



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 261, December 2011

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 8, 2011

Membership Holiday Banquet, Simple and Elegant

It is always such a joy to be a part of this wonderful group of herb lovers and enthusiasts right here in San Antonio! Our membership runs the gamut of ages and interests. We have gardeners, culinary artists, crafters, healers of all sorts, aromatherapists, teachers, accountants, lawyers and the list goes on. You've got to know that the conversation around any of our dinner tables must be entertaining AND informative even when we're not trying! With all that in mind, WHY would you miss this great opportunity to partake of a fabulous meal with the best dinner companions ever?

The theme for this evening will be "Simple and Elegant."

In this hurry-scurry and worrisome world, let's take time to slow down and appreciate simple beauty; take time to appreciate each other.

Especially in this season of renewal, take time to celebrate and renew those friendships; take time to make new friends.

Mike Belisle is cooking up one turkey; SAHS is providing beverages, cutlery, paper goods and basic condiments.

Members please bring these dishes: A-F, appetizer; G-M, sides; N-S, entrée-type dish, T-Z, dessert.

Be sure to provide a name card (and recipe) for the dish you bring.

Be there a bit before 6:15 so we can sample your fare during our fellowship time. Come ready to have a great time visiting with your Herb Society friends at the lovely 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

Gift Exchange Method

This is an optional part of the evening.

Choose a gift suitable for anyone in SAHS, nothing valued greater than \$15 and wrapped but no name tags—it's *secret*, after all! The item you bring may be purchased or homemade or homegrown—the choice is always yours and the recipient is always delighted! Some of the items opened in recent years have included yard art of all kinds, teas, adult beverages and essential oils, kitchen and garden tools and accessories, hand-knitted (i.e. wearable) art; all sorts of ideas. Bring your gift to the table before the banquet and receive a ticket. Later in the evening, the tickets will be drawn at random. When your number is called out, hustle on over to the gift table and pick your surprise gift from the collection. Bring it back to your dinner table and let your dining companions help you enjoy the joy!



Winter and the Dues are Due

This year, beat the rush and renew your membership in the SAHS early - think of it as a Christmas gift to yourself.

Per our membership co-chair, Norm Hastings, the dues structure is as follows: \$20 Single, \$30 Dual, \$40 Business. A copy of the membership form is on page 5 for you to tear out, fill out and turn in with your check.

Banquet Help

Please contact Marguerite Hartill and Marilyn Nyhus to help out with getting the room set up and clean-up the afternoon and evening of December 8th.

January is time for Roses!

Our committee has been hard at work this past year collecting, testing, writing and editing the SAHS' latest booklet on roses as herbs.

Want a pleasant, mid-winter surprise? Come to the January program and forget all about the cold outside—it'll be fragrant and inviting inside! We'll talk about using roses in the kitchen, for crafting and for healing. We'll even give you a little history lesson, to boot! How can you refuse?

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Members' Sale Tables
Contact Marilyn Nyhus at least 2 weeks in advance

Hospitality Table Schedule:

Jan: N-S

Feb: T-Z

Mar: A-F

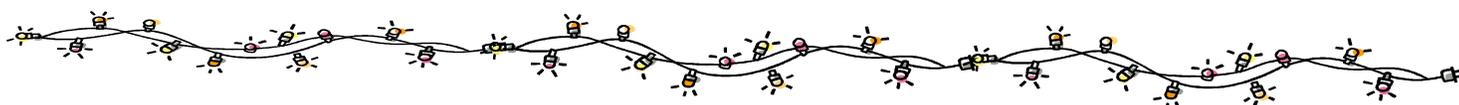
Apr: G-M

May: Banquet



GO TEXAN.

Be sure to view the unabridged version of this newsletter with its full color photos @ www.sanantonioherbs.org
If you would like to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com



Member Recipes

Thanks to everyone who brought treats for us to sample this month. Always tasty!!

Mushrooms Diablo

submitted by Eileen Achorn (from the Passionate Vegetarian by Crescent Dragonwagon)
Spray a large skillet with cooking spray and add 1 TBSP butter over med-high heat. When hot but not yet brown, add 1 large onion, cut in thin vertical crescents. Saute until translucent – about 3 minutes. Add 1 red, 1 green and 1 yellow bell pepper – all stemmed, seeded and sliced into fine slivers. Saute another 3 minutes. Add 1 pound, quartered and stemmed domestic mushrooms and turn heat to medium-low. Saute three minutes. In a separate bowl, whisk together: ½ cup red wine vinegar, ½ cup hearty red wine, 2 ½ TBSP Dijon mustard, 2 ½ TBSP Pickapepper sauce (can use another hot sauce of your choice), 1 tsp tamari or soy sauce. When these are well-blended, add ¼ cup brown sugar, salt and lots of freshly ground black pepper. Raise the heat under the skillet and add the vinegar mixture and 3 TBSP golden raisins (optional). Scrape into a non-reactive 9 x 13 pan. Place in a preheated 350 degree oven. Bake, uncovered, stirring occasionally until the liquid is reduced to a thick syrupy sauce – 30 – 40 minutes.

Serve hot, warm, or at room temperature with bread or as a side dish. Yields 10 – 12 buffet servings. Variations: Add green beans, summer squash or zucchini (thinly sliced lengthwise) – no seeds. Omit Dijon and pepper sauce and add chile-garlic sauce instead.

Quinoa Tabouli

submitted by Mike Behrend

Ingredients

- 2 C tabouli
- 3 1/2 C water
- 1 Tbs salt
- 2 Tbs olive oil
- 2 Tbs lemon juice
- 1 C chopped cucumber
- 1/2 C chopped parsley
- 1/2 C chopped cilantro
- 1/4 C mint
- 1/4 C chopped red onion
- 1/2 C chopped tomato

Directions

Bring water and quinoa to a boil over medium heat. Cover and simmer for 10 minutes. Allow quinoa to cool then add the remaining ingredients and combine. Allow the tabouli to marinate for at least 30 minutes before serving.



Herb Veggie Dip

submitted by Anonymous

Ingredients

- 1 pkg Herb Veggie Dip Mix
- 2 C sour cream
- 2 tsp lemon juice

Combine the Herb Veggie Dip Mix with the sour cream and lemon juice. Stir until well blended. Cover and refrigerate for at least 4 hours before serving. Serve with assorted fresh vegetables.



Pumpkin Gnocchi with Lemon-Sage Sauce

submitted by Mike Behrend

Ingredients

- 1 1/2 C all-purpose flour
- 1 1/2 C pureed pumpkin
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 C olive oil

Sauce

- 6 Tbs margarine
- 1/3 C thinly sliced fresh sage
- 1 1/2 tsp finely grated lemon peel (packed)
- 1/2 C vegetable broth

Directions

For gnocchi, combine flour, pumpkin, nutmeg, cinnamon and oil until a smooth dough forms. Work quickly and do not over work the dough. Roll out to a thickness of 1/4 inch. Cut into 1 inch squares. Boil in salted water until they float. Cook 6 Tbs margarine in medium skillet over medium-high heat until it begins to brown, about 4 minutes. Add sage, lemon peel and broth. Simmer until desired thickness and season with salt and pepper. Place drained gnocchi in sauce and cook for 2 more minutes. Serve.



Dill Dip

submitted by Anonymous

Ingredients

- 1 pkg Dill Dip Mix
- 1 C mayonnaise
- 1 C sour cream or yogurt

Other items provided by members:
Ginger Cookies

Groomer's Seafood Market Crabcakes
submitted by Mike Belisle

Cheese Roll with Peppers
Herbal Cheese Roll

both by Jackie Compere, made with Velveeta



Meeting Etiquette (Thanks Miss Manners!)

• Bus Yourself

How often have a few of us stayed to pick up spilled drink cups or empty snack plates up off the floor under the seats after a meeting? Too often. How to not have to do that?

The solution is that EVERY person bus him or herself upon leaving for the evening. Our rent contract requires SAHS to leave the room as clean as when we came in.

Help us out. Bus Yourself. Thanks.



• Telephones in the Meetings

In recent meetings, there has been a spate or rash of noisy telephones going off during our meetings. Besides being rude to our program presenters, this is disrespectful to those folks sitting next to you. Be sure your phone is either turned off or at least set to vibrate.

Over the Fence... 2012 Program Line-up



January: January: Rose, 2012 Herb of the Year (by SAHS members)

February: Bill Varney of *Urban Herbal*, Herbs for the Urban Gardener; **Nominating Committee** announced

March: St. Philip's College Culinary Dept;

April: Cindy Meredith of the *Herb Cottage* in Hallettsville; SAHS Board nominations announced

May: Spring Members' Banquet; **SAHS Board election & confirmation**

Have ideas for programs?

Know a great speaker for an interesting herbal topic? Contact Marilyn Nyhus or Marguerite Hartill, program chairs, with your suggestions.

Next Board Meeting

January 2, 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

The new SAHS bags are sized up with longer handles and are terrific for bulky items and are equally at home in your grocery cart. Tee shirts and aprons help identify SAHS members during our various events. Contact is Patty Wilson

Help SAHS Publicity Get the Word Out!

Every month, SAHS provides flyers via email. You can print them and post them at stores in your area, stores that you would be frequenting anyway. Contact Jeanne Hackett at jeannehackett@sbcglobal.net, or call at 210/735-5333.

SA Botanical Garden Events

Recommending plants for your garden and yard.

Obedient Plant (*Phusostegia virginiana*): This perennial likes sun to partial shade and grows up to 2-3 feet x 2 feet. The flowers open from late summer to early winter in shades ranging from pink or lavender to near white. With too much water this plant can become invasive, but generally not a problem in San Antonio. Hummingbirds and butterflies are attracted to its blooms.

Purple Porterweed (Purple, Red, Pink, and Dwarf Red) (*Stachytapheta* sp.): This tender perennial grows well in light to full shade. Its long flower wands bloom from the bottom up off and on throughout the growing season. Standard species will grow 4-6 feet high by 2-3 wide, while the dwarf species remains more compact. Both butterflies and hummingbirds are attracted to its blossoms. The plant's very low water needs make it suitable for xeriscaping. Mulching will help protect it in cold weather, and mass plantings make an impressive display.

GVST's Fall "Essentials" Programs

Class are free and open to the public. A \$5 donation is requested to offset costs. Refreshments are available and brown bag lunches are welcome. There's a swap and sell table available for plants, gardening books and magazines and other plant related items. Door prizes are presented at each session. Have your hand-pruning tools sharpened during class by "Dr. Fix-It" -- just a \$2 donation and all proceeds go to GVST. All meetings held 3rd Mondays at the San Antonio Garden Center, 3310 N. New Braunfels, 12 noon to 3 pm. Class updates can be found at the GVST website GardeningVolunteers.org

SAHS Internet Sites

Our Facebook 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

American Herb Association in 2012

The AHA annual conference in 2012 will be in Austin, Texas, May 2 & 3. Sounds like a field trip! Mark your calendars now and save the weekend for this worthy weekend. Keep an eye out for their schedule to be posted on their web page:

<http://www.herbsociety.org/events/conference-12.html>

Herb of the Year in 2012 is the Rose!!

Your friends here in the SAHS will soon be publishing a new booklet featuring this lovely, fragrant HERB. Be sure to come to the January meeting and hear its story!

Native Plant Society—San Antonio

Our friends meet every 4th Tuesday at Lions Field Adult Center. Begin the evening with a plant & seed exchange at 6:30 pm and stay for their regular meetings (with great programs) at 7. This group is a local chapter of the larger NPS of Texas. Check out the local newsletter here:

www.tinyurl.com/BexarRoots-Nov-Dec-2011

Sounds like a great place to start learning about local herbs and useful plants!

Found on the Internet

The Cornell Lab of Ornithology is offering a calendar as part of their Project FeederWatch. They invite people from everywhere to join this program. If you enjoy feeding and watching birds, you are welcome! Visit feederwatch.org to sign up or to explore bird-feeding tips, bird identification help, and more.

No two days at your feeders are ever the same. By keeping tabs on your feeders, you'll learn more about your birds—and by sharing your observations with the Cornell Lab, you'll help scientists gain a better understanding of birds across the continent

Cibolo Nature Center...

...always has interesting programs. One regularly scheduled workshop demonstrates & instructs in rainwater catchment including equipment and newer technologies. Call the CNC at 830-249-4616 for information.

Scarves for Special Olympic Participants

Madeline Sprague introduced us to this program back in September. Lately, it's been discovered that the quantity to the Texas contributions of this program is woefully lacking in scarves collected. All you knitters/crocheters out there listening? Get busy. See the site for the simple instructions. www.scarvesforspecialolympics.org



DISCLAIMER: Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only. Use of any items mentioned in this newsletter are at the decision and discretion of the individual.



Minutes and Program Review from November 10, 2011 General Meeting

Meeting called to order at 7:00 by President Yvonne Baca.

Approx 46 in attendance.

President acknowledged the 12 new members since the last meeting and welcomed all new attendees and quite a few visitors.

Thanked the hospitality committee, greeters and food providers.

Reminded all of the members' sale table for Home Health Care and the SAHS shirt/book/apron/tote bag table manned by Patty Wilson.

Also reminded all that any contributions (including members' reports of interesting trips, locations, books, etc.) to the Newsletter need to be submitted NLT 8 days after the meeting.

Minutes for the August and September meetings were approved.

The December Banquet was announced and members were reminded to check the newsletter to see what dish they are supposed to bring. SAHS will provide beverages, paper goods and other accessories. The theme simply asks everyone to keep "Simple Elegance" in mind for this Holiday season. (ed. note: we will also have a gift exchange).

The January program will be ROSE as the "Herb of the Year". Yvonne reminded all that new nametags will be ordered in January and that all memberships are due for renewal in January...and that all new members will get 2 months free membership if they join now.

Yvonne also asked for consideration to fill two Chairs. Membership and Community SIG

Marilyn Nyhus provided information on the October Susan Belsinger meeting where the SAHS made a net profit of \$230 after expenses.

Evelyn Penrod gave an update on the 20th annual Herb Market where the SAHS made \$1100 on sales. Fantastic feedback from members and vendors on both events. She also announced that on the first weekend in June, 2012, there will be a Basil Fest at Pearl Mkt once again.



Marilyn Nyhus introduced the evening program of Mike Behrend of Green Vegetarian Cuisine & Coffee.

Mike and his mother Lulu, previous owners of Lulu's Restaurant, opened Green Vegetarian Restaurant, one of only two vegetarian restaurants and the only Kosher restaurant in all of San Antonio. They grow the majority of their herbs. Mike said in an aside that they don't grow their own parsley as they use way too much every day.

Mike credits this restaurant, along with his lifestyle change and exercise, in significantly reducing his overall weight and contributing to a healthy body and spirit. Mike demonstrated how to make Quinoa Tabouli and Pumpkin Gnocchi with Lemon & Sage Sauce along with tips on slicing techniques for cucumbers, onions, sage and tomatoes. Attendees were invited to sample his creations and pick up recipes and gift cards for his restaurant.

Meeting was adjourned at 8:36

Submitted by Mike Belisle, Secretary

Review: Mike Behrend of Green Cuisine

You gotta love it when our program presenters bring food with their won special twist and this evening's session was no exception. Tabouli made with quinoa instead of bulghur wheat? You bet. Gnocchi made with pumpkin puree instead of just potatoes? Oh my...

Did I say we had fun this evening?

Along with emphasizing simplicity and fresh (preferably locally grown) ingredients, Mike's discussion and light-hearted joking made the session inspirational.

Once Mike was done with his demos and talk and opened the serving table up, I have to admit it's been a LONG time since I've seen folks lingering for so long after a meeting.



It was fabulous to see the social "hour" continue afterwards. Let's do it again soon!



Here, Mike demonstrated the art of gnocchi.



Winter Warming and Valley Oranges

This winter, as the orange crop from the Rio Grande Valley starts showing up, try this warming beverage:

- Your favorite hot coffee
 - 1/8 section of a sweet orange peel
 - Heavy cream, cold
1. Pour hot coffee into your mug. Add orange peel and steep 5 minutes.
 2. Meanwhile, shake heavy cream in sealed container until it starts to thicken somewhat. Remove orange peel from coffee and pour cream carefully on top.

This last could be optional if you're not into that much dairy in your morning cuppa.



San Antonio Herb Society Membership Application/ Renewal

January – December 2012

If you joined after October 1, 2011, you are a member through December 2012.

Print, complete and mail form with your check to	San Antonio Herb Society PO Box 90148 San Antonio TX 78209
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PLEASE FILL OUT COMPLETELY AND PRINT CLEARLY

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

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

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? _____

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 booths at Spring or Summer Plant or Book 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)—your interest area _____

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

Green Member _____ Date information entered into data base _____



Brian's December To-Do List for The Garden

Compiled by MG Brian D. Townsend

Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all. ~Stanley Horowitz



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 San Antonio, and to newcomers to herb growing, since in other parts of the country these are planted in the spring.) - EW * 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. * Plants seeds of California poppies, nasturtiums and sweet peas.

HERBS: A Resource Guide for San Antonio

General Notes for the Early Winter Season:

Prepare Your Backyard Now for Winter Feeding! Most birds establish their feeding territories in the early fall. Here are some steps you can take to make your yard a favorite dining spot for the birds. 1) Clean all feeders. 2) Remove seed hulls from under feeders (use in compost). 3) Check stability of pole (chain or other support) and mounting hardware. 4) Tighten screws in feeders (check shields, undercounted seed trays and other attachments). 5) Add different types of feeders (such as hanging feeders (bowl w/baffle feeder, tube feeder, Audubon feeder, house hopper type feeder, and window feeder); ground or tray type feeder; suet feeder; nectar feeder). 6) Stock up on seed and suet. 7) Be prepared to empty concrete birdbaths during freezing weather and replace with a plastic dish (Add a birdbath heater to nonporous birdbaths to keep an open supply of water for the birds when temperatures drop). 8) Clean out nesting boxes and leave up for roosting. 9) Put up roosting boxes to attract owls, flickers or bluebirds. 10) Add a squirrel feeding station (They're not birds, but they are fun to watch and will help keep them from gorging at the bird feeders!)

Keep an eye out for the Geminids Meteor Showers around December 13 and 14, just after midnight.

Many of the hibiscus, plumeria, bougainvillea and other tropics have quit blooming for the year. They can be moved into freeze-protected storage.

If we get a "killing" freeze, monitor birdfeeders, birdbaths/ water sources and keep adequately supplied.

Postpone cleaning pecans and acorns from your driveway. The doves, grackles and other wildlife love the mast crushed by the cars.

Spinach is available in area nurseries as transplants. It will provide nutritious greens for salads all winter and spring.

Don't murder the good guys! Common garden WASPS are great predators and can help you control garden pests without using toxic sprays. They are capable of making more than two hundred trips from their nest to your garden and will pull caterpillars out of your garden if you let them live. Other beneficial wasps include the ichneumonid wasp which lays eggs in insect pests, including cabbage worms and aphids, and these good wasps don't even sting.

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.

SIG-nificant Events

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

Healthy Living with Herbs SIG

Once more we converged on Bill Drane's home and did quite a lot for one evening. First, get the oils and whatnot ready for soap making later on. Next, set everyone's soups and sides out and have a great little supper. Third, had a nice learning session about yogurt. A wonderfully healthy food, yogurt is simply a specifically cultured (fermented) milk product. What was interesting was the comparison sheet Bill had created after reading the recording a dozen different purchased brands. It was amazing to see some of the brands that advertised themselves as "plain" actually have a lot of additives. It really does pay to read the label!

Last, but not least, we got back to those oils and lye and made up a batch of soap. It'll be ready for us in another month. Can't say we're ever bored!

Next month, we'll visit Green Cuisine for our Christmas meeting.

Submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG

On Saturday Nov 19th the Craft SIG met at Beverly Tibb's home for our annual gift making session. This was one of our best attended sessions this year. What a wonderful time we had! Beverly has a wonderful porch that we utilized for all our presentations.



We each had an area to present our project. Annette started us with showing how to make bird seed cakes. It is a mixture of lard, gelatin and bird seeds (insert a paper clip and string and hang from your tree). Emily brought the ingredients to make Gingerbread Hot Cocoa Mix which we put into jars and decorated with Christmas ribbons. The secret is allspice and cloves. Sandra provided the ingredients and packaging to make three different dip mixes to mix up and include in your holiday gift baskets. Of course we needed something special, so Marilyn presented a sugar scrub. Hmm, I wonder where she got that from? Being inspired by Beverly's garden, we had Beverly show us how she makes her dangling creations with fishing line and mirrors. They are not only cute but can be used to keep the birds away from your tomatoes. We ended on a sweet note with Karen showing us how to make chocolate covered pretzels. I do not think any made it home. We ended with a potluck and enjoying each other's company out on Beverly's porch. It was a beautiful day!!!!

Our next meeting will be our Christmas party and planning session in December. We meet ever third Saturday.

Sandra Lyssy: 210-659-5561, slyssy123@yahoo.com;

Rebecca Kary: karyrebecca@yahoo.com

Submitted by Sandra Lyssy

New Aromatherapy SIG

The Aromatherapy Sig met Monday night Nov 14 at Karen Abel's house. The topic for the evening was sage. Karen served a delicious sage apple cake from Susan Belsinger's recipe book and also a delicious hot sage tea, made with fresh sage from her garden. Jean Dukes showed how to make a smudge stick with sage that can be used to clear negative or stale energy.

Karen discussed the many wonderful properties of sage essential oil including: reducing fevers, digestion ailments, regulating menstrual cycles, spasms. It's also great for mouth and throat problems, skin, hair, and many more. I guess you could say, when in doubt as to which essential oil to use, try sage! We were all amazed at the versatility of this oil. Karen shared recipes for massage oil and a bed linen spray for relaxation. We also compared sage to Clary sage, which have very different aromas, but have many similar properties. We had a great time learning about sage!

For info, contact Jean Dukas at 10days@earthlink.net
Submitted by Karen Murray

Weed-n-Gloat SIG

No report this month.

Culinary SIG

It's November, holidays are approaching, and in San Antonio that means tamales and a tamalada. So we met on a beautiful Saturday at Jeanne's home in historic Monte Vista, to make a bit of history ourselves—this is our second tamalada, after all.



Soon, our hands were wrist-deep in hot, fragrant and spicy masa, going mano a mano with the dough to get it to just the right consistency to spread on our husks. Our fillings went from savory to sweet, with nary a repeat in the bunch—even those of us who used the same example recipe gave it some twists and tweaks to make it unique. In no time, it seemed, all of us had dozens of tamales ready to bag: 'chicken' prepared at least 5 different ways, soyrizo similarly varied, Anaheim peppers with vegan cream cheese, varieties of beans with all kinds of additions, an amazing pumpkin masa and a luscious apple and raisin filling to go with it as well as in a sweet masa. We astounded ourselves with not only the delicious variety of fillings, but also with how quickly we got the hang of tamale-making. An added bonus: all our tamales were "clean and green" (thanks, Chef Mike!), making them not only yummy but also at least a bit healthier (zero cholesterol is always good!).

After hours of gab and laughter, rolling and patting, swapping and sampling, we headed off to our homes to steam our bounty, and get down to some serious tamale eating for the next couple months.



Next meeting, it's off to Bev's for a Christmas cookie exchange and potluck. What fun, and what a fun group!

Submitted by Jeanne Hackett

SAHS Membership

It's time to renew your membership for 2012. For your convenience, a copy of the renewal form is printed on page 5 of this newsletter and will be reprinted in the January issue as well. We appreciate you and your dedication to the SAHS!

The next nametag order will be placed following the January meeting. We do keep track of attendance and try to order your nametag when due, but it isn't a fool-proof system, so if you think you're due a nametag (i.e. you've attended 3 meetings since joining), please mention it to the membership chair at the January meeting.

Submitted by Norm Hastings, Co-Chair, Membership

Treasurer's Report, October 2011

Submitted by Kathryn Seipp

INCOME

Membership	310.00
Cookbook sales	70.00
Resource Guide sales	240.00
Booklet sales	153.00
Bundled sales	490.00
Shirts, Aprons, Totes	10.00
Miscellaneous sales	706.63
Miscellaneous income	400.00
SUBTOTAL - INCOME	2,379.63

EXPENSES

Attendant Fee	60.00
Book Costs (Belsinger)	564.20
Honorarium (Belsinger)	500.00
Hospitality	131.50
Storage Rent	128.00
Rent Expense	85.00
Supplies	217.24
Sales Tax	-57.30
SUBTOTAL - EXPENSES	1,628.64
TOTAL (Income-Expenses)	750.99

ASSETS

Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,194.95
Frost Checking	3,945.75
Frost Savings	2,387.68
TOTAL Cash and Bank Accounts	7,528.38
TOTAL ASSETS	7,528.38
LIABILITIES	0.00
OVERALL TOTAL	7,528.38

'10 - '11 SAHS Board Officers & Members

Yvonne Baca - President

210-313-8705 C, yvonne943@yahoo.com

Marilyn Nyhus - Vice President Programs

210-606-2933 C; rudvandmar@yahoo.com

Marguerite Hartill - Programs Assistant

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Norm Hastings - Membership Co-Chair

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Mike Belisle Secretary, Recording

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Kathryn Seipp - Treasurer

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Barbara Quirk - Treasurer Co-Chair

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Jeanne Hackett - Publicity / PR

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Lyn Belisle - Webmaster & Green List Coordinator

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

Eileen Achorn - Immediate Past President

207-712-1903 C; eileen.achorn@utsa.edu

Joe-Beth Kirkpatrick - Newsletter

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

Sandra Lyssy - Hospitality

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Patty Wilson - T-shirts, Cookbooks

210-647-0838 H/W, dwilson@satx.rr.com

More Information Contacts

SAHS web page: www.sanantonioherbs.org

SAHS toll-free phone: 888-837-4361

Business Members

We thank our business members for their support. When you patronize their businesses, be sure to mention your SAHS membership.

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

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Nick & Leslie Vann
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St. Hedwig, Texas 78152
(210) 667-1500
www.nematodenick.com

Diane R. Lewis, B.S. & A.A.S.
Herb, Cooking & Gardening Classes;
Landscape Design
(210) 495-6116

drl designs@swbell.net
www.communityed.neisd.net

Mike Behrend, Executive Chef
Green Vegetarian Cuisine
1017 N. Flores
San Antonio, TX 78212
210-807-0891
Mike@greensanantonio.com
www.greensanantonio.com

Ten Days Health Ministry Natural Health Counseling & Essential Oils

Jean Dukes, RN, CNHP,
Certified Aromatherapist
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10days@earthlink.net
www.youngliving.com/tendays

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Classes by Sam Coffman
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www.thehumanpath.com

Yvonne Baca, LMT

Holistic Health Practitioner
Therapeutic Massage,
Lymphatic Drainage, Essential Oils,
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