong to a SIG is welcome to join. Please e-mail or call me. I will send out a reminder e-mail or call a week prior to the meeting. Everyone will bring a dish to share and the recipes to hand out to those attending. It is important to r.s.v.p. so everyone can bring enough copies of the recipes to share. The hostess will provide the drinks. I look forward to seeing you at my house in November. The theme will be Italian food.

If you are interested in joining this new group, please get in touch soon. Call Grace Emery 210-875-6919 or Carol Hamling 210-493-8713, carol.hamling@gmail.com

I look forward to seeing you there.

Submitted by Carol Hamling

Weed-n-Gloat SIG

We met, we weeded, we gloated - we also planted Fall herbs: Sweet Marjoram, Cilantro, Broad-leafed Parsley, Mexican Mint Marigold (substitute for Tarragon), Winter Savory, Thyme, Sages, Arugula, Borrag. We trimmed the Lemon Grass, which is now at 4 ft. in height, fought the Mexican petunia, which is making a dash from one Botanical Garden bed across the way to another via its roots, and set out the signs so that visitors will know which is which in the SAHS Herb Garden. It's a sight to see - go by, take a look and walk around the Gardens; there is a fascinating Lego sculpture exhibit and some beautiful vistas as you traverse the walks. Our Herb Garden, of course, is the STAR.

Weed-n-Gloat is the last Monday of the month. Contact Jane for more information: janesirish@att.net

Submitted by Jane McDaniel

2014 Annual Herb Market Report

Saturday October 18th was a glorious fall day here in San Antonio, with the SAHS volunteers out in record numbers to work our booth at the Annual Herb Market at the Pearl Brewery. This is probably one of the premier events



for the Herb Society during the year and it is where we get to showcase not only our members' talents in terms of selling the delicious herbal salts and dried hand-picked herb packages, but to allow us all - in our different ways - to interact with the public at the Pearl. Everyone is interested in herbs and this year we had a lovely array of potted herbs courtesy of Mary Dunford of Nature's Herb Farm. The ladies had outdone themselves in presenting a display of the basic culinary group as well as some interesting "others" such as lemon balm and Artemisia, which is - as most of us know - the 2014 Herb of the Year. It would be interesting to tally the collective gardening expertise in growing herbs of our membership, because there are so many of you who are very, very knowledgeable and on Saturday this was everywhere in evidence.

In addition to attracting those plant enthusiasts who would like advice on growing these delicious plants in their own garden, this year Robin Maymar, one of our Board members, and her crew organized a wonderful smorgasbord of Herbal Salt blends and hand-picked, dried herbs from members' gardens. The packaging alone was so attractive, that for \$3 per packet it was a "no brainer." Well done, Robin and many thanks to Milan, her husband, for helping out in many capacities wearing a variety of hats!

There were many attractions to choose from in terms of being entertained at this year's herb market. Chef Stephen Paprocki worked his magic in preparing Absinthe ice-cream with his dry ice technique which always draws in the crowds. He also managed a wormwood crème soup and some Artemisia tea. Later on, Chef Gee Gee Reid prepared some oriental salads and a wonderful veggie noodle dish. All of the recipes were delicious and very easy to prepare (well, perhaps these talented chefs made it *appear* easy to prepare). There was a demonstration of how to pot up herbs for the children put on by the Bexar County Jr. Master Gardeners (which was a "hands-on" endeavor) and many interesting vendors purveying their "Herbal Garden Wares."

It was a great day, the weather cooperated which those of us who had to be there at 6:30 a.m. appreciated! This really is a great opportunity to get out there and meet the gardening public and share your knowledge of both growing and using herbs in all their myriad uses. I'm sure the Board would agree with us in encouraging those of you who have not yet volunteered to mark your calendar for next year.

Many thanks to all of the volunteers who came out and made it a special day.

Submitted by Leslie Bingham & Diane Lewis, Co-Chairs
Ed note: The SAHS sold 18 books and booklets during this market day. See separate story on herbal salts and sales, pg 1.



Autumn-theme Wine Basket Raffle

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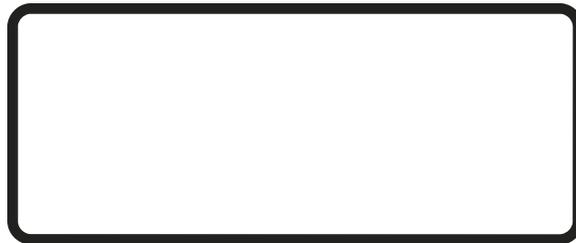
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