



# La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 308, November 2015

*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.*

Thursday, November 12 2015

## Ken Edmonds from *Cured*—a Chef's Take on Herbs



Come meet Ken!! Chef Edmonds graduated from the Culinary Institute of America in 2013. While seeking a fresh venue for his cooking arts career, he and his family moved here from Corpus Christi several years back. He has been working at *Cured* for a year and a half. Ken learned many recipes from his mother even after leaving home for school. Needing something special to prepare for his family and eager to learn, he would call his mom at dinner time to get help on those dishes he grew up enjoying. He's now using that knowledge along with his formal training as he creates for one of San Antonio's newer restaurants: *Cured*. SAHS members will share in more of that history at our November general meeting. We'll see YOU there!



*Members whose names begin R-Z, 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 located on the corner of Funston and N. New Braunfels.*

*For more SAHS information, see our website at [www.sanantonioherbs.org](http://www.sanantonioherbs.org)*

### Annual Herb Market—Thanks!

I would like to thank all of the volunteers that came out on Saturday to support the Herb Society at the 24th annual Herb Market at Pearl. They were unfailingly polite, friendly, enthusiastic and hard workers. A special vote of thanks to those that gave up their entire day to stay and help both with set up and tear down. From 6:30 a.m. to 4 p.m. is a long day! So a very big thank you to Norm & Loretta Hastings, Grace Emery, Robin and Milan Maymar, Karen Lopez, Lynnda Rivera and her husband and to Adrienne Hacker who came after a full work day to help us pack up. If I have left anyone off the list I apologize as the mistake is all mine and I say 'mea culpa.' A great success many, many thanks to all who made it happen with grace and style!!

*Submitted by Leslie Bingham*

### Annual Herb Market

#### Salt and Herb Blends for sale

See Robin Maymar soon for your chance to pick up a few packets of this fall's freshly made salt blends. These blends include sea salts with roasted garlic, ancho chili & smoked paprika AND a Tuscan blend (dried herbs and salts). There's also select dried herbs: bay laurel, sage and Mexican mint marigold (complete with a recipe for salad dressing).



Don't forget your essential mint tea, packaged in a 1/2 cup jar with a decorative gingham cover.

Salts are \$3/packet and mint tea is \$5/jar.

Don't miss these for **your** holiday cooking (or your gift list!) this winter.

### Used Cookbooks = Treasures for your Bookshelf

The Used Book table is a veritable treasure trove of culinary texts **plus** the income benefits the SAHS. Books make EXCELLENT gifts for ANY occasion. Get in touch with any Board member. Get one of our collection of used cookbooks at bargain-basement prices and you might even keep one for yourself!

- Eastern Junior League
- New York Entertainers Junior League of NYC
- Nuggets Junior League of Colorado Springs
- 1993 North American Fishing Club
- 314th Combat Support Group Base Hq
- River Road Recipes III
- How to Cook a Pig
- The Magic of Food
- Cleaving

### Newsletter Deadline for December Issue

All materials for **December** due by **November 20.**

### Hospitality Table

#### Schedule:

- Nov: R-Z
- Dec: Banquet
- Jan: A-M
- Feb: N-Q

#### Members' Sale Tables

*Please contact the Program Chair to arrange for your tables at least two weeks in advance.*

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## Member Recipes

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

### Fire Crackers!!

Submitted by Loretta Hastings

Ingredients

- 1 1/2 C canola oil
- 2 Tbs crushed red pepper
- 1 1/2 tsp cayenne pepper
- 1 pkg dry ranch dressing (3 Tbs)
- 1 box saltine crackers (16 oz)

Directions

Mix oil and seasonings in a large bowl. Add crackers and stir gently to coat completely.



### Bar-B-Que Meatballs

Submitted by Cindy Moore

Ingredients

- 1 pkg HEB fully cooked Italian meatballs
- Jack Daniels Original #7 Barbecue Sauce

### Mini Flautas

Submitted by anonymous

Ingredients

- corn tortillas
- ground beef
- panela cheese (feta cheese)
- Mexican crema (sour cream)

### Potato Hot Spicy dish

Submitted by anonymous



### Fire Steakhouse Bread with Vegetable Dip

Submitted by MaryBeth Wilkinson

Ingredients

- 1 recipe steakhouse bread (homemade using rye, wheat and white flours and molasses)
- 1 recipe plain dip with spinach and water chestnuts



### Cranberries and Your Healthy Feasting

Be sure to include the humble cranberry in your culinary efforts this winter. You've probably seen popular articles pitching cranberries as a "superfood." Although the fresh berries provide a good source of fiber and modest amounts of vitamin C and minerals, their superfood status derives from their abundance of health-promoting phyto-compounds—chemicals manufactured by plants for their own defense. These include anti-inflammatory, antibacterial, and antioxidant compounds.

### Coming in December!

### SAHS Annual Holiday Potluck Dinner

The Theme is "Christmas in Texas" - can't get much better than that, now can you?

The SAHS annual Holiday banquet is always a culinary treat! Every member is encouraged to come, bring your favorite holiday dish and a spouse/partner/friend to share the goodness of the Season. Take this opportunity to celebrate Savory as the 2015 Herb of the Year (I can taste the dressings, salads and hot dishes even now!)

**The SAHS Board of Directors is asking all of our SIGs to participate as groups this year.** Each SIG will decorate one dining table. Doesn't have to be elaborate, but should aim toward the announced theme.

We'll ring the dinner bell promptly at 6:30pm on December 10th. Contact any Board member to come help us spiffy up the room and dinner tables.

Watch this space in the December newsletter for more information.

### Vinegar Recipe from the Old World

Medicinal vinegars have been used for hundreds of years and are perfect for children and those intolerant to alcohol. Fend off illnesses with antiviral, immune-boosting "Four Thieves" vinegar blend.

According to French folklore, during the 17th century this concoction of herbs and vinegar kept four thieves (grave robbers, actually) from contracting the dreaded black plague. It was said that, by dousing face masks with this brew, the thieves were able to rob the graves and houses of the recently deceased without falling ill. Believe it—these herbs are potent anti-viral, anti-inflammatory and immune-boosting ingredients.

So when you feel colds, flu or (heaven forbid) the plague approaching, douse your salads and veggies in this (actually quite tasty) vinegar. You can also take it by the tablespoonful in warm water with a bit of honey and lemon.

Ingredients

- 2 Tbs dried rosemary
- 2 Tbs dried sage
- 2 Tbs dried lavender
- 2 Tbs dried wormwood
- 2 Tbs dried peppermint
- 1 Qt raw, organic apple cider vinegar
- 2 Tbs fresh garlic, chopped

Directions

In a clean, quart-size glass jar, combine the first five herbs and apple cider vinegar. Cover and steep in a cool dark place for about 2 weeks, shaking daily. Strain out herbs and return vinegar to jar. Add garlic and cover. Let steep for a few days more and strain again. Store in the fridge for up to 6 months. Do not leave the garlic in the vinegar!

Note: Wormwood is not recommended for pregnant or nursing women, and could be problematic for those with a kidney disorder, a seizure disorder, porphyria or a ragweed allergy.

### Left-Over Pumpkin?

Go check your dusty cookbooks for something special to use that post-Halloween jack o-lantern. Remember that pumpkin is just another type of squash—use a puree to thicken soups and stews or sweetened in a mousse or cheesecake. Since pumpkin is considered a deep yellow vegetable, remember that this is indicative of substantial amounts of vitamin A and beta-carotene—for your healthy skin and eyes!

## Over the Fence...

### 2015—2016 Program Line-up



#### SAHS online calendar:

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

**Dec:** Annual Members' Holiday Banquet

**Jan:** 2016 Herb of the Year: Capsicum

**Feb:** 2016 t/b/d

#### Have ideas or contacts for new programs?

Know a great speaker for an interesting herbal topic? Contact any Board member with your suggestions and contacts. Let's complete the list for 2015!

#### Next Board Meetings

**November 30, 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.

*Remember: ALL Members always Welcome!*

#### Next Bylaws Review Meeting

**November 19, 6:30 pm**

Please contact one of the Board members for information on location prior to the meeting day. We especially welcome members with parliamentary experience.

#### SAHS Publicity Needs YOU

Every month, SAHS provides meeting info **flyers on our website and via email**. You can print them and post them at stores in your area, stores that you would be frequenting anyway. If every SAHS member gets a few flyers posted or shares them on social media, our membership will grow!! Get with Mike Belisle to help out.

#### SA Botanical Garden Events

There's a new sculpture exhibit in the Garden. Opened in September and runs thru end of the year. The Garden is open year-round, 9am to 5 pm. For info call 210-207-3250 or visit [www.sabot.org](http://www.sabot.org)

#### SA Garden Center

Regular meetings are every first Wednesday. For information, call 210-824-9981 or see <http://sanantoniogardencentre.org>

#### Texas Native Plant Society

Chapter meets every 4th Tuesday, Lions Field Adult Center, 2809 Broadway. website: <http://sanantoniochapter.wordpress.com/> or contact via email: [npsot.sanantonio@gmail.com](mailto:npsot.sanantonio@gmail.com)

#### Gardening Volunteers of South Texas

Contact (210) 251-8101 or [info@gardeningvolunteers.org](mailto:info@gardeningvolunteers.org)  
Web site: <http://www.gardeningvolunteers.org/gvstwp/>

#### 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). Sept 17, topic is "Bog Plants and Gardening" by Keith Ameng.

For further information call 830-303-3889 or visit our website at [www.guadalupecountymastergardeners.org](http://www.guadalupecountymastergardeners.org).

#### Bexar County Master Gardeners

Contact 210-207-3278. or <http://www.bexarcountymastergardeners.org/>

#### SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center.

For more information, see [www.sarosesociety.org](http://www.sarosesociety.org) or call Meg Ware 210-698-8440

*Submitted by Peggy Jones, Publicity, SARS*

#### "Sow, Grow, Savor" Column @ SA Express-News

The SA E-N is always accepting folks who're willing to have their gardens featured in a column. They're looking especially for gardens with a theme, topic, purpose or other special end-use.

Contact Grace Emery [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

#### Remember Savory is Herb of the Year...

How have YOU been using Savory in your cooking and healthy and tasty living this year?

Let us hear about it!



#### Speakers Bureau needs you, too.

Do you enjoy talking to folks about various herbal topics? Cooking, gardening, healing, crafting—these topics are all welcome by our various audiences. Please contact any Board member to help out.

#### What ARE you doing?

The SAHS newsletter would enjoy the opportunity to introduce YOU to your new friends here. Drop the newsletter editor a note about what you're involved with outside of our herbal realm. Where else do you volunteer? What's in your garden or on your table? Do you have a hobby that would be fun to share? Looking forward to hearing from YOU soon!

#### Fundraising ideas needed

The SAHS Board would like to know what sort of ideas you have for fundraising. Extra money in the bank account means we can do a little more in the way of outreach which is one way to increase and diversify our membership.

What are your ideas? How would you implement them? Come talk to any Board member and let's get things rolling!

#### Membership and a Telephone Committee

This is a time-tested method of keeping our membership apprised of the goings-on of the Society PLUS it's a great way to confirm we have a long list of volunteers for our current projects. If you prefer to help out from the comfort of your home, this is the volunteer job for YOU!! Let's get a new group started today.

Please contact any Board member.

#### SAHS Web Pages

Do you know about our web site? On this site, we keep an archive of past newsletters (which contain meeting minutes and treasurer's reports) as well as photo "albums" from various events. [www.sanantonioperbs.org](http://www.sanantonioperbs.org)

Thanks, Lyn!!

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## Minutes from October 08, 2015

### General Meeting

Call to Order: 7:01 PM: Meeting was called to order by President Leslie Bingham.

Leslie greeted the members and acknowledged new members and guests, she also thanked the Hospitality committee for a lovely, fall-inspired table. She thanked the members who brought food and reminded all that for the November meeting it will be members whose names begin with R-Z - please bring a dish to share.

Leslie also reminded members to look at the tables in the back of the room. Share table, members' sale items and Linda Barker's Creations and Scentsy. Used book sales will be back next month.

If you have a recipe please type and send to Joe-Beth for publication in the newsletter [joby53@gmail.com](mailto:joby53@gmail.com)

Items for Discussion/Announcements:

1. Leslie Bingham report on Herb Market, the Herb Society booth will be located on Avenue A. She called for a few more volunteers, clip board was circulated. During the Market, Chef Jeff Balfour from *Southerleigh* will demonstrate cooking with herb of the year, savory, and Dr. Connie Sheppard from Texas AgriLife will prepare a pasta recipe with Butternut Squash & Sage sauce. A reminder for those who are volunteering at the Herb Market to keep their name tags until the event on Saturday.

2. Robin Maymar asked for some additional help to finish the assembling of the herb salts and that will be sold during Date and time: this Fri-a.m. at her home.

3. Grace Emery, Vice President Programs, announced that Chef Ken Edmonds from *Cured* restaurant will demonstrate "Cooking with Herbs" at the November 12 general meeting.

4. Upcoming By-Law Changes-committee getting closer to rendering their recommendations.

5. Garden Happy Hour will be at Basil and Mary Jo Aivaliotis' home on October 23 at 6:30 PM. To RSVP, call 210 828 3752 or email [maryjo1948@gmail.com](mailto:maryjo1948@gmail.com) for directions and map.

6. Update on King William Parade-Need a new chair as Beverly Tibbs is retiring. Anyone interested in chairing this event please let Leslie know or put your name on the clipboard.

Program:

Grace Emery introduced the speaker Brian Gordon, a Food Justice Organizer at Southwest Workers' Union Roots of Change Community Garden. The presentation is concurrent with Food Sovereignty Month. The topic is an ancient German technique called *Hugelkultur*.

Next Board Meeting: October 26, 2015, Lyn Belisle Studio at 6:30 PM.

8:30 PM: the meeting was adjourned by President Leslie Bingham.

Submitted by Gloria Ortiz, Secretary



and package tea blends the Market day at 10

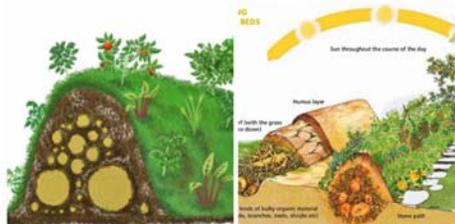
### Program: Brian Gordon on Hugelkultur

Brian first explained the basic principle of mound construction. First, make a pile of old wood (logs, untreated lumber). Good woods for *hugelkultur* are soft woods like pine, poplar, birch and live oak, but not cedar, cypress, redwood and some oaks. Great opportunity to recycle trimmings from your yard!

Once the bulky base is established, cover it with smaller branches, twigs or brush. Next comes layers of leaves, grass clippings, composts, manure, newspaper or cardboard, soil amendments (such as bone or blood meal). You can also use the sod previously dug up as a layer - just invert it and make a layer in the middle. Water it all well. It takes upwards of 6 months for the layers to become rotted enough to become usable for planting.

Brian also described a few variations on the mounds. Simplest is just piling everything up. If you're up for a little more work, the soil below the mound can have just the sod removed or it can dug down a couple feet. The below-grade method helps keep the overall height of the mound within reach. Another version digs a little moat around the bottom perimeter of the mound.

Although a mound garden does take regular watering, its produce is lush and healthy plus the ground surrounding it benefits from any runoff (think compost "tea"). Brian also mentioned that some folks think of this style of building as a "sheet" or lasagna" garden since everything is built up in layers.



Brian described some of the benefits including: top soil regeneration, recycled use of discarded logs and twigs, moisture retention, natural compost and nutrients, adds slopes and contours to the land and follows natural processes as in a permaculture-style garden.

He brought photos of several *hugelkultur* installations including the one at the Roots of Change campus. One set was a series demonstrating how that group built and planted a *hugelkultur* mound at Roots of Change.

All in all, Brian's program was informative and many questions were answered about *hugelkultur*. He concluded the program by inviting SAHS members to visit during the normal work days and hours (every Thursday from 3 to 6pm and first Saturdays from 1 to 4pm). Grace promised to work on putting an outing together for us soon.

## Membership

*Robin's meditation on friendship...*

I went to a yard sale in Terrell Hills a number of years ago. They were getting rid of all sorts of engineering tools and equipment that Grandpa had owned. There was this little crank tool, that looked like it had been made at the beginning of the last century, and it really appealed to me. When Carol Hamling was making the famous Salt blends for Herb Market two years ago, I took it out and used it to cut ric-rac edges on ribbon. Then I used it to cut the edges on paper bags we were decorating.

Then this year, it occurred to me, "Why not try to cut the circle with the ric-rac machine?" My husband loaned me a file to sharpen the cutting teeth, and I oiled it up. We marked a piece of gingham with a six inch diameter circle, and much to my delight, it cut almost perfectly. There were spots where the circle clung by a few threads to the larger piece of fabric.

As I am watching my husband's favorite show, The Woodshop with Roy Underhill, I am cutting beautiful ric-rac circles. Roy is talking about the grain of the wood, and how it shreds if you go against the grain. I am looking at my circles and wondering why, as I get to a certain point, there are these little pieces of thread stuck to the fabric. I carefully watch the machine wheel to see where it does not cut, thinking there is a flat spot on the cutter, or a flaw on the flat cutting wheel. I am going back and trimming these little hanging-on spots, when it dawns on me. I am going against the grain! If you start at North on the circle, you are on the straight of the weave, but as it curves around, you reach North East, and this is the bias or diagonal on the fabric. This is where woven fabric tends to stretch, and on my little machine, I found that the fabric stretched right there. I was "going against the grain".

So I have had a great convergence: love of yard sales and all things old; love of ancient machines and old fashioned ways of looking at materials of wood and cloth; new revelations of trigonometry and fabric bias and grain of wood. Our "real world" experiences, of making things, of blending teas, sowing seeds and visiting with our friends will never compare to the electronic world on line.

Sow seeds with your friends, encourage them to join us at San Antonio, Herb Society.

## Cookbook Volume III Committee

This committee is re-organizing and ready to start the layout work for a 100-page cookbook that will feature the herbs shown on the SAHS handout "Twelve Best Herbs for South Texas".

Get in touch with Grace Emery for more information or to help out.

## SAHS Constitution and Bylaws

Earlier this year, the Board determined that our bylaws could stand a review and possible updating. A group of volunteers has met a few times to discuss items within those documents requiring attention. This is NOT a closed committee or effort. This group welcomes your input. It especially welcomes those persons who are well-versed in standard parliamentary procedures.

The idea is to make our governance timely yet broad enough to allow the Board to make decisions that will benefit the entire organization and encourage its growth. Please contact any board member for information.

## Treasurer's Report, September 2015

Submitted by Karen Lopez, Treasurer

<b>INCOME</b>	
Membership	0.00
<u>Used books</u>	<u>124.43</u>
Subtotal - <b>INCOME</b>	\$124.43
<b>EXPENSES</b>	
Garden Center, rent	85.00
Garden Center, attendant's fee	45.00
Copies	6.00
Public Storage (quarterly fee)	215.00
Liability Insurance (annual)	500.00
<u>Utility Media (website host—quarterly)</u>	<u>41.00</u>
Subtotal - <b>EXPENSES</b>	892.00
<b>NET TOTAL (Income-Expenses)</b>	<b>-\$767.57</b>
<b>ASSETS</b>	
Frost Cert. of Deposit	\$1,215.33
Frost Checking	4,134.41
Frost Saving	442.92
Scholarship Fund	1,096.91
<u>Cash on Hand</u>	<u>50.00</u>
<b>TOTAL</b>	<b>\$6,939.57</b>

*Note: August's report is pending Board review.*

**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.

## '15 - '16 SAHS Board Officers & Members

**Leslie Bingham** - President

[lesliegw@live.com](mailto:lesliegw@live.com)

**Grace Emery** - Vice-President / Program Chair

210 875-6919 C, [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

**Robin Maymar** - Membership Chair

210 494-6021 H; 830 459-8415 C; [robinmaymar@gmail.com](mailto:robinmaymar@gmail.com)

**Gloria Ortiz** - Secretary, Recording [gloria4clarins@yahoo.com](mailto:gloria4clarins@yahoo.com)

**Karen Lopez** - Treasurer [i\\_quilts@yahoo.com](mailto:i_quilts@yahoo.com)

**Mike Belisle** - Publicity / Speaker's Bureau Contact

210-826-6860 H, [mbelisle@satx.rr.com](mailto:mbelisle@satx.rr.com)

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

210-826-6860 H, [belisle@satx.rr.com](mailto:belisle@satx.rr.com)

**Joe-Beth Kirkpatrick** - Newsletter

210-590-9744 H, [joby53@gmail.com](mailto:joby53@gmail.com)

**Jane McDaniel** - Hospitality and Weeder Extraordinaire

210-930-1026 H

**Leslie Bingham** - Hospitality

**Yvonne Baca** - Immediate Past President

830-537-4700 H; 210-313-8705 C; [yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)

**Margie Larkin** - Co-Chair, SAHS New Merchandise

**Lynda Klein** - Co-Chair, SAHS New Merchandise

### More Information

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

*Our website contains an archive of past newsletters, membership and book order forms PLUS includes a PayPal link for your convenience.*

## SIG-nificant Events

### Culinary SIG I

On a crisp evening this month, we met around Barbara's beautifully decorated table (complete with "The Pumpkin Lady"! ) for our Harvest feast. And feast we did!

Starting with a variety of nibbles from our hostess such as savory cheese cookies, pumpkin dip, cheese and chopped meat dip, nuts and candies, we moved on to the table to describe our offerings. There was tender slices of herb-coated pork loin with duck sauce, and new baby potatoes roasted with whole garlic cloves, herbs, capers and tapenade, the inspiration for which came from three recipes to make a delicious new one. Another hit was a butternut squash and black bean casserole with a homemade enchilada sauce sure to find a home in our recipe folders. A "better than Rudy's" sweet corn dish really was. A wonderful comfort food dish was baked mac-and-cheese enlivened with a sauce featuring mashed butternut squash. Fresh green beans found their soul mates with roasted walnuts, dried cranberries and a touch of fresh lemon juice. Another stellar dish was made with quinoa and brown rice, rich with diced celery, dried cranberries and slivered kale, tossed with a tangy lemon vinaigrette and topped with a sprinkle of toasted pumpkin seeds.

We did still find room for desserts. An "impossible pie" was prepared using a blender and baked, to produce a self-crusting coconut custard pie, over which we poured a caramel syrup....impossible and delicious! Slices of a luscious pear pie flavored with oranges and spices, and with a sweetened crunch top was finished with a dollop of whipped coconut cream and orange zest. Spice cookies with four ingredients including cake mix were addictive. A beautiful dessert with a pecan sandy-like crust and layers of pumpkin and cream cheese pudding and whipped cream was decadently yummy. As we have often said after our gatherings, this was the best meal ever!

After an evening of feasting, sharing news and discussing weighty topics such as whether to tail or not tail fresh green beans, we toddled off holding pretty jars of herbal rubs courtesy of our hostess. Next month, we head to Jeanne's for Tamalada Time. Stay tuned!

*Submitted by Jeanne Hackett*

### Aromatherapy SIG

Five members of the Aromatherapy SIG had a lovely outing to the American Botanical Council (ABC) in Austin in October. We learned about a plethora of plants including lemon balm, comfrey, nettles, hibiscus, and SO many more! Jenny Perez, Educational Coordinator for the ABC, is a wealth of knowledge and we could have listened to her teach about plants for hours. Her passion is infectious! Jenny served us some delicious hibiscus tea, while one of the gardeners taught us how to remove the "ovaries" from hibiscus, AND shared hibiscus seeds with us. We are all excited to plant hibiscus in our gardens. Afterwards we enjoyed a wonderful lunch together at the East-side Cafe. Our next meeting will be in December, when we have a potluck featuring food infused with essential oils as we plan our next year together.

Please contact Jean Dukes at 210.566.4379 if you would like to join the group or if you have any questions.

### Healthy Living with Herbs SIG—in Memoriam

No report for October.

### Mad Hatters

The Mad Hatters had planned to meet at the Vegeria for lunch and tea in mid-October but due to circumstances with our members, we will reschedule that trip for another time.

We do not meet in November but we are planning a special get-together for a December Christmas lunch, dinner or tea. Come join us in December and help us plan for next year's Tea events.

The welcome mat is out at the Mad Hatters; come be part of all of our Tea adventures!

Here is some Tea wisdom to ponder.

*"Tea is a beverage which not only quenches thirst, but dissipates sorrow".*

Contact me at [lnbdesignline@aol.com](mailto:lnbdesignline@aol.com).

*Submitted by Linda Barker*

### Herbal Crafts SIG

The Herb Society Craft SIG did not meet in October.

November's meeting will be via announcement to the regular members. If any of you would like to be part of our SIG, please contact Kathryn at [kseippccc@aol.com](mailto:kseippccc@aol.com). New members are *always* welcome.

*Submitted by Kathryn Seipp*

### Culinary SIG II

On Thursday, October 29, the Culinary SIG II met at the home of Jann Bauerkemper; Adrienne Hacker was co-host.

Our theme was Texas country home cooking and the ladies and gentlemen went back to their roots and moms' recipes to get it done.

Karen Lopez presented a delicious fresh cream corn recipe (a new favorite for her family and now ours) and a Texas chocolate sheet cake. Homemade macaroni and cheese was brought by Mary Beth Wilkins - it literally melted in your mouth and so did her Starbucks Lemon-iced pound cake. Pam DeRoche brought a roasted Brussels spouts dish with tomato. Grace Emery dished up Texas peach cobbler for dessert (I think I saw tears when the vanilla ice cream was opened). Robin and Milan Maymar delighted the group with festive coleslaw made with a sweet and hot jalapeño mix and an apple pie with caramel sauce a la the Pioneer Woman. Adrienne Hacker baked cornbread in a Texas-shape plus and a Texas chocolate sheet cake. Jann Bauerkemper did a pulled pork roast and Sandra Woodall had her famous barbecued beans (now we know why they are famous) and, of course, Mama Rousseau's corn bread.

The next meeting will combine November and December for the annual cookie exchange at Karen Lopez's home up in Dripping Springs. This will be a field trip (we'll carpool from SA) on Saturday, December 5, at 12:00 noon for lunch and exchange of cookies with recipes.

For SIG meeting information, please contact Grace Emery at 210 875-6919 C, or [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

*Submitted by Grace Emery*

### Weed-n-Gloat SIG

The Weed and Gloat team tackled the herb garden at the Botanical on October 26 - and I definitely mean "tackle". The much-needed rain made it a jungle but, as the pictures, at-test we tamed the beast

The Botanical Garden is visited by migrating monarch butterflies who have lots of pretty herbs and flowers to feed upon and rest. It is a beautiful time to visit the garden if you have the chance. We ended our 2 hour session at the Commonwealth Coffee Shop around the corner from the garden where we gloated very loudly. Next month, we hope to plant the fall herbs and cele-



brate a wonderful growing season this year. We meet next on Tuesday, December 1st, at 10:00AM to weed and gloat again. Thanks to our dry-weather waterers Robin Maymar, John Steinmetz, Lynda Klein and Marsha Wilson for making our garden the best at the Botanical!

*Submitted by Grace Emery*

### Texas Natural Living SIG

No report for October.

### October Garden Happy Hour

Memo to self: It rains the last half of October! We tried to have the garden happy hour on the fourth Friday of October, but a huge rainstorm delayed us until the next week. Even then, rain threatened. Mary Jo called to say "Rain or Shine the Happy Hour would go on"

As it turned out, the rain stayed away. We had a very small group arrive before dark, in time to see Basil's rose gardens. What lovely, tailored beds and what a large variety of roses: China, tea and found roses. There is a lovely herb garden as part of one bed. There are also numerous bird houses and a beautiful bird bath at the side of the terrace.

Mary Jo prepared Greek spankopia as light as clouds and delightfully crispy. She also had Dolmades, with rice, meat and raisins, very yummy! Robin brought Shitake mushrooms

grilled in a marinade of rosemary and Balsamic vinegar, skewered on sprigs of rosemary. To finish we had Greek coffee and delicious cheese-cake.



A special "Thank You!" to Basil and Mary Jo Aivaliotis for hosting the Happy Hour, and persevering, in spite of rain. Garden Happy Hour is planned again in the spring. Many new members would like to visit established gardens, or even gardens in progress. We all learn new techniques and gain valuable ideas from seeing what other gardeners have done. Would you consider having a Garden Happy Hour in your garden? Contact Robin Maymar at 210-494-6021

*Submitted by Robin Maymar*

### In Memoriam

Our SIG offers its heartfelt condolences to Diane Lewis after the recent passing of her mother. Diane has been traveling between SATX and St. Louis quite often over the past months being present and assisting her family.

Our prayers for peace are with Diane and Rob.

### December Event—Holiday Potluck Banquet

This year, we're asking all the SIGs to gather up and help us decorate for the occasion. Each SIG to do up one dining table however the members wish—it'll be one of the best holiday surprises for everyone!

### Speaker's Bureau out in October

Leslie Bingham had another very successful presentation to the Newcomers' Club – Garden Club division - on Monday October 12. The program was on "Medicinal Healing Plants and Their Essential Oils." It was held at the home of the headmaster on the campus of TMI, The Episcopal School of



Texas, who was very gracious in setting up a screen for slide viewing and helped organize wires, extension cords etc. for the presentation. As with my previous visit to this group in the spring of 2015, there were about 20 ladies in attendance. After the formal part of the presentation was over, we had a wonderful Q and A session, where views were exchanged on the lack of knowledge of health professionals about the healing properties of essential oils and the necessity of getting information out to the general public. Most of those in attendance were avid herb gardeners and very knowledgeable about the subject. Coffee, various herbal teas and a variety of wonderful sweets were served after the presentation.

*Submitted by Leslie Bingham*

### October & the Annual Herb Market @ Pearl

San Antonio Herb Society was well represented at the recent Herb Market. Our Herb Salts committee had trouble gaining momentum this summer, but picked up speed in September. Grace Emery and Robin Maymar chaired the group.

Last year the Roasted Garlic Salt sold very well, so we determined to make more for this year. This involves a number of steps for roasting the garlic, cooling it, then carefully squishing it out of its paper and incorporating it into two kinds of salt, then further drying. We had a lot of fun finding large enough bowls to make this process work, then storing it in quart jars until it could be packaged.



Lenore, Lisa, Gloria and MaryBeth all gathered around Robin's huge table to harvest, dry, mix, measure, label and package our various salts. We made a Tuscan herb blend out of Rosemary, Sage and salt, according to a recipe we tailored from Lynn Rosetto Kasper, our favorite chef on NPR radio. Our sage crop was very small this year, so we did not have as much product.

We also mixed up Ancho Pepper + Smoked Paprika salt. It is also a perennial favorite. Along with the salts, we dried and packaged herbs from our gardens: Bay leaves, Mexican Mint Marigold (with recipe for Green Goddess) and sage.

Grace supervised the mint tea operation and packaging with green gingham covers and green polka-dot ribbon. We had dried thirty seven pounds of fresh mint, stored it in quart jars until time of processing. Oh my! The fragrance of mint permeated our work space. Pam and Gloria helped us package all of the tea.



Once packaged and labeled, we took inventory and headed for Herb Market on October 17. You could not have bought a better weather day: clear blue skies, cool temperatures, a soft breeze. We met so many enthusiastic gardeners and cooks. Our favorite customer said he was just setting up his kitchen and wanted to buy "a year's supply of each of our herb mixtures." We had lots of visitors we could tell about our friendly society and invite them to join. We handed out all of the membership applications that we brought. So next general meeting, look around for our visitors and make them welcome.

A special thanks to all of the members who made this year's Herb Market a grand success.

*Submitted by Robin Maymar*

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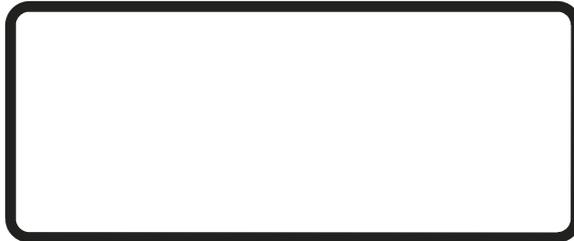
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