



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 249, December 2010

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, December 9, 2010

Annual Winter Holiday Banquet: "A Homestyle Christmas"

It's that time of year again. You know the one: Jingle Bells and ho-ho-ho and homemade cookies and presents and, well, you get the picture. SAHS cordially invites the entire membership to share a holiday dinner during the December meeting session. We'll supply the *accoutrements* and beverages and you supply yourself (plus one guest) and the dishes: Those with names beginning A thru L, please bring a dessert or appetizer; names beginning with M thru Z, bring a casserole, side dish or salad. Doors open at 6pm; appetizers and hors d'oeuvres begin at 6:30pm.



This year we'll have fun again with the gift exchange. Bring a wrapped gift (herbal- theme, of course) suitable for anyone. Books, candles, artwork, gastronomic treats, utensils, garden markers, tools, handmade accessories and goodies, kitchen tools and accessories... so many possibilities. (Please limit your estimated expense for this exchange to \$15.)

Our planning committee has arranged for some choral entertainment from a local high school organization. Always nice to see the kids out and performing at their best!

Don't forget to bring the recipe for publication in the newsletter.

We're in the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, check out our website at www.sanantonioherbs.org



Our Favorite Memories, 2010 The SAHS Membership shares

Back in the day, we did not have certain fruits except at the time they were available. Unlike now, you can buy watermelon and strawberries whenever you want. Christmas morning, our stockings always had a tangerine. I never saw the tangerines until we had them in our stockings and then like magic, a bowl of them would also be on the table. To this day I put tangerines in my visiting children's stockings. And when one of them hosts Christmas, they do the same.

Sally Ann

We lost our father, Edward, in 1992 at the age of 81 (he would have been 100 this past August). One recurring memory that has always brought me an incredible feeling of closeness when thinking about my Daddy were the Christmases in Germany when he was stationed with the U.S. Army in Mannheim, in the late '50s and early '60s. Germans celebrate their own beautiful holiday traditions I remember so well, but these Christmases were even more special to me. The American GIs would traditionally gather their families together at a local orphanage in town and give the German children living there a lovely Christmas party with Santa Claus, plenty of gifts and holiday treats. We would play with the children and sing carols (*O Tannenbaum... Stille Nacht, Heilige Nacht...*). Even as a child I knew this was something out of the ordinary, but never imagined that over 50 years later I could still see so vividly in my mind the icy, black iron gates to the orphanage, the gray, drizzly December skies...and feel such warmth.

Fiorenza

Continued on page 2



December Banquet Set Up

Maria Lührman and Evelyn Penrod are coordinating. Volunteers needed to help with set up the room and get it decorated and ready for everyone. Setup starts Thursday afternoon (and maybe before then to get the decorations all coordinated and finished).

Call

Maria at 210-474-0550 H; 210-317-5706 C; or
Evelyn at (830) 438-2290 H; 210-602-4065 C

Membership Renewal Time

Is upon us. Please see the membership renewal form included with this issue. Fill it in, even if you've been a member for a long time. Let us know how you can help the SAHS thrive!

Members' Share Table

Is always open. Bring your gently used items to share with other members. Items left over at the end of the meeting will be thrown away.

Members' Sale Tables

Will NOT be available in December.

Hospitality Table Schedule:

December Banquet:

ALL

Jan: A-F

Feb G-M

Mar N-S

Apr T-Z

Inside this issue:

Member Recipes	2
Member Memories and Over the Fence	3
November Minutes, Meeting Review	4
Treasurer's Report, Membership Report	5
Brian's Garden To-Do List	6
SIG reports	7

Be sure to view the unabridged version of this newsletter @ www.sanantonioherbs.org

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



GO TEXAN.

Member Recipes

Here are the recipes provided with some of the terrific dishes brought to the November meeting:

Rice with Cilantro and Lime

Submitted by Martha Valdez

Ingredients

1 C Comet rice
1 large can chicken broth (2 C liquid)
1/2 C onion, chopped and sautéed in
3/4 stick butter (6 Tbs)
1/2 bunch cilantro, finely chopped
juice of three limes

Directions

Boil rice in broth until about done; Remove from heat and let sit covered. Do not mix or it will get mushy.

Using a fork, fluff rice into serving dish. Add sautéed onion, cilantro and lime juice. Fluff again; add salt and pepper to taste.



Nikki's Cheese Tarts with Raspberry Sauce

Submitted by anonymous

Tart Ingredients

2 pkgs crescent rolls
2-8 oz pkgs cream cheese, blended with
1 C sugar
1/2 C butter

Sauce Ingredients:

1-6 oz pkg fresh raspberries
1 C sugar

Tarts: Spread the cream cheese & sugar blend thinly over each crescent piece and roll up. Arrange on baking sheet, pour melted butter over all and sprinkle with sugar.

Sauce: Cook over low heat for 30 minutes.

Serve with the cheese tarts.

Chocolate Cake

Submitted by Joe-Beth Kirkpatrick

Ingredients

4 (1-oz) squares unsweetened chocolate
1 C vegetable oil, divided
3 large eggs
1 1/2 C evaporated cane sugar
2 C beet puree*
1 Tbs vanilla extract
1 1/2 C unbleached all-purpose flour
1/2 C whole wheat pastry flour
2 tsp baking soda
1/4 tsp salt

Chocolate mint sprigs, Whipped Chocolate Ricotta, for garnish

Preheat oven to 375 degrees. Grease and flour a 9-cup Bundt pan. Place chocolate and 1/4 cup oil in a small, heavy saucepan over low heat. Stir constantly, 8 to 10 minutes or until chocolate melts and mixture is smooth. Remove from heat; cool slightly.

Beat eggs in a large bowl at high speed with an electric mixer until foamy. Gradually add sugar and beat until fluffy. Slowly add remaining oil, melted chocolate, beets and vanilla. Whisk together the flours, baking soda and salt in a medium bowl. Add flour mixture to the chocolate mixture; beat on low speed just until blended. Pour batter into prepared pan.

Bake for 50 to 55 minutes or until a long wooden pick inserted in center comes out clean. Cool cake in pan on a wire rack 10 to 15 minutes. Remove cake from pan and place on

wire rack until completely cool.

This cake is fairly dense but with excellent crumb, moistness and flavor. Look at nutrition facts for beets!

Memories - continued from page 1

My Artful Santa-Mom

When my sister and I were little, my mother stayed up until the wee hours to make SURE we believed in Santa. She did this primarily by setting out all the "Santa" gifts--as opposed to those from friends and family--without wrapping, artfully spread beneath the sparkly tree. Yes, the cookies and milk we'd left were gone, but the attention to detail in those wonderful displays of toys, dolls, and games...we were sure nobody but Santa could arrange our Christmas morning to look like a department store window. One image stands out in particular: I'd asked Santa for a Miss America Barbie. That morning she stood in all her crowned glory, along with several handmade outfits, complete with accessories, fanned out around her.

I tried to carry this tradition on with my kids, and soon discovered why she did it...it was fun!

Jan

I was about 8 years old and had stopped believing in Santa Claus. We went to Michigan for the Christmas holiday to visit relatives, and received a few gifts from family. When I returned home, there was a brand new bicycle next to the tree and my parents assured me Santa Claus had brought it while we were gone...so I became a believer once again. I tried to convince all the kids at school, but of course, eventually found out the truth. Though I still don't know who left the bike there...

Jean Dukes

A Christmas Memory:

One Christmas when I was about eight-years-old, a friend told me there was no such thing as Santa Claus. No Santa? Then who brought all those presents? It's your mom and dad, silly. Well, in my quest to see if she was right, I tried to stay awake all night on Christmas Eve. In my half-sleep, I never did see Santa tumble down our chimney, but I did see presents under the tree the next morning. Lesson learned? Sometimes you just have to believe.

Marguerite

Christmas rings true

Back in those days, my dad's civil service job sent him TDY fairly often overseas. He once brought back a little brass bell as a souvenir for my mother. Well, that became the habit and our house filled over the years with an abundance and variety of bells. One of these was set of brass bells tied into a long rope which was quietly tied to the door of the bedroom my sisters and I shared Christmas eve night. It took us a couple of years to remember that the rope might be there on Christmas morning and we learned to s-l-o-w-l-y open that door and reach around for that rope to hold it still. No more "early warning system" for the parents! We still enjoy that story with my dad these days.

Joe-Beth

Continued on page 3



Memories - continued from page 2

For my sister and me, Christmas was always very exciting. In Germany we have *Christkind* and the *Weihnachtsmann* who bring the gifts. We celebrate this event on Christmas Eve. All day the door to our living room was closed and we were forbidden to go in. In the evening, the door would be opened by our parents and for the first time in the Christmas Season we would see the Christmas Tree, lit up with real candles and beautifully decorated. Underneath the tree would be our presents. I continued this custom for a long time in Texas, even with the real candles. My husband was always terrified I would set the house on fire. So I finally gave up on the real candles, even so I loved the warm glow they spread.

Helga

One of the holiday memories I have is from my mom. When I was young we had special outfits we wore to church. What made these outfits so special was she would have a seamstress make them and they were matching outfits. I don't know how many years we did this and I am going to guess it was around age 5 +/- . There was one outfit I remember that had a cape, that was pretty cool! So, there we were in our matching capes and dresses.

Emily

Over the Fence... 2011 Program Line-up



January, 2011: SAHS member Eileen Achorn on the 2011 Herb of the Year, Horseradish!

February: George Ojeda, Executive Chef & Catering Supervisor of the University Health System on Chocolate & Herbs.

March: To be determined

April: To be determined

May: To be determined (maybe an event and fundraiser a little different than a standard banquet? Hmmm); Board election

June: To be determined

Have ideas for programs?

Contact Jean Dukes, program VP and discuss 'em!

Next Board Meeting

December 27, 6:30 pm. These meetings are open to the general membership. 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.

Tee-shirts, totes and aprons available

Please contact any Board member to order items to be picked up at the next general meeting.

SA Botanical Garden Events

creations. Admission into the Garden is included in the cost of tuition

Cut Christmas Tree at your house this year?

City of SA is no longer picking up live trees. BUT you CAN take your old, de-decorated tree to one of several sites to trade for mulch on January 8-9 or 15-16 from 8am to 5pm. Call SA City Service at 311 or www.sanantonio.gov/swmd for details.

**Seen on a roadside billboard in San Antonio:
Live joyfully; give generously; drive safely**

A reminder to all who attend our meetings:

"Please *bus*" yourselves" This means that each and every one of us are responsible for picking up our own trash and disposing of it properly. More often than not lately, it is those of us who tarry to visit a little longer who wind up cleaning up someone else's mess. Our rent expense does NOT include cleaning fees. In fact, we were recently charged \$50 for a mess left behind. Remember, many hands make light work.

Thanks very much.

FaceBook.com and Meetup.com

SAHS Internet presence

Our page may be found by going to our existing web page, www.sanantonioherbs.org, and clicking the big blue "F" icon or going directly to www.facebook.com

The SAHS is investigating using "Meetup.com" as another web venue for advertising our organization. To do this, Maria Lührman has volunteered to be moderator of the page for a couple of months as part of our research. If you have experience using this site, please give your input to Maria. Go to <http://www.meetup.com/>

SAHS email presence

Speaking of "e-presence" in general, Lyn Belisle, our web-mistress extraordinaire, has produced a new email newsletter announcement format using a program called "MailChimp" She says it's so easy, even this writer can learn how to use it!

GVST & more classes GVST offers monthly "Essentials of Gardening" classes which emphasize water-saving landscaping and gardening practices. They are open to the public and free, but do request a \$5 donation to help cover expenses.

Schedule: Classes are 3rd Monday of each month, 12:15-3pm, at San Antonio Garden Center.

Be sure to confirm the dates and locations prior.

Refreshments are provided, but feel free to bring a brown bag lunch. Bring your hand-pruning tools and have them sharpened by Dr. Phix-It for an additional \$2 donation each tool. November's classes:

Monday, December 13 "Creating Living Interior-Scapes" with Leslie Bacon Knopf of Foliage Designs; instructor for San Antonio College's Green Initiatives continuing education program.

South Texas Maze

Jane, Joe-Beth and Adrienne ventured out to Hondo early in November to try their skills at negotiating the corn maze. What fun! This year's maze was a likeness of George Strait carved into several acres of "hay grazer". We each picked up



a paper with questions designed to help us decide which way to turn at strategic intersections. Even with that help, we still made a couple of wrong turns!

And so many things to do: there was an abundance of picnic tables for feasting either on goodies purchased on site or from one's own lunch box; take the hay ride (which stops at the "cowch") or barrel train; send the little ones to the huge moon bounce area or kiddies sand box (complete with Tonka trucks!); shoot the corn gun. Plan ahead and "rent a campfire" complete with all the fixin's then stroll over and relax at the story teller's circle. For all the details, see <http://www.southtexasmaize.com/>

Where Have YOU Been Lately?

Yvonne is back from a long sojourn in Spain. Joe-Beth took a couple of weeks off and headed to Portugal with friends.

Minutes from November General Meeting

November 11, 2010

Meeting started at 7pm; Yvonne Baca (freshly returned from her travels) presided. Visitors and new members were acknowledged and welcomed.

Thanks were given to our Hospitality crew, the greeters for the evening and to those who brought the treats on our hospitality tables.

Minutes approved for October general meeting as well as treasurer's report.

Reminders for members' sale tables (contact Jean Dukes two weeks before general meeting) and members' share tables (items left @ end of night will be thrown out).

Newsletter items and articles are welcomed, deadline is the Friday one week after our general meeting. Joe-Beth requested members send her short stories of their favorite Christmas or other holiday memories for an article in the December issue. Contact info is on page 7.

Membership renewal now is good thru 2011. Name tags will be ordered after Christmas banquet.

Reminder to check SAHS web page or Facebook or Meetup internet sites.

Diane Lewis reported that at Herb Market in October sold \$731 worth of merchandise and memberships. We had a really good location this year and thanks to our volunteers and everyone who helped this successful event.

Karen Abel announced Christmas banquet Dec 9, 2010. Food is potluck (see page 1) with SAHS providing beverages and other incidentals. Items for the gift exchange are limited to \$15. Anyone available on Dec 9 from 1pm-4pm to help decorate please contact Evelyn Penrod or Maria Lurhman (see separate article page 1).

Jean Dukes introduced Diane Lewis as our speaker for the evening on *Landscaping with Herbs*. Diane is a former programs VP of the SAHS. She currently teaches various herb topic classes at the San Antonio Botanical Garden and thru the NEISD Community Ed division.

Diane gave a wonderful presentation on landscape design, goals, value and principles of landscape design.

Meeting was adjourned at 8:10pm

November Program with Diane Lewis

This evening's presentation began in classic Diane style: there were seriously well organized handouts for everyone! With so much information out there to assimilate, Diane is at her best when collecting and summarizing it all for her audiences. She has created a table of many herbs that shows their scientific names, the best light exposure for growth, the typical mature sizes, their common uses and flowers. These are further divided into annuals, perennials, shrubs, trees and aquatics. These are just the header lines in the table! What an amazing variety we have in herbs.

With the topic of the night as landscaping with herbs, having such a list as this makes planning (yes, planning) your garden or yard or patio a necessity. Making a plan also helps you



avoid mistakes that can turn expensive pretty quickly.

Her recommendation is to include sketches (preferably on graph paper) that include a reasonable scale representation of your house and yard, existing trees, hedges, fences and other permanent structures. After reviewing your list of what you'd like to have, a followup review of the provided table to match up appropriate herbs, etc., will give you a firmer sense of the direction you'll need to take as you advance your plan. You can also take photos of gardens or landscapes you really like and create a planning scrapbook to help organize your ideas and keep you on target.

Diane also touched on types of edging and path materials (pavers, bricks, tiles, lumber, sand, decomposed granite, metal plates, bottles); typical wildlife likely to visit (birds, butterflies & their caterpillars, squirrels, opossums, raccoons, skunks, deer, various lizards - the Anole lizard eats scorpions! - insects and other crawlies). Think about placement: putting the wonderfully fragrant scented geraniums at the center or back of your garden defeats the purpose of having them - place that lavender right along the edge of your walkway and brush against it accidentally-on-purpose to release the fragrance. Put that tall hoja-santa and the bay tree at the back of the plot, ground-hugging thyme at the front or even between pavers. Also consider any architectural features you might like to include. These might be as simple as a substantial bird bath or as large as a gazebo with many options in between - benches, statuary, etc.

Another method of planning is to focus on a theme for your garden areas. Here, Diane offered up a short list of several common ideas: Biblical herbs, crafting or dyes, culinary, medicinal or teas, moonlight (especially with night-blooming plants), themes by color (blue, white, yellow, etc.) or type (varieties of basil, mints, sages). That list goes on!

Diane offered up this summary at the end of her presentation:

- Frame or create focal points
- Use multiples of some plants (repetition)
- Vary foliage color & texture
- Use compatible flower colors
- Place plants according to mature heights
- Allow enough space between plants
- Group plants by sun, shade, & water needs
- Place herbs along paths to enjoy scents
- Enjoy useful herb plants in theme gardens

Wise words, all. Now then, go out and do a little plotting and planning of your own!



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

Ed. Note regarding the photos printed in this newsletter: Many photos do not gracefully reduce in size in order to be fit into the spaces herein. Try checking the full color version of this newsletter in the SAHS web pages. The photos are much more easily viewed when you can enlarge them with the programs in your home computer.

Dear Readers,

I have just returned from walking The Camino de Santiago in Spain with my youngest sister. What an adventure! We took six and a half weeks to walk this pilgrimage from France to Santiago (a distance of just over 500 miles). The path took us over mountain ranges, through pine and eucalyptus forests, across creeks and rivers and wheat fields as far as the eye could see, and through miles of vineyards and olive orchards, not to mention the days of walking from lovely pastoral countryside of dairy cows and sheep to dry desert-like terrain filled with yucca, cactus, mesas and indigo blue mountains in the distance! Truly awe-inspiring and yet these were slow days of walking with time to contemplate, to just be in the moment and notice all that was around us. The Camino literally means "the way" and is said to reflect the way we live our lives. Throughout all the days of walking, when pilgrims meet or leave each other, we greet each other with "Buen Camino", or "have a good journey", "a good life". Here are some of the memories of my Camino:

During the first two weeks of the journey we would come upon long stretches of blackberry hedges growing wild and the occasional fig tree laden with fruit. So delicious to stop and snack as we grew hot and tired along the way. One day, as we passed through a small village, a man working in his orchard gave us peaches from his trees. On other days, in small cafés, we were offered sweet, delicious grapes from the local vineyards. The kindness and generosity we experienced on this journey was wonderful.

And the herbs! In one area I discovered fresh mint growing all along the base of the ancient stone fences we were following as trickling water formed into streams further on. It was delicious and refreshing to chew as we walked and to brew into tea that evening. We also came upon whole areas of lavender growing and blooming along fence lines - we ran our hands through it as we passed and the air filled with fragrance! We saw rosemary growing throughout Spain, from the dryer areas of the Navarra and Rioja regions to the more pastoral farmland further west. Looking for and identifying the herbs, plants, flowers and birds along the way helped to pass the long hours of walking each day.

We found that the Spanish people love their flowers and their kitchen gardens! Every village and city we passed through, from the smallest to the largest, had window boxes and pots filled with blooming flowers of all colors. A feast for the eyes and the senses! And the gardens: it was Fall so we could see that the tomatoes, squash, artichokes were winding down and there were large plantings of young lettuces, etc. Two vegetables remained a mystery to us. Each garden had a large planting of what ended up being tall (5' to 7') dark green stalks with broad, dark-green leaves at the top. Occasionally we would see someone harvesting the bottom leaves. Could these have been kale? And the second mystery vegetable were huge individual tubers that grew half underground and half above ground with a big patch of green leaves on top. They looked like giant sweet potatoes when harvested. Please let me know if you can solve either mystery!

As you can see, the memories of this trip are overwhelming. I haven't even mentioned the fellow pilgrims we met from all over the world, the unique foods and wines we tried, the confidence inspired by following the scallop shells and yellow arrows across Spain on this ancient, eleven hundred year-old pilgrimage, the amazing sunrises and sunsets, the unique water fountains created especially for the pilgrims, etc., etc.

But enough! Thank you for sharing this time with me! I look forward to seeing all of you at our Christmas Banquet on December 9. Blessings to you and Buen Camino!

Submitted by Yvonne Baca

Treasurer's Report, October 2010

Submitted by Kathryn Seipp

INCOME	
Membership	310.00
Cookbook Sales	280.00
Resource Guide Sales	220.00
Bundled book Sales	130.00
Booklet Sales	36.00
Shirts, Aprons, Totes Sales	135.00
Interest on Savings	0.00
TOTAL INCOME	1,111.00
EXPENSES	
Attendant Fee	45.00
Copies	51.90
Honorarium	50.00
Hospitality	38.03
Rent Expense	85.00
Storage Rent	174.00
Postage & Delivery	14.11
Printing & Engraving	67.58
Website fee	0.00
Total Expenses	525.62
Total (Income-Expenses)	585.38
ASSETS	
Cash and Bank Accounts	
Cash on Hand	100.00
Frost Cert of Deposit	1,154.09
Frost Checking	4,259.18
Frost Savings	2,386.49
TOTAL Cash and Bank Accounts	7,800.06
TOTAL ASSETS	7,800.06
LIABILITIES	0.00
OVERALL TOTAL	7,800.06

From the Membership Chair

NEW MEMBERS

We welcome several new members this month, many of whom found out about us through the Herb Market: Cheryl Easson, Maura Fox, Toni Hayes (a former member - welcome back!), Debbie & Steve Leisenring, Kay Rodgers, and Debbie Schievelbein. We're so glad to have all of you join us! And just in time for our members' banquet in December. Please don't let your "newness" keep you away from the banquet for fear you won't have anyone to sit with. We'll make sure you're taken care of (won't we, fellow members?) and you'll find it's a great time to get to know more people because the evening is heavy on socializing. And it's great fun, too!

LOOKING FOR 10-YEAR STAR RECIPIENTS

We're looking for members who joined in 2000 and have been a member each year since. We would like to acknowledge you with a 10-year star at the December banquet if you fit this description. Unfortunately, our records do not include a "date joined" for many members (we've only included that information for the last 3-4 years) so we're relying on your memory to help us. Please contact Gayle at gaylemorris09@gmail.com or 210-497-7416 if you are a 10-year member.

NAMETAG ORDERS

The next nametag order goes out following the December banquet. If you've lost your nametag (or the magnetic backing) and you'd like to order a replacement, please contact Gayle Morris. Replacement nametags are \$12.50 and magnetic backings are \$1.00; both must be paid for in advance. (The December banquet would be a great time.)

Submitted by Gayle Morris, Membership Chair

Brian's October To-Do List for The Garden

Compiled by MG Brian D. Townsend
One touch of nature makes the whole world kin. ~William Shakespeare



1st Week:

Pruning can be done on trees that need it (if temperatures are above seasonal average, wait a couple of weeks), including shade trees, evergreens, summer-flowering shrubs and vines, fruit trees and grapes.

It is a good time to plant shrubs and trees. If planting shrubs, cut the tops back 1/3 or 1/2 to compensate for root lost in digging and replanting. Shrubs that provide winter berries for birds include pyracantha, ligustrum, holly and nandina.

Pansies planted now will provide color all winter (violas, also called Johnny-jump-ups, are perfect border plants for pansy beds. They do best in full sun.

When selecting a Christmas tree at the lot, tap it on the ground and check for excessive needle fallout indicating a dried out tree. The tree you take home should get about 1/2 inch cut off at once then be placed in a bucket of warm water. Keep that bucket well filled.

In Our Herb Garden:

Now is the time to plant a number of spring-producing herbs including garlic, dill, cilantro, fennel and parsley (this is a surprise to newcomers to SA and to newcomers to herb growing since in other parts of the country, these are planted in the spring).

Replenish winter mulch as needed.

Should a freeze warning occur, water plants thoroughly (12 to 24, but no more than 48 hours prior to) to protect roots.

Cut back tender perennials that freeze and need to be trimmed before reemerging in the spring. Examples are Mexican mint marigold, chives, tarragon, lemon verbena and lovage.

Plant seeds of California poppies, nasturtiums and sweet peas.

2nd Week:

Poinsettias will stay uniformly moist if given 3 ice cubes daily. Postpone cleaning pecans or acorns off the driveway. Doves, squirrels and other wildlife will take care of the mast crushed by cars.

Don't forget your tulip and hyacinth bulbs in the frig. Plant after they've received 6 to 8 weeks of chilling.

3rd Week:

If you have to rake up the fallen leaves, put them in your compost pile. You can mow them and leave them to decompose where they lie.

Plant sweet peas in sunny locations with a trellis or against a fence.

Fertilize indoor plants less until March. Check houseplants for spider mites.

4th Week:

Plant those tulip and hyacinth bulbs now. Lay some chicken wire over the flower bed to prevent squirrels from eating the bulbs.

After severe icy conditions, prune any broken tree branches (paint wounds on oaks immediately).

Thanks to MG and SAHS long-time member Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio. Please see the full length version of this on the SAHS website.

SAHS is in the Holiday GoTexan catalog

From handmade chocolate truffles and gourmet Texas pecans to cowboy boots and custom-beaded sterling silver jewelry, we are proud to present the 2010 GO TEXAN Holiday Gift Guide! This exclusive guide features more than 250 Texas businesses and highlights some of the unique gifts offered in the Lone Star State. Many are even available at special discounts to shoppers who mention the Gift Guide. In the 2010 GO TEXAN Holiday Gift Guide, you will find accessories and apparel, bath and body products, Christmas trees, flowers and plants, food products, home décor, hunting and outdoor accessories, jewelry, wine and more.

Go to www.gotexan.org for more information about the GO TEXAN program.

Submitted by Evelyn Penrod



An herb gardener's thought:

Let us have thyme: Thyme for God -
Thyme for study - Thyme for prayer

How are your Bees?

A recent and very thought-provoking article (The Medicine Hunter: *Honeybees & Our Health*) by Chris Kilham discusses the bane of honey bees and "Colony Collapse Disorder" (CCD). His discussion points out how supposedly "safe" agricultural chemicals and possibly GMO crops may be contributing to this fearsome disorder. Remember, without honeybees to pollinate everything from apple trees to squash vines, the face of our world will dramatically change.

<http://www.medicinehunter.com/page/medicine-hunter-honeybees-our-health>

Submitted via Jean Dukes

No, I'm not out of my Gourd...

SAWS e-news had this link to a long story on growing and using gourds. Fun and informative. SAHS has at least a couple of members who indulge in the art and craft side of raising and using gourds. See the SAWS-related article here: <http://www.saws.org/conservation/newsletter/eNews/issue.cfm?id=142>

So much for the Eastern Pipevine that survived the summer sun & heat: This little guy, a Pipevine Swallowtail caterpillar, and his buddies made short work of it!



SIG-nificant Events

SIG Leaders... What has your group done lately?

Don't forget to get a note to the newsletter editor for next month!

Healthy Living with Herbs SIG

The Healthy Living with Herbs SIG enjoyed a "fennel-centric" evening at Virginia's home. We feasted on a variety of dishes using fennel - vegetarian and not. Fennel has many characteristics similar to dill, though the taste is entirely different (more like anise).

submitted by Joe-Beth Kirkpatrick

Culinary SIG

Our November Culinary SIG gathering found us at Jeanne's for a traditional tamalada (with a twist!), to get a jump on tamale-making for the holidays. With a twist, you ask? Well, yes, these clean and green tamales were made with no animal products. Our fillings ranged from fat-free refries with a variety of additions (think soyizo, peppers, onions and so on), to Chris' delicious corn and black beans to faux chicken and rice or corn to Ernie's fabulous mushroom filling (shitakes, three kinds of exotic peppers, mung bean sprouts and of course fresh herbs were featured). After everyone had a chance to knead the masa to just the right shiny consistency, we got down to the serious business of tamale-making. Over several hours of chat and flying hands, we put together many dozens of tamales----and who knows, some may even find their way to our December banquet---that is, if we don't gobble them all down ourselves before the 9th!

submitted by Jeanne Hackett

Culinary SIG - Restaurant Review

The Culinary SIG visited the Turquoise Grill, a Turkish restaurant, in October. I can't remember how many came that night, 11 or 12 maybe, but we all agreed that the food was excellent and the service superb. As more of us began to arrive, the restaurant staff didn't hesitate to quickly extend our original table and provide the necessary place settings. Between all of us a variety of the menu was experienced, including a couple of rice puddings that were passed around for everyone to try.

Nathan remarked that it was the best rice pudding he had ever had. I would have to agree. And Alma's comment was a simple but affirmative "Wow-Wee!" On top of that, our server brought us two additional complimentary desserts to pass around, their dried apricots stuffed with walnuts and served with whipped cream and their Turkish flan. I've never been a big fan of flan but this was really delicious. Warm fresh pita bread is served with a spice and herb-infused olive oil that has just the right amount of "kick" to it from the crushed red pepper.

Two of our diners had the Meze Platter, a sampler of appetizers that included, hummus, Rus Salata (a Turkish potato salad), Kisir (bulgur salad), Lebni (a yogurt dip), sautéed eggplant, Babaganoush, and Ezme (a spiced vegetable spread that proved to be a favorite). Karen was very pleased with her falafel and the cool dipping sauce that accompanied it, as well as the Mercimek, a Turkish soup made with red lentils, tomatoes, and spices. Alma is the only one in the group who has visited Turkey and said her Chicken Tava tasted very much like what she experienced there. I had Iskender Kebab, beef and lamb served in a tomato butter sauce with cubes of pita and yogurt. Highly recommended. I unashamedly at all but a couple of bites (and I could have eaten the rest but wanted to show some restraint since I intended to order the rice pudding.)

I can't say enough nice things about our server. He was friendly, personable, knowledgeable, and completely accommodating. Drinks were refreshed, food was served promptly

and at the right temperature, and individual checks were handled with efficiency. Give this restaurant a try - I'm taking my husband as soon as we find some free time - I don't think you'll be disappointed.

The restaurant is located just west of the intersection of I-410 and Fredericksburg, inside the loop, on the access road. If you'd like to check out their menu, their website is www.turquoisegrill.com.

submitted by Gayle Morris

Weed-n-Gloat SIG

Taking a break from weeding for a bit. Do stop by the SA Botanical Garden and check out our little plot---it's right next to the rose garden, before you get to the cottage garden.

Herbal Crafts SIG

The Herb Craft SIG met at Rebecca Kary's house on November 13 to learn about tea. We tasted 8 teas and learned how to craft teas using blends and by adding herbs. We feasted on foods that the members prepared for a 'Texas Informal' high tea. Seven of our new members joined us making this an especially nice day.

There will be no presentation in December but we will be having a Christmas party on December 18. RSVP no later than December 10. It will be a pot luck lunch starting at 11:00. Please bring a garden or herbal present to exchange in the \$10.00 price range. We will be looking for ideas and presenters for the coming year's meetings. If you are interested in attending, please contact Sally Ann Hnatiuk at mustang_sally6@msn.com or call 830-980-5645. *submitted by Sally Ann Hnatiuk*

'10 - '11 SAHS Board Officers

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More Information Contacts

SAHS web page: www.sanantonioherbs.org

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PLEASE SEND TO:

*From our "house" to yours this Holiday
Season, the SAHS sincerely wishes
each of you heartfelt and long-lasting
Peace and Prosperity.*



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www.sanantonioherbs.org

San Antonio, TX 78209

PO Box 90148

The San Antonio Herb Society

San Antonio Herb Society Membership Application/ Renewal

January – December 2011

If you joined after October 1, 2010, you are a member through December 2011.

PLEASE FILL OUT COMPLETELY AND PRINT CLEARLY

Name (as you would like it to appear on your name tag): _____

Address _____

City _____ Zip _____ new address

Phone (with area code) _____ Home/Work/Cell [circle one]

Alt. phone (with area code) _____ Home/Work/Cell [circle one]

E-mail _____

(Please check one) New member Renewal (due February 10, 2011)

Membership Category: Single (\$20) Dual (\$30) Business (\$40)

How did you hear about the SAHS? _____

Print, complete, and mail form with your check to:

San Antonio Herb Society
PO Box 90148
San Antonio TX 78209

After you have attended 3 meetings, you will qualify for your free permanent SAHS name tag. Sign up with the membership chairman.

What programs would you like to see in the coming year? The more details the better (continue on the back, if necessary): _____

I would like to be a GREEN member (receive my newsletter and other information of interest through email).

I do not want my personal information to be shared on the SAHS membership list.

I am interested in helping with:

Banquet Committee (help plan Spring or December Herbal Members' Banquets)

Hospitality Committee (decorate refreshment table, make tea, etc.)

Greeter (a great way to meet people and welcome everyone)

Chairperson for plant sales or other events

The booth at Spring Plant Sales Herb Market in October

Being a **Board Member** (please list position): _____

Writing articles for or helping with the **newsletter, "La Yerba Buena"**

Speaking at one of our meetings—your topic _____

Maintaining the **Herb Garden** at San Antonio Botanical Gardens

Working at the **Sales Table** at monthly meetings

Leading a **Special Interest Group (SIG)**

* * * * *

Office Use Only

Date received _____ CASH / Check # _____ Date \$ given to Treasurer _____

Green Member _____ Date information entered into data base _____

Over the Fence... A little more to share



A Blue Moon?

Some interesting notes found while perusing information about what we call a "blue moon" from an article in SPACE.com – Fri Nov 19, 4:15 pm ET by Joe Rao

The Really Strange Story Behind Sunday's Blue Moon

Lafleur cited the unusual term from a copy of the 1937 edition of the now-defunct Maine Farmers' Almanac (NOT to be confused with The Farmers' Almanac of Lewiston, Maine, which is still in business). On the almanac page for August 1937, the calendrical meaning for the term "blue moon" was given.

That explanation said that the moon "... usually comes full twelve times in a year, three times for each season." Occasionally, however, there will come a year when there are 13 full moons during a year, not the usual 12. The almanac explanation continued: "This was considered a very unfortunate circumstance, especially by the monks who had charge of the calendar of thirteen months for that year, and it upset the regular arrangement of church festivals. For this reason thirteen came to be considered an unlucky number."

And with that extra full moon, it also meant that one of the four seasons would contain four full moons instead of the usual three.

...As it turned out, in 1937, it occurred on Aug. 21. That was the third full moon in the summer of 1937, a summer season that would see a total of four full moons. Names were assigned to each moon in a season: For example, the first moon of summer was called the early summer moon, the second was the midsummer moon, and the last was called the late summer moon. But when a particular season has four moons, the third was apparently called a blue moon so that the fourth and final one can continue to be called the late moon.

Check out this unusual Herb at the SABot Garden:

Papalo also called Papaloquelite porophyllum ruderales or macrocephalum; an herb, similar to cilantro and used in Mexican cooking. The name comes from the word papalotl, Nahuatl for butterfly. In Spanish the plant is referred to as mampuitu which translates to skunk. It is typically used raw to flavor tacos filled with guacamole or carnitas (pork). It is also used in a Puebla specialty using a semita roll and stuffed with meat avocado tomatoes and sometimes chiles. Like cilantro the herb is quite pungent and is an acquired taste.

Where To Find

Papalo grows wild in Mexico. It is also cultivated at the San Antonio Botanical Garden's Herb Garden. The herb must be used fresh as it does not dry well. The herb grows wild in Arizona, New Mexico and West Texas but is not typically used by the locals. In the U.S. look for papalo in Mexican markets. While some suggest substituting cilantro for papalo, Diana Kennedy considers there to be no substitute.

Growing

Papaloquelite can be grown from seed and requires good drainage and full sun. As with most herbs plant after danger of frost has passed. Space plants about 1 1/2 to 2 feet apart. The plant grows quite tall, up to six feet and bears purple to bronze starburst flowers. The plant can take some shade but best in full sun.

Medicinal Uses

The plant is sometimes used in parts of Bolivia for liver ailments as well as high blood pressure.

Delicious Papalo Salsa

2 roasted and deseeded chopped chili peppers

2 roasted and deseeded green peppers, chopped

3 small green tomatoes, chopped

4 roasted garlic cloves

6 papalo leaves

1/2 teaspoon fresh lemon juice

1 teaspoon vegetable oil

salt

2 spoonfuls of minced onion

Combine all the ingredients in a food processor and let sit in refrigerator for at least 1 hour before serving.

Submitted by Jane McDaniel