



# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 218, MAY 2008

**Be sure to view the unedited version of this newsletter @ [www.sanantonioherbs.org](http://www.sanantonioherbs.org)**

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

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



## First Aid From Your Herb Garden

Ellen Zimmerman  
Director of the Austin School  
of Herbal Studies

### May Program Thursday May 8, 2008

In this fascinating class you will learn how to use the herbs that grow in your garden to create a herbal poultice for that sprained ankle or a skin rash.

Which herbs to harvest out of your garden and brew into tea for a sore throat, or a headache?

Which herbs to tincture or store dried in your first aid kit and how to use them for those common family ailments?

For all of you that don't yet have herbs growing in your garden Ellen will also be bringing herbal products that she has created for purchase that are used for quick easy and effective herbal first aid as well as show you herbal products that you can buy at local herb retailers.

Best of all you will be learning how to make teas, poultice, tinctures, and soaks out of Ellen's Favorite herbal combinations.

*Ellen Zimmerman M.A. and herbalist founded EZ Herbs in 1995. Ellen studied with master Herbalist Rosemary Gladstar where she developed a special interest and expertise in Womens Health. She is also the director of the Austin School of Herbal studies where she teaches a wide range of herb classes*

The program will begin at 7:00 (with refreshments served beginning at 6:30) at the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. The meeting is free and open to the public. For more information, check out our website at [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

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Members with the last names starting with **E-K** please bring refreshments to the meeting. Please be sure to bring some finger foods to share. If you miss your turn, please bring them the following month.

Email your recipe to: [karyrebecca@yahoo.com](mailto:karyrebecca@yahoo.com) and we'll likely publish it in the next newsletter.



### DOUBLE TUSSIE MUSSIES TO....



**Jane McDaniel** for tirelessly leading the effort to install the Herb Garden at the San Antonio Botanical Garden four years ago (Happy Anniversary!) and for keeping up with the beautiful garden faithfully every year since. Thank you, Jane! AND... To **Rebecca Kary, Rosemary Kotrich, Adrienne Hacker, Mary Andersen and Diana Fox** for helping shape up Marcy Scalf's backyard. Special thanks to **Evelyn Penrod** who helped twice. Thank you so much ladies.



## Member Recipes

### Spicy Lentil Dip

submitted by Eileen Achorn



Simmer the following for 25 minutes until lentils are soft:

- 1 cup red lentils
- 1 onion, chopped
- 2½ cups water

Drain well and blend until smooth.

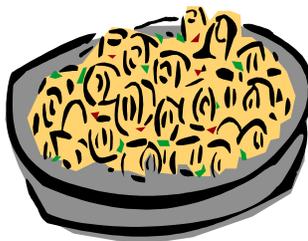
Toast the following in a small skillet over medium heat until fragrant:

- 2 teaspoons curry powder
- 2 teaspoons cumin seeds

Add the following and sauté for 1 minute:

- 1 tablespoon oil
- ¾ teaspoon cayenne
- 2 cloves crushed garlic

Stir spice mixture into lentils and serve warm or cold with naan or pita chips.



### Tortellini with Spinach Walnut Pesto

Recipe courtesy Rachael Ray

- 4 ounces chopped walnuts
- 2 family size (18-ounce) packages, cheese or mushroom and cheese filled fresh tortellini (sold on dairy aisle of market)
- 1 cup chicken stock or broth
- 10 ounces (1 package) baby spinach, reserve a few leaves for garnish
- 2 cloves garlic
- 2/3 cup (a couple of handfuls) grated Parmigiano or Romano
- 1/4 teaspoon ground nutmeg or freshly grated
- 1/4 cup extra-virgin olive oil
- Salt and pepper

Edible flowers, optional plate garnish, nice for parties

Toast walnut pieces in a small pan or toaster oven until lightly browned. Remove from heat and cool.

Place a large pot of water on to boil. When it comes to rolling boil, salt the water and cook tortellini

according to package directions.

Heat 1 cup chicken stock or broth to a boil and remove from heat.

Using a food processor, working in batches, grind spinach leaves with nuts, chicken stock, and garlic. Transfer ground spinach nut paste to a large bowl. Stir in the cheese, nutmeg, and olive oil, and season with salt and pepper, to taste.

Coat hot, cooked tortellini with sauce, tossing in the bowl you prepared sauce in. Turn pasta out on to a serving platter and garnish with a few baby spinach leaves and edible flowers.

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## Board Member Elections in May

Several volunteers came forward to serve on the SAHS board for the next year-long term:

Eileen Achorn, President  
Evelyn Penrod, Vice President (Programs)  
Don Crites, Treasurer  
Rebecca Kary, Secretary (Membership)  
Lyn Belisle, Historian/Publicity/Webmaster

We are still looking for someone to help with the Newsletter Editor position. Could you be the one? Or maybe two of you could share the responsibility and joy. This would be a great opportunity to put your creativity into practice. And we have so much fun on the board! Please call Carol-lee Fisher at 681-6815 if you are interested in serving on the board in any capacity.



# June Banquet

Stay tuned! The board is planning the **ever-popular members-only** June banquet, and all we can say is "IT WILL BE **HOT!**" Anyone who wants to get in the know can volunteer to help, and we will let you in on the details (contact Rebecca Kary at 210-200-8512 or [karyrebecca@yahoo.com](mailto:karyrebecca@yahoo.com))



Newly Constructed

## Square Foot Gardening Success Story



After Just One Month!

After the March meeting, Robin Maymar was so inspired by Tom Harris' presentation on Square Foot Gardening that she brought before and after photos to the April meeting. She has earned bragging rights on her month-old garden. Said Robin, "So far it has been more successful than anything else I have done."

Sign up Today for the

**Festival of Flowers**

Saturday May 24

Contact Carol-lee  
at 681-6815

Sell our fabulous cookbook  
and tell people about the  
San Antonio Herb Society

Going to the festival?

Drop off a goodie from the  
cookbook at our booth for  
people to taste.

## Festival of Flowers



May 24 9-5

Alzafar Shrine

901 N. Loop 1604 West

(between Stone Oak Parkway and  
Blanco Road)



Admission: \$5 adults; children under 10 free; free parking. Visit the website for a "\$1 off" admission coupon: [www.safestivalofflowers.com](http://www.safestivalofflowers.com)

The Festival of Flowers is an event to shop for beautiful and unusual plants, quality products and services, landscaping ideas, and expert advice on gardening and outdoor living environments.

Grand Opening Celebration  
for

**PALAIS** rejuven e

Alamo Heights' Newest Spa!

Thursday, May 8 4pm-6pm

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Massages & Other Surprises!

Check Us Out!



# The Herb Garden at the San Antonio Botanical Garden: A Lasting Friendship

by Jane McDaniel

A vote of the general membership to take over the tending of the Herb Garden at the San Antonio Botanical Garden as a regular, monthly project by the San Antonio Herb Society was taken on April 8, 2004. It was a resounding “yes”. It’s now April 2008, and it’s been four years since I started to work a regular shift at this patch of land.

I look with satisfaction on “our” Herb Garden at the San Antonio Botanical Garden. It’s a long and rather narrow piece of land, backed by a tumble of climbing roses on a trellis wall, fronted by a jungle of larkspur, lilies, cosmos, gladioli, and alyssum: the Cottage Garden. If you take a seat on the wooden bench under the tree there, fronting our Herb Garden, you can gloat, as I do, on the healthy, mounded herbs: the oregano reaching over the stone border, the salad burnet and basil and comfrey and lovage and lemon verbena and cilantro and parsley and rue and fennel and aloe vera and thymes, and the wooly mullein and blue spikes of salvia standing to attention at the back. Scented geraniums spill over the two wooden whiskey barrels, which stand at the back of the herb patch. Lavender and mint and rosemary dot the well-tended and mulched ground. And comfrey—I have a special relationship with comfrey: suffice it to say that comfrey and I have drawn a truce; I have agreed not to cut it back too much and it has agreed not to spread too much. We’ll see if it keeps its side of the bargain.

In 2007 we “moved” the Herb Garden: left our old location of two separate plots ranged around a large magnolia tree to come to the present, sunnier spot between the Rose Garden and the Cottage Garden. This involved work by a great team of SAHS volunteers.

Now, we are finally getting signs to tell visitors to the Herb Garden what the individual herbs are. And soon, after a four-year battle, we will have a sign informing people that the San Antonio Herb Society takes care of this patch of blessed earth.

We have answered questions about herbs put by visitors to the Botanical Garden, sweated in the heat and run from the rain, and enjoyed every minute of it. We now belong to that select group of people who, armed with gardening aprons, bottles of water, sun hats and tools, can walk in the main entrance to the garden, right past Eric at the cash register and out into the main courtyard, followed by Eric’s cry of “Good morning, ladies!” We know that we belong; sometime this summer we will get our San Antonio Botanical Garden Volunteer t-shirts. (Actually, we prefer to wear our SAHS t-shirts—advertising, you know—but we don’t sneeze at the offer of an extra one.)

This month we plan to plant additional basil, dill, chamomile, chervil, chives, and mints. The garden is well mulched, which greatly reduces the number of weeds, and it is watered regularly. And it remains a favorite with Botanical Garden visitors.

The list of SAHS helpers from these past years is too long to list here, and many have put in innumerable hours.

Visit the website to see all the dedicated members who have helped from 2004 to 2008: [www.sanantonioherbs.org/herbgarden](http://www.sanantonioherbs.org/herbgarden)

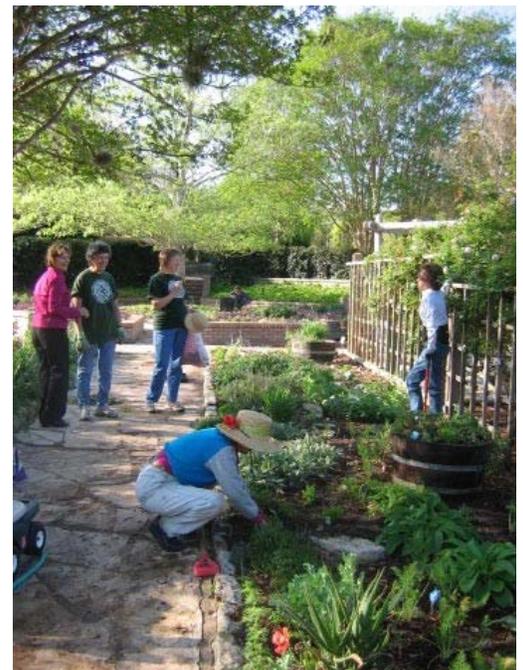
I may not have listed your name, and I apologize now. If I have done that, call me (210-930-1026) and complain—and volunteer for next month!

Thank you to all the volunteers who have helped over the years! And thank you to the SAHS for realizing that this was a project worth adopting. It’s a credit to all of us, but particularly to the volunteers who have given so many hours to keep it so beautiful.



**The Beautiful Herb Garden Now in a Sunnier Location Maintained by SAHS Volunteers**

**SAHS Volunteers Beautifying the Herb Garden at the Botanical Gardens**



**April  
Treasurer's  
Report**  
by Carol-lee  
Fisher



<b>Beginning Balance</b>	5454.20
<b>Deposits</b>	
3 Cook books	60.00
1 T-Shirt	15.00
1 Polo Shirt	18.00
Membership	<u>120.00</u>
Total Deposits	213.00
<b>Expenses</b>	
Web Site hosting quarterly	(30.00)
Garden Center	(85.00)
Attendant	(25.00)
Speaker and food honorarium	<u>(100.00)</u>
Total Expenses	240.00
<b>Ending Balance</b>	<b>5427.20</b>
2 Year CD	1053.80
Savings	1023.31

**Report on the April Program**

Secret balloting was fierce as members determined who would be seated in the royal positions on the SAHS float in the King William Parade:

**Mary Anderson, Queen of Herbs**

**Diana Bell, Princess of Herbs**

**Eileen Achorn, Duchess of Herbs**

Diane Lewis delighted us with her healthy recipes and tips on how to get the best flavor out of herbs and spices used in Northern Indian cuisine. For example, she told us how to roast the spices that go into the curry blend, as well as some of the health benefits of these spices. Best of all, we were able to taste the pappadums with mango chutney, cucumber raita, tandoori chicken, and vegetable curry.

See our website for photos of this year's royalty, as well as the delicious Indian dishes we sampled at the meeting. A recipe for *garam masala* is also posted: [www.sanantonioherbs.org](http://www.sanantonioherbs.org).



**Share Table**

The Share Table continues to be a great success. Thank you for sharing your surprises with us. Remember these simple rules:

1. No money changes hands.
2. At the end of the evening, if your item is still there, please take it back home or throw it away.
3. Clean, usable items only.



**2008 King William Parade Court with Their Winning Hats & Shoes: Diana Bell, Princess of Herbs; Mary Anderson, Queen of Herbs; Eileen Achorn, Duchess of Herbs**



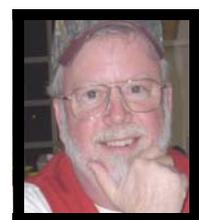
**Diane Lewis Dishes up One of Her Tasty Recipes at the April Meeting**

**Lorraine Jennings Proudly Displays Her Lifetime Membership Award Given in Honor of Her Faithful Service to the SAHS**



There are advantages to serving the San Antonio Herb Society. The current board decided to honor **Lorraine Jennings** for her tireless commitment to the Herb Society over the years. Lorraine has been a faithful member for over 12 years. She has served as Program Chairman finding interesting and exciting programs for us to enjoy; she got the word out about our organization by serving as Public Relations Chairman. She wrote and published the Basil book. She has attended the majority of the meetings over the years and has been active in the Lotions & Potions SIG. Lorraine was presented with a *Lifetime Membership Award* for her dedicated service to the SAHS. Congratulations, Lorraine, and thanks for all your hard work!

## **BRIAN'S MAY TO-DO LIST**



Please note, most of the information shared here was obtained from Research-based sources (see contributors acknowledgments below), and from individuals who are considered very knowledgeable on a particular subject. While some little tidbits here may be of interest, they should be taken "with-a-grain-of-salt". (compiled by MG Brian D. Townsend—briandt@juno.com)

### **1<sup>st</sup> Week:**

Yearling purple Martins could still be coming in looking for new nesting sites to colonize. No matter where you live, keep your housing open through June. Martins may arrive and begin nesting as late as the end of June, anywhere in North America! - PMA (visit their website @ <http://www.purplemartin.org>)

Goldfinches have migrated back up north! Watch feeder (especially if it is the "upside down" type) and take it down if not in use.

Even when the American goldfinches leave, you can attract lesser goldfinches, house finches and an occasional painted or indigo bunting to the thistle (niger) feeder.

Do not let Amaryllis or Daylilies form fruits. Cut them off! Seed production takes away food from future flowering.

If your lawn or plants are turning yellow, apply a chelated iron supplement to the soil (results are slower, but longer lasting, using a "granular" form of iron - EO), or as a foliar spray to correct iron deficiency, which causes CHLOROSIS (the yellowing).

Onions are ready to be harvested when the tops fall over. Place the bulbs on the ground for a day or two to harden off.

Harvest columbine seeds now. Place stalks in paper bag to collect seeds.

Fertilize container plants every week or two with liquid fertilizer.

Plant okra and southern peas.

Harvest onions and allow them to air dry for a couple of days before storing.

Keep beds well-mulched. In our area a heavy mulch has proven very beneficial. Almost any organic material can be used that lets the rain and air through, yet minimizes evaporation from the soil. A good mulch keeps down the weeds, keeps the soil cooler and adds humus to the soil. Better growers in our area do not neglect it. Fluff it up from time to time with a fork to maximize its insulating quality.

**In Our Herb Garden:** Start harvesting herbs as many perennials bloom this month. \*Plant summer everlastings (examples are globe amaranth, sweet Annie, cockscomb, salvias, tansy, etc.). \*Plant lemon grass and continue to plant basil. \*Weed and water as necessary. \*Hot rainy spells are hard on herbs as they do not like humidity. Solutions are good drainage (raised beds are a necessity in most of our area), a good quality soil from a local source (such as Garden-Ville, Fertile Gardens Supply, Living-Earth, and others) and mulch.

\*Herbs should be gathered in dry weather, first thing in the morning before their essential oils evaporate in the sun. Hang bunches of herbs upside down to dry so that the oils flow into the leaves. Once dry, store them in airtight containers away from sunlight and they should last for several months.- TGS

### **2<sup>nd</sup> Week:**

Fertilize vegetables. Side dress tomatoes, carrots, beans, squash, okra, peppers and other vegetables with 1 cup of

slow-release lawn fertilizer per 10 ft. of row.

For highest quality, harvest crookneck, zucchini and other summer squash when they are immature and tender.

Now is a good time to seed Bermuda or Buffalo grass.

Plant zinnias, marigolds and cockscomb (celosia) seeds.

Divide and transplant plumbago, sultana and pentas.

Mallow hibiscus, firebush, lantanas and other heat-loving plants have begun to grow. Give them an application of fertilizer at a rate of 1 cup per 100 sq.ft.

Now is a good time to seed Bermuda or Buffalo grass.

Plant zinnias, marigolds and cockscomb (celosia) seeds.

Remove faded petunia flowers to prevent seed set or cut back half way to encourage a fresh crop of flowers. - *EO*

Protect vegetables such as squash, eggplant, okra and tomatoes from harsh direct sunlight to keep them from burning or wilting.

Add compost around newly planted trees and shrubs. - *TAE*

If you want to encourage BUTTERFLIES in your garden, do not use insecticides, especially products with Bt, which will kill the larvae (caterpillars).

Use scissors to thin out flowers you're growing from seed. Thinning will improve the quality of the flowers and cutting scissors will not disturb roots.

### **3<sup>rd</sup> WEEK:**

Plant lantana, zinnias, vinca, gomphrena, salvia, moss rose, purslane, firebush and verbena for color in full sun.

Columbine seeds are mature. Plant them in containers in potting soil now and they will be ready to transplant in fall.

Keep peach trees well-watered as long as there is fruit on the tree.

Pick when the green background on the fruit changes to yellow.

### **4<sup>th</sup> WEEK:**

Keep summer squash, peppers, tomatoes, green beans and other vegetables harvested to maximize production. To prevent BIRDS from pecking ripening tomatoes, hang a few red or orange Christmas bulbs or decorations on the plants now while the fruit is green.

The birds will check out the bulbs and, not finding anything, will lose interest and pass up the real fruit when it ripens. - *CF*

If the weather has cooperated, we should have an abundance of LADYBUGS. Avoid use of pesticides and let the ladybugs do their work. Their larvae can eat as many as 400 aphids a day. - *TAE*

Many thanks to my contributors for sharing their wisdom so I can learn and share it with you. This is a very abbreviated version of Brian's To-Do List. Read Brian's complete, unedited list on the SAHS website at [www.sanantonioherbs.org/todo.htm](http://www.sanantonioherbs.org/todo.htm)

## **'07-'08 SAHS Board Officers**

**Carol-lee Fisher-President**

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**Carol Hamling - Vice President Membership**

493-8713, [obith@satx.rr.com](mailto:obith@satx.rr.com)

**Rebecca Kary - Secretary / Newsletter Editor**

200-8512, [karyrebecca@yahoo.com](mailto:karyrebecca@yahoo.com)

**Lyn Belisle - Publicity / PR / Webmaster**

826-6860, [belisle@satx.rr.com](mailto:belisle@satx.rr.com)  
[lyn.belisle@trinity.edu](mailto:lyn.belisle@trinity.edu)

**Jean Dukes - Newsletter**

566-4379, [10days@earthlink.net](mailto:10days@earthlink.net)

**Helga Anderson - Historian**

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**Frankie Campbell - Hospitality**

602-2540

**Patty Wilson - T-shirts, Cookbooks**

647-0838, [dwilson@satx.rr.com](mailto:dwilson@satx.rr.com)

**Robin Maymar - Flyer Coordinator**

494-6021, [frog23@texas.net](mailto:frog23@texas.net)

### **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 and a person may have a reaction to any herbal product even though it is not a toxic substance.*

**Business Members**

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

**Bible Gardens of San Antonio**

**Aida & David Sanchez**  
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San Antonio, TX 78213  
(210) 341-6987

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

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[www.communityed.neisd.net](http://www.communityed.neisd.net)  
[www.longaberger.com/DianeLewis](http://www.longaberger.com/DianeLewis)

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[info@usa-florame.com](mailto:info@usa-florame.com)  
[www.florame.com](http://www.florame.com)

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5805 Callaghan Rd. Ste. 205 SAT 78228  
(210) 256-2273  
[www.inhomeseniorcare.net](http://www.inhomeseniorcare.net)

**Mexico Lindo**

Rosy Davila  
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[Rdavila015@satx.rr.com](mailto:Rdavila015@satx.rr.com)

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**PLEASE SEND TO:**

Welcome New Members:  
Suzanne Ware  
and  
Jeanne Hackett

[www.santanioherbs.org](http://www.santanioherbs.org)  
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