



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 225, December 2008



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.

Program Thursday, December 11, 2008

The Silver Anniversary Celebration Banquet

It's hee-eerrre. The long-awaited winter holiday banquet is finally arrived.

As part of our 25th anniversary celebration, our December event will be dedicated to celebrating us AND talking about us! We want to hear YOUR stories about you and your time with the Herb Society. What are your best stories? (watch out!) or your worst ones? What has the Society done that kept you coming back for more? Who were the people you met and the friends you made? What are some of your favorite programs over the years? You favorite events? You tell us!

So break out those shiny shoes and your best Sunday-go-to-meeting wear and come join us!

The SAHS is providing the entrée, beverages and tableware.

Members are asked to bring potluck dishes as follows:

Appetizer — A-F; Side dish or vegetable — G-M; Salad — N-S; Dessert — T-Z

We will indulge in a gift exchange again this year. It's a sort of secret Santa idea — always fun since you don't know what you're getting or from whom. Bring a wrapped gift appropriate for an herb aficionado.

The Dining begins at 7:00 p.m. (with appetizers ready beginning at 6:30) concluding at 8:30. We're at the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels.

This Banquet meeting is open to the membership.

For more information, check out our website at www.sanantonioherbs.org



SAHS Remembers Marcella Scalf

Submitted by Mary Anderson

Our dear friend, Marcella Scalf, passed away on Thursday, November 20, 2008 after a very long battle with cancer. She will lie in rest in her hometown of Tours, Texas.

Marcy Scalf was an active member of the San Antonio Herb Society for over ten years, spearheaded the publication the *San Antonio Herb Society Cookbook, Volume II*, and was a trained San Antonio Master Gardener. Marcy worked for years as a San Antonio city tour guide, enjoyed membership in the Toast Mistress organization, and was very active in the Catholic Church. After retiring from Civil Service, Marcy traveled extensively throughout the United States and abroad.

Please know how much Marcy appreciated all of you who visited her during her illness, helped her keep her backyard well-tended, and sent many beautiful cards and emails. She was a loving friend who valued her friendships and cared deeply about others. Marcy enjoyed many friendships within the Herb Society and participated in many Herb Society activities with us throughout the years. Marcy Scalf was loved and will be missed.

INSIDE THIS ISSUE:

Member Recipes	2
Report of November program	2-3
Over the Fence & Green Tips	4
At the Botanical Garden	4
Treasurer's Report	5
November meeting minutes	5
Brian's To-Do List	6
Membership Renewal form	7

Membership Form Inside

Member Recipes

Calming and Relaxing Sleep Tea

submitted by Healthy Living w/ Herbs SIG

2 parts Chamomile dried flowers &/or leaves (1/2 C)
1 part Skullcap leaves (1/4 C)
1 part Spearmint leaves (1/4 C)



Mix dry tea ingredients together and store in airtight glass container away from light or in a tea tin.

Heat water to just before boiling and turn off heat. Use 1 heaping tsp of blend per 6 oz of water and place herbs into a tea infuser or directly into a teapot. Pour hot water over herbs and allow the tea to brew for a minimum of 5-10 minutes. Remove tea infuser, pour or strain tea into a cup or mug.

Sit down & relax, enjoy happy thoughts, sweet dreams and restful sleep.

Aromatherapy Pick-me-up

Submitted by Aromatherapy SIG

Make a "sniffer" container using a clean old 35-mm film canister or a small glass bottle (glass is best). Use an ordinary cotton ball. Wet it with several drops essential oil. Place this in the sniffer container, cap it and carry it with you.



For a Pick-me-up, use peppermint and rosemary essential oils.

For a Cheer up blend, use lemon balm or verbena.

For stuffy head or cough, try eucalyptus oil or cedarwood essential oil.

Herb-Infused and Aromatic Vinegars

Submitted by Crafts SIG

In a non-reactive container, warm up your choice of vinegar (apple cider, white wine, etc.).

Select the herb or herbs for your infusion. Good themes to try are tarragon-based, lemon-based and oregano-based. Remember that the flowers for some herbs will impart a nice tinge of color to a white vinegar.

Use not more than 3 T fresh herb leaves per quart of vinegar. If garlic is used, crush it and leave it in the jar only 24 hours to avoid botulism. After 2-4 weeks of steeping the herbs, filter the vinegar, rebottle it in sterilized containers and keep tightly corked.

Enjoy!



Williams-Sonoma Pumpkin Butter Bars

submitted by Carol Hamling

1 box (18 oz) yellow cake mix, divided
1/2 C butter, melted
3 eggs, divided
1 (13.5 oz) jar Muirhead pecan pumpkin butter OR
13 1/2 oz (about 1 1/2 C) any pumpkin butter
2 T milk
1 T flour
2 T sugar
1/4 C cold butter, cubed
1 t cinnamon

Preheat oven to 350°F. Reserve 1 C cake mix and set aside. Mix remaining cake mix with 1/3 C melted butter and 1 egg. Press mixture lightly into bottom of greased 13-by-9 inch baking dish.

Mix pumpkin pecan butter with remaining 2 eggs and milk and pour over cake mixture in pan.

In food processor, pulse remaining 1 cup reserved cake mix with flour, sugar, cubed butter and cinnamon until mixture resembles crumbs or use fork or pastry blender. Sprinkle evenly over filing. Bake 35-40 minutes or until golden. Cool to room temp and cut in 2-inch squares.

These freeze well.

Report on the November Meeting

The November meeting proved very exciting thanks to the excellent presentations prepared by the Special Interest Groups. The evening went quickly as everyone moved from table to table to listen to the different ways we enjoy all things herbal.

The topics were varied and diverse. Just to name a few, we had the chance to hear all about herbal ingredients in soaps from Sally Ann Hnatiuk and Rebecca Kary of the Herbal Crafts SIG. One table displayed things to go in herbal gardens such as plant markers and stepping stones.



Carol-lee introduced her new SIG focusing on medicinal uses of herbs.



Lyn Belisle and Anne Morris had a display of essential oils and discussed the various herbs used in aromatherapy.



We had hats and plenty of *bling* when the Mad Hatters discussed tea time. Rosemary Kotrich and Mary Anderson take a few questions.



Gardening tools were the theme of choice for those who help plant and weed the herb garden at our neighbor's place up the hill – the San Antonio Botanical Gardens. Jane McDaniel and Rose Mary Michel have their favorites.



The Herb Garden at the San Antonio Botanical Gardens

The group normally meets at the main entrance to the SA Botanical Gardens on Funston Street, on the last Monday of the month.

No report for November.
See you in January!

There was something of interest for almost everyone. That's a tack the Healthy Living SIG takes. Here, Diane Lewis, Bill Drane, Virginia McGuire and Jinnie Perkins are ready for their presentations.



Lotions and Potions was well represented by Janet Miller and Diane Fox.



And for those who wanted to learn about still more subjects, there was a chance to express their ideas in the open forum afterwards. After the presentations, the membership regrouped to discuss what they enjoyed about the evening. We received very good input about the program and about the SIGs. Look to the next year to bring some new Special Interest Groups – Gardening and Cooking were two areas of which the members requested a special interest.

Many thanks to the wonderful presenters for making the evening educational and fun!

Happy 25th Anniversary

Happy
25th Anniversary
SAHS

Interested in Carpooling?

Contact Evelyn Penrod at
epenrod@gvvc.com or 830-438-2290.

Hospitality Table Schedule:

January: A-F
February: G-M
March: N-S
April: T-Z

Over the Fence...



under the bed. We're missing the general banner, the President's gavel, our copy of Robert's Rules of Order, chafing dishes and a wireless microphone set.

Editor's note: a few folks sent email notes around remembering **Marcella Scalf** (left in the photo below). Here are a few of those good thoughts.

Jane McDaniel recalled several members taking turns caring for Marcy's gardens while she was too ill to do so.

Lyn Belisle: "I remember when we were editing the second cookbook and I was on that committee. I was working then (as I am now) and would go to Marcy's house at lunchtime. She would always have lunch prepared from us from the cookbook for us to test. I will miss her more than I can say."

Rebecca also recalls her friendship and how her Crafts SIG helped tend the garden "...Sally Ann (right, in the photo below) was indefatigable in checking in on Marcy regularly, rallying all of us in the SIG to go over for a few yard and garden clean-up sessions, so Marcy could look out at her tidy garden and patio, even though she didn't have the strength to do much more..."

This writer remembers a sweet and unpretentious lady who always had a kind word.



Vaya con Dios, Marcy.

Newcomer SIG

Please contact Eileen Achorn for information regarding this SIG. Next meeting tentatively set for January. Date to be announced.

Fall Gardening recycle tip:

Don't bag your fallen leaves and set them out to be taken to the landfill. Email me when you have bags of leaves that you don't want, and I will let Green List members know. I'll bet someone on the list will be happy to pick them up for compost. belisle@satx.rr.com

Herbal Note Cards Available Again.

\$5 gets a bundle of 5 cards & envelopes. See Don Crites.

The Board is looking for club inventory items:

If you had possession of any of these items in the past few years, please give the attic another look-see. Or maybe

Habitat for Humanity volunteer group

URGENT: Rose Mary Michel needs a replacement for herself as SAHS's rep to Habitat's landscape day.

Anyone desiring to fill this unofficial chair may call her for information. (210) 655-6281 or email

December Green Tips



Did you know?...a colony (or flock or family?) of red wigglers (earthworms) will double in quantity in 3 months. Hungry little dudes. Read this article on the success one couple has had with their "underground ranching."
<http://www.organicgreenandnatural.com/2008/11/28/ranching-underground-livestock/> Remember that earthworms provide incredibly rich compost and help aerate the soil. Good friends to have.

Has your SA neighborhood converted to the new big trash & recycle carts (taking the place of smaller individual garbage cans & recycle tubs)? DON'T throw that old trash can away!! Save it and try a few new tricks: 1) Use it to hold rainwater (see this web page for one idea: <http://www.care2.com/greenliving/old-trash-cans-for-rainwater-collection.html>). 2) It could become a compost bin (see this web page: <http://video.about.com/greenliving/Homemade-Compost-Bin.htm>). 3) Turn it into a strawberry or potato planter. Try this method: "...get a 32 gallon trash can. Make sure there is good drainage, drilling copious amounts of holes if you need to, and fill the bottom bit with maybe 10 inches of soil, plant your spuds 4 or so inches deep. Then, as they grow throughout the year, continue to add more soil (potting mix, it is technically a pot), compost, or whatever. At the end of the season when you want to harvest simply dump the whole thing out onto a tarp and pick out the potatoes, no digging required. (from <http://www.gardeningblog.net/2008/06/23/grow-potatoes-in-a-trash-can/>). 4) How about storing dog food? 5) The plastic ones can be cut up. Cut in half, the bottoms get a new drain hole and become a large diameter, short planter. 6) The top part can be used as a runner root barrier or a tree trunk protector. frost fence or a tree trunk protector. 7) How about cutting off the bottom and letting the dog run through it in his play? 8) How about using the lid for a bird bath? 9) Storage for long-handled garden tools?

The possibilities are almost endless. See what you can create with your old "garbage" can.

Be green! Reduce, reuse and recycle.



Minutes to San Antonio Herb Society Meeting

November 13, 2008

President Eileen Achorn called the meeting to order. New Members and Guests were welcomed.

A motion was made, seconded and passed to approve the Treasurer's report in the November newsletter.

Special Committee Reports:

Herb Market was a great success. Eileen thanked Diane Lewis for her leadership.

Resource Guides are available for purchase. An announcement was made for anyone who still needs to pick up their pre-sale Resource Guide should do so this evening.

Announcements:

Veronica Gard announced that the Storytellers Association will have their annual Tellebration on Saturday, November 22.

Eileen announced the basic decorations for the December Banquet tables are available for pickup this evening.

Joe-Beth Kirkpatrick asked for help with the newsletter in the form of either a volunteer to take over the editor duties and/or volunteers to form a committee to help generate interesting and pertinent content.

Program:

Evelyn Penrod explained how the Special Interest Group presentations will be structured. The groups represented were: Aromatherapy, Lotions and Potions, Mad Hatters, Healthy Living with Herbs, Medicinal, Herbal Craft and Weed and Gloat – Botanical Garden.

The general membership rotated to each table then filled out comment cards on for any SIG group they would be interested in joining. A brief quiz was given at the end and prizes were awarded to everyone. There was an open discussion at the end of the meeting to share ideas for new SIGs; they were: A Gardening Swap SIG where members could visit different member gardens and share information and trade plants;

Adjourn

Eileen also thanked the SIG Leaders and everyone who brought food to share.

Eileen announced that the Newcomer SIG will meet the 2nd Saturday in January at 10:00 am at her home.

Meeting was adjourned at 8:35PM



Happy 25th Anniversary

Happy
25th Anniversary
SAHS

2009 Program lineup:

January: BUGS!



January Newsletter Deadline

Is the Friday following the regular meeting.

I.e., December 19th.

Thanks!

Treasurer's Report / October 2008

Submitted by Don Crites

Income

Membership Dues	\$350.00	13 Single, 3 Dual
T-Shirts, Aprons, Totes	\$12.00	
Book Sales:		
Cookbooks	\$960.00	48 Sold
Resource Guides	\$1,004.00	49 @ \$20, 2 @ \$12
Booklets	\$114.00	23 Basil, 15 Oregano
Total Income	\$2,440.00	

Expenses

Newsletter	\$0.00	
Printing	\$0.00	
Garden Center Fee	(\$85.00)	
Attendant Fee	(\$25.00)	
Hospitality	\$0.00	
Website	(\$30.00)	
Programs		
Speaker Honorarium	(\$50.00)	
Special Events Fees	(\$171.67)	Banquet Supplies
Miscellaneous	(\$3,864.31)	500 Copies Resource Guide

Total Expenses (\$4,225.98)

Account Balances

Certificate of Deposit	\$1,058.80	
Savings Account	\$2,383.90	
Checking Account	\$2,732.32	Dep \$2334.00 from Herb Market

Accounts Total \$6,175.02



'08 - '09 SAHS Board Officers

Eileen Achorn - President

207-712-1903 (cel), Eileen.Achorn@utsa.edu

Evelyn Penrod - Vice President Programs

830-438-2290 (cel), epenrod@gvvc.com

Rebecca Kary - Secretary / Membership

210-200-8512, karyrebecca@yahoo.com

Don Crites - Treasurer

210-846-9019 or 671-0989, drcrites@msn.com

Lyn Belisle - Publicity / PR / Webmaster

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

lyn.belisle@trinity.edu

CONTACTS

Joe-Beth Kirkpatrick – Newsletter (temp)

210-590-9744, joby53@gmail.com

Sandra Lyssy - Hospitality

210-659-5561, slyssy123@yahoo.com

Frankie Campbell - Hospitality

210-602-2540

Patty Wilson - T-shirts, Cookbooks

210-647-0838, dwilson@satx.rr.com

Robin Maymar - Flyer Coordinator

210-494-6021, frog23@texas.net

Brian's July To-Do List for The Garden

Compiled by MG Brian D. Townsend



PLEASE NOTE: Most of the information shared here was obtained from Research-based sources (see contributor acknowledgments below), and from individual 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”.

When the world wearies, and society ceases to satisfy, there is always the garden.

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.

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).

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

Thanks to MG 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.

Hearty Handshakes to....

Evelyn Penrod

for heading up the winter Banquet non-committee and making it all work.

We also appreciate the great programs she's found for us this year. Thanks!!

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.

San Antonio Herb Society Membership Application/Renewal

January – December 2009

If you joined after October 1, 2008, you are a member through December 2009.

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 _____ Home/Work/Cell [circle one]
[include area code]

Alt. phone _____ Home/Work/Cell [circle one]

E-mail _____

Membership Category: ___ **Single (\$20)** ___ **Dual (\$30)** ___ **Business (\$40)**
___ **New member** ___ **Renewal**

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.

___ I would like to be a **GREEN** member (receive my newsletter electronically).

What programs would you like to see in the coming year? _____,

_____, _____, _____
The more details the better (continue on the back or additional sheet of paper, if necessary):

I am interested in helping with:

___ **Banquet Committee** (help plan June or December Herbal 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**

___ The **committee for updating the Resource Guide**

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

___ Writing articles for or helping with the **newsletter**

___ **Speaking** at one of our meetings—your topic _____

___ **Habitat for Humanity** landscaping day

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

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

Note: This list is not used for any other purposed than to keep track of our own membership.

It is not sold or otherwise disseminated to outside entities.

*******Office Use Only*******

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

Green Member _____ Interests entered in data base _____

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
 1602 Dawnridge
 San Antonio, TX 78213
 (210) 341-6987

Diane R. Lewis, B.S. & A.A.S.
 Herb, Cooking, & Gardening Classes/
 Landscape Design
 Longaberger Basket & Pottery
 Consultant
 (210) 495-6116
drl designs@swbell.net
www.communityed.neisd.net
www.longaberger.com/DianeLewis



*Happy Holidays from all of us in
 SAHS to all of you!
 May you find this Season wonderful
 and filled with peace.*

Florame Aromatherapie
 (20% off to SAHS members)
 4400 Broadway Ste. 105 SAT 78260
 (210) 821-4100
info@usa-florame.com
www.florame.com

In Home Senior Care
 Greg & Jinnie Perkins
 5805 Callaghan Rd. Ste. 205 SAT 78228
 (210) 256-2273
www.inhomeseniorcare.net

Mexico Lindo
 Rosy Davila
 10681 W. Loop 1604 N
 San Antonio, TX 78249
 210-695-2162
Rdavila015@satx.rr.com

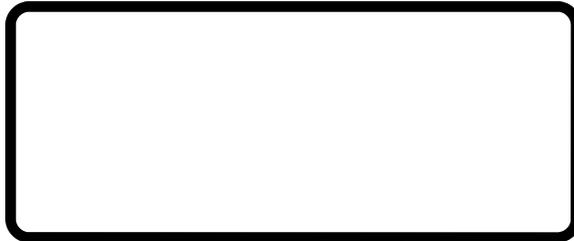
Make your New Year's Resolution *now* and
 avoid the rush:
 Become a Business member of the SAHS!!

Nematode Nick's
Landscape Design & Installation
 Organic Landscaping
 Organic Fertilizing
 Nick & Leslie Vann
 3561 Kusmierz Rd.
 St. Hedwig, Texas 78152
 (210) 667-1500
www.nematodenick.com

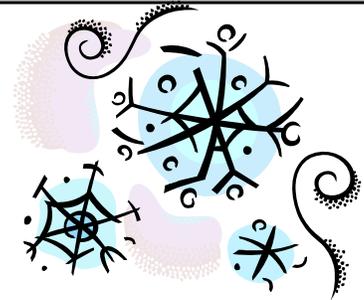
Palais rejuvenée
Aesthetic Clinic & Spa
 8000 Broadway
 San Antonio, TX 78209
 210-930-6772
maryrocha@palaisrejuvenee.com

Ten Days Health Ministry Natural
Health Counseling & Essential Oils
 Jean Dukes, RN, CNHP,
 Certified Aromatherapist
 (210) 566-4379
10days@earthlink.net
www.tendayshealth.com

www.santanioherbs.org



PLEASE SEND TO:



Membership Form Inside

www.santanioherbs.org
 San Antonio, TX 78209
 PO Box 90148
 The San Antonio Herb Society