

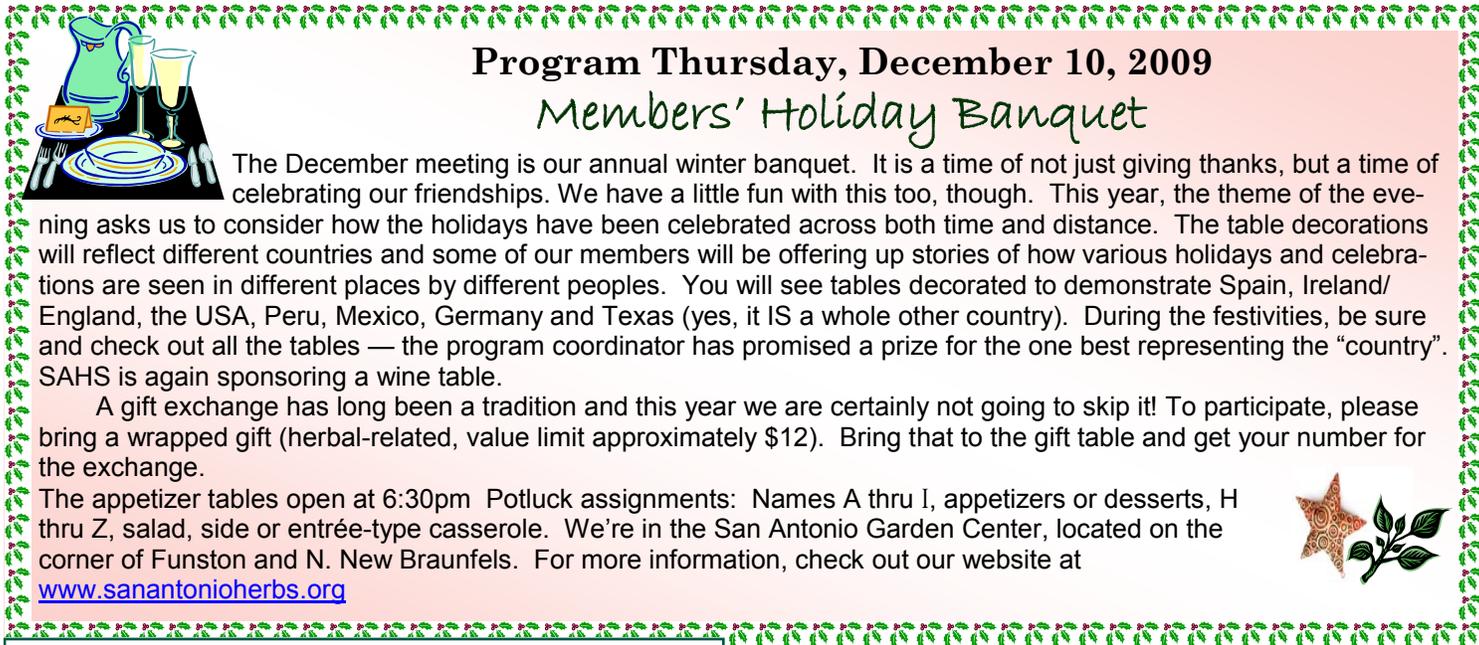


La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 237. December 2009

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



Program Thursday, December 10, 2009 Members' Holiday Banquet

The December meeting is our annual winter banquet. It is a time of not just giving thanks, but a time of celebrating our friendships. We have a little fun with this too, though. This year, the theme of the evening asks us to consider how the holidays have been celebrated across both time and distance. The table decorations will reflect different countries and some of our members will be offering up stories of how various holidays and celebrations are seen in different places by different peoples. You will see tables decorated to demonstrate Spain, Ireland/ England, the USA, Peru, Mexico, Germany and Texas (yes, it IS a whole other country). During the festivities, be sure and check out all the tables — the program coordinator has promised a prize for the one best representing the “country”. SAHS is again sponsoring a wine table.

A gift exchange has long been a tradition and this year we are certainly not going to skip it! To participate, please bring a wrapped gift (herbal-related, value limit approximately \$12). Bring that to the gift table and get your number for the exchange.

The appetizer tables open at 6:30pm Potluck assignments: Names A thru I, appetizers or desserts, H thru Z, salad, side or entrée-type casserole. 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



SAHS Welcomes Dr. Elizabeth De La Portilla on Curanderismo

The January Meeting for the San Antonio Herb Society will focus on the traditions and traditional methods of healing. Before there were doctors, surgeons, and hospitals, local societies looked to the natural and supernatural worlds for their healing powers. Local herbs were used and traditions were passed down generation to generation. In Latin America, Mexico and the southern western states of the US, these healers were known as curanderos (or curanderas). They were respected members of their communities. These healers were herbalists, some focused on physical ailments, and some were mid-wives. The study and practice of these ancient traditions is called “Curanderismo.” Dr. Elizabeth De La Portilla, who is an Anthropologist currently with San Antonio College, will discuss this very old and honored tradition. She will explain how the Latin American and Mexican cultures viewed illness and therefore looked to sources of healing that are different from how our current culture views health and illness. This is sure to be a fascinating lecture that you will not want to miss. As an added bonus, Dr. De La Portilla will have available for purchase, and will be available for signing her book, “They All Want Magic: The Nature and Practice of Curanderismo.”

Join us on January 14th 7:00 PM at the San Antonio Garden Center for an exciting evening as we welcome Dr. Elizabeth De La Portilla.

Banquet Table Hosts:

Please plan to decorate your table during regular business hours of the Garden Center.

SAHS February Meeting to Feature Roses

Ed Bradley will lead off a program featuring Roses. Diane Lewis will offer up some culinary tips that include these tradition flower and Jean Dukes will discuss its essential oil characteristics.



Members' Sale Tables at General Meetings

There will be no members' sales/swap tables available during this meeting

Hospitality Table Schedule:

December: All - Banquet
See the article for food assignments.
January: N-S
February: T-Z
March: A-F
April: G-M
May Banquet
Contact Sandra Lyssy to help set up the hospitality tables each month.

Inside this issue:

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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

Member Recipes

Some of the goodies on the table in November included these treats:

Green Olive & Almond Tapenade (aka White Tapenade)

Submitted by *Jeanne Hackett*

1 C imported pitted green Provencal, Greek or Italian olives

¼ C blanched almonds, coarsely chopped

¼ C extra virgin olive oil

2 T drained capers

2 T fresh lemon juice

large cloves garlic, finely chopped

½ tsp dried thyme

½ tsp dried rosemary

fresh ground pepper to taste

Combine all ingredients in a food processor. Process just until a coarse-textured paste is formed. Serve @ room temperature, accompanied by toasted bread rounds/slices (baguette or other similarly textured bread).

Black Olive Tapenade

Submitted by *Jeanne Hackett*

1 C pitted black olives (Niçoise, Gæta or kalamata)

¼ C drained capers

2 T extra virgin olive oil

1 T brandy or B & B (optional)

2 large cloves garlic, finely chopped

1 tsp Dijon mustard

½ tsp dried rosemary

fresh ground pepper to taste

Combine all ingredients in a food processor. Process just until a coarse-textured paste is formed. Serve @ room temperature, accompanied by toasted bread rounds/slices (baguette or other similarly textured bread).

This is also good tossed with hot pasta, couscous, rice or on steamed green beans, asparagus or zucchini.

Koshleri—How to Eat it

Submitted by *Sally Ann Hnaituk*

This is an Egyptian street food. Serve hot or room temp. Place a scoop of the koshleri (the lentils, macaroni and rice) on your plate. Spoon on some tomato sauce. Sprinkle with vinegar. Top with a few fried onions.

(See separate column on page 4 for recipes.)

Watermelon, Cucumber, and Mint Salad

submitted by *Marguerite Hartill*

2 cups chopped watermelon

2 cups chopped cucumber

¼ cup minced fresh mint

1/3 cup crumbled feta cheese

Mix watermelon, cucumber, and most of the mint and cheese together. Sprinkle remaining mint and cheese on top. Garnish with whole mint leaves if desired.



Report from the November Round Tables

This forum is always an eye-opener on the various uses of herbs. A few of our SIGs helped host and present various herbal topics. The tables set up and their presenters were as follows:

Aromatherapy. Mary McClendon presented some basic information on how our sense of smell is vital to our well-being. She demonstrated the use of an oil blend for adrenal support. The oils she prefers to use are from Young Living.



Healthy Living with Herbs SIG. Marguerite Hartill and Diane Lewis had a tasty treat in the form of herbal butters. They discussed types of butter and the various herbs with the best flavors

(samples included lemon thyme and sun-dried tomato) and also talked a little about the table presentation of butters during meals or parties.

Mad Hatters SIG. Mary Anderson and Rosemary Kottrich. It is always such a delight to see the hats the ladies bring out for us. One of the longest running SIGs, the Mad Hatters plan their meetings around the tradition of an afternoon tea, typically at either a member's home or a restaurant fitting their interests. This time, they brought scones and dill dip (recipes from the SAHS cookbook, volume II). Yum!



Medicinal SIG. Beverly Tibbs and Madeleine Sprague brought herbal teas compounded with herbs that promote calm and rest. They talked about how the tea's

taste and aroma both help bring about a gently relaxed state. The lemon balm tea and lavender lemonade were just great.



Craft SIG. Sally Ann Hnaituk and Sandra Lyssy had examples of the various projects undertaken by the group over the past year. A common cinder block made decorative with mosaic, infused vinegars, lavender-infused oil, bread mix in a gift bag with card — oh my such a variety. The group had also made up small "take-away" samples for audience members to use to make their own personalized gift tags.

Not part of the presentations, but just as interesting, were the members' sale tables that night.

We saw Jane McDaniel in her glory and surrounded by her "Lizzie Dripping" rag dolls plus table runners and other dining and kitchen accessories.



Joyce Effron and her wonderful needle-work sachets (always lavender and always lovely), table runners and other accessories were there along with a few new novelties.



Elaine Achorn's bead-work is unequaled for quality and elegance. Her talent for putting the right colors and right beads together is enviable. We noticed several folks wearing her art that night.



Jinnie Perkins was back with her decorated eggs. This time, we saw one with a tiny motorized butterfly fluttering its wings safe inside its pretty egg. Amazing.

Worthy of note and then some was the hospitality table decoration provided by Sheila Mangra. There were decorated egg shells each with a different herb sprouting inside and all on a tiered presentation platform.

The world just can't imagine the talent amongst our membership!



Over the Fence...

2009 Program Line-up

December: Annual Members' Banquet

January: 2010 Herb of the Year is Dill (*Anethum graveolens*); We will enjoy a presentation by an authority in the world and work of the curandero

February: Roses; Board officer nominating committee begins.

Next Board Meeting

November 30, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members for location or other details prior to the meeting day.

Lost-n-Found

Sandra Lyssy has agreed to hold those items left-behind from our various meetings and other functions. If an item is not claimed after 3 meetings, it goes on the share table or to a thrift shop collection.



Other Events

Sandy Oaks Olive Orchard cooking demo/ workshops

December 5, 11:00 AM - *session filled*

Demonstrations typically include a complete lesson and meal, recipe cards, a tour of Sandy Oaks Olive Orchard and a sample from the Sandy Oaks product line.

Space is limited - make your reservations in advance. \$35.00 per person. 210-621-0044

Ed note: Sandy Winokur reports that these first few sessions have all been filled so quickly that she added one more for December. She plans to increase these tour/demo days in 2010. Also, the 2nd Olive Festival will be March 25, so mark your calendars now. Check the Sandy Oaks website for details. <http://www.sandyoaks.com>

The Herb Companion online e-news "Herbal Liqueurs"

A November issue of this publication had an article discussing the creation of your own herbal liqueurs—just in time for the holidays! A few of their suggestions

Prosecco Sparkling Wine

Mint Julep Cocktail

Mojito Cocktail

Provencal Thyme Liqueur

Fresh Rosemary and Lemon Liqueur

Genovese Basil Liqueur

Tarragon Flavored Vodka

Chamomile Flower Wine

Try a couple of these and let us know how they turn out for you! <http://www.herbcompanion.com/cooking/exotic-herbal-spirits.aspx>

From the Green List Mailbag:

A last minute item swiped from the Green, List but pertinent to the recent holidays, is this web site for some how-to's on food storage: <http://stilltasty.com/> "Your Ultimate Shelf Life Guide". A quick browse through those pages and it seems like the title fits. Check it out.

From the SAWS e-news "cnsrv", Tool Tune-Up

Tending your tools is a regular part of winter gardening chores. Clean them with a mixture of bleach and water, dry completely and apply tool oil to condition the metal. Sharpen loppers, pruners and shears with a whetstone or knife sharpener. Follow manufacturer's directions for cleaning and lubricating power tools. Most instruction manuals can be found online.

Note: SAWS is offering a rebate when you replace your turfgrass with hardscape or mulched beds. The offer is for a limited time but could be worth several hundred dollars! Contact SAWS at 210-704-7297 or on the web at www.saws.org/conservation/programs/droughtrecovery

From the local newspaper:

This past weekend seemed to be chock-a-block full of culinary events—especially with those sponsored by Central Market. The cooking classes there will include such topic as gingerbread houses, Italian comfort food, a holiday cookie exchange, "Holiday Cheer with Beer", elegant sweets, vegetarian menus and the list goes on. 210-387-8617

Kosheri—How to Make it

Submitted by Sally Ann Hnaituk

GARLIC VINEGAR

- 6 cloves garlic sliced thin
- 1 T. olive oil
- 1 C. apple cider vinegar

In a small saucepan, heat the olive oil and saute garlic just until it browns. Add the vinegar and bring to a boil, turn down heat and simmer 5 minutes. When cool store in refrigerator. This can be done several days in advance.

SAUCE

8 large tomatoes cored and diced or 2 - 28oz cans diced tomatoes

- 4 T. extra virgin olive oil
- 4 cloves garlic, minced
- 2 medium jalapenos, minced
- 2 T. ground cumin
- 4 T. apple cider vinegar
- 1 C. chicken stock
- 1/2 C. cilantro, rough chopped
- salt and pepper to taste

Heat the olive oil in a large saucepan. Add the jalapenos and saute for 1 minute, add the garlic and saute 1 minute more. Add the cumin and stir well. Add the tomatoes, vinegar and stock. Bring the sauce to a boil. Reduce the heat and simmer until it thickens, about 20 minutes. Taste and adjust with salt and pepper. Add the cilantro and stir well.

KOSHERI

- 1/2# green lentils
- 1/2# elbow macaroni
- 1 c. basmati rice
- 3 T. olive oil
- 3/4 t. ground nutmeg
- 3/4 t. ground cinnamon
- 2 C. chicken stock

Clean and wash the lentils. Put in a saucepan, cover with water and bring to a boil, reduce heat and simmer until they are al dente. Drain and set aside. Cook the macaroni until al dente. Drain and toss with some olive oil to prevent it sticking together. Heat olive oil in medium sauce pan, saute the rice until it starts to brown. Stir in the nutmeg and cinnamon. Add chicken stock bring to a boil, reduce to a simmer for 10-12 minutes. Turn off the heat and let the rice rest at least 15 minutes. Toss the lentils, macaroni and rice together in a large bowl.

FRIED ONIONS

- 2 large onions,peeled and cut in half and thinly sliced
- 1/4 C. flour
- 2 C. Canola oil

Heat the oil in a medium saucepan to 350. Season flour with salt and pepper. Toss the onions in the flour then fry in batches until golden brown. Drain on absorbent paper and salt immediately.

SA Botanical Garden

“Big Bugs” extended through the first of January. Metal geometric sculptures of John Henry through June 2010

Farmers Market (*Thursdays*) 8 am - 1 pm

Plant sales, Wednesday mornings, Carriage House.

Volunteer orientation every first Friday morning at 9am.

Contact www.sabot.org for information

A Cookbook Review UPDATE

submitted by Gayle Morris

You may recall in last month's newsletter, I reviewed The Diabetes Seafood Cookbook by Barbara Seelig-Brown and was making my first dish from that cookbook that evening, Seared Tuna and White Beans.

Let me say from the outset that the tuna was indeed delicious and all three of us enjoyed it – husband, self, and 14-year-old son. The recipe, however, came with some confusion, and I had the great fortune of having Joe-Beth drop by to deliver something just as I was preparing the meal. You see, there was an awful lot of rosemary sautéed in a small amount of olive oil, which was to be set aside to cool and then used as the infused oil in which to sauté the tuna. But what to do with all that rosemary??? (I even added quite a bit of olive oil to it.) Joe-Beth intuitively suggested straining it, which I did, and the rest of the preparation was a breeze.

But we decided that something was amiss with the directions – whether it was an incorrect amount of rosemary or the instruction to strain the oil we couldn't decide. We did decide, however, that a novice cook might have some difficulty with at least this recipe. It seems there could be some steps assumed to be part of the cook's general knowledge, so just proceed with that in mind.

Here's another recipe I've tested that is just as tasty.

HONEY-LEMON-GLAZED CAULIFLOWER

(Lori Longbotham; Fine Cooking, Dec 09/Jan 10)

Serves 4

¼ cup extra-virgin olive oil

1 medium head cauliflower (1 ¼ lb), cored and cut into 1-inch florets (about 7 cups)

Kosher salt

1 medium red onion, finely diced

2 Tbs. honey

1 tsp. ground coriander

½ tsp. sweet smoked paprika

¼ tsp. crushed red pepper flakes

2 Tbs. fresh lemon juice

½ tsp. finely grated lemon zest

1 Tbs. chopped fresh cilantro

Heat 3 Tbs. of the oil in a heavy duty 12-inch skillet (preferably cast iron) over medium-high heat. Add the cauliflower and ½ tsp. salt and stir to coat. Cook without stirring, until the cauliflower is browned on one side, about 4 minutes. Turn each piece over and cook, without stirring, until evenly browned on the second side, about 4 minutes more. Reduce the heat to medium and continue cooking, stirring often, until browned all over, about 4 minutes longer. Meanwhile, in a small bowl, stir 2 Tbs. water and the remaining 1 Tbs. oil with the onion, honey, coriander, paprika, and pepper flakes.

Add the onion mixture to the skillet and cook, stirring occasionally, until the onion is softened, about 1 minute. Continue cooking, stirring constantly, until most of the liquid has evaporated and the cauliflower is glazed, about 4 minutes. Transfer to a serving bowl, stir in the lemon juice and zest, and garnish with the cilantro. Serve immediately.

Ed note: it's true! Gayle's kitchen smelled wonderful—it was tempting to invite myself to dinner!

December Newsletter Deadline

Wednesday following the regular meeting. I.e., December 18th.

YOUR contributions, reports, commentary & photos are always welcome. Thanks!

San Antonio Herb Society Minutes

Meeting November 12, 2009

Eileen Achorn called the meeting to order and welcomed newcomers and visitors.

Minutes from October meeting accepted.

Business discussed:

Diane Lewis gave a review of Herb Market. Grossed \$828, Netted \$408, which is considerably less than previous years, but is likely to improve once people become accustomed to the new venue. Eileen presented Diane Lewis and Evelyn Penrod with gifts (very cool, handcrafted, reversible aprons!) for their work on the Herb Market. (Note to all concerned; Herb Market is a year-round effort, and 1st meeting for the 2010 Herb Market will be held in January.)

Upcoming meetings:

December Banquet; Jan Conwell spoke about the theme, pot-luck, and wine table. Needed one more "table sponsor" and got it during the meeting.

January; initial meeting for Big Read. Hope to have a curandera to speak.

February; Roses! Ed Bradley will speak on cultivation, Diane Lewis on culinary uses, and Jean Dukes on essential oils. February will also be time for nominating new officers. Mention was made about the ease of transition for the President's and V. President's new officers, given the organizational talents and hard work of the incumbents.

Visiting guests Rene and Charles announced the upcoming Grand Opening of *Here's To Yum* bistro on Nov. 22 '09. Bistro is located at Broadway and 410 next to Viva! Books.

Gayle Morris presented information on the New Members SIG, providing a sign-up sheet for those interested.

Presentation: All About Herbs! A round-robin ("herbal speed dating") of SIGs, each SIG having a table and presentation for the assembled members. With ten minute intervals between presentations, everyone got to experience first hand the wide variety of special herbal interests represented by the SAHS members.

Meeting adjourned, more food, visiting, and then home.

Submitted by Jan Conwell

From the Membership Chair

New Members

We welcomed several new members at our November meeting, some of whom have already become involved in a SIG and have volunteered to decorate a table at our December banquet. Way to go! It's great to have you with us!

Andee Kinzy

Don & Tini "Mama T" Reiter

Christi Schwarz

Chris Sinick

Please look for our newest members at the next meeting—especially since it's the banquet—and make sure they feel right at home!



Searching for 1999 Members...

If you have a copy of the 1999 membership roster, please forward a copy to Gayle.

Name Tag Orders

If you need a new tag or a replacement, see Gayle. The replacement tags cost a little less than \$15 and are ordered quarterly.

Membership Renewal Time

It's time to renew your membership! You'll find a renewal form in this newsletter, as well as in the next couple of newsletters. You can also find the form online through our website at www.sanantonioherbs.org. Please make sure you're using a current form labeled "January-December 2010" as we've made a couple of minor but helpful changes to the form. You can mail in your renewal or renew at a regular meeting (we will always have forms available at the membership desk). Now, don't forget – send in your renewal by February 11, 2010, to continue to receive the newsletter and remain on the roster!

Newcomers' "SIG"

At the November meeting, we had a sign-up sheet for those interested in a Newcomer SIG and had several sign up. We will have our first get-together, an organizational meeting, on Tuesday, January 12, at 7:00 p.m. (hopefully to miss at least some of the 281 rush hour traffic!) at Gayle Morris' house: 2122 Oak Ranch in Encino Park. While there has been a lot of talk leaning toward "culinary", this meeting will be where we decide what direction we want the group to take. ANY-ONE – newcomer and longtime member alike, but particularly anyone who hasn't found a group to hook up with yet – is welcome to come. Contact Gayle if you're interested: 497-7416 or gaylemorris09@gmail.com.

Submitted by Gayle Morris, Membership Chair

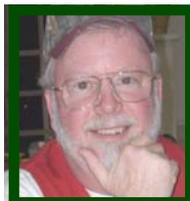
From the Old Farmer's Almanac:

Full moon is December 2nd and is known as the Full Cold Moon. This is the month when the winter cold fastens its grip and the nights become long and dark. This full Moon is also called the Long Nights Moon by some Native American tribes. This month, watch the evening and early morning skies for at least five planets.

Next full moon is on December 31st, the "Full Wolf Moon".

Brian's December To-Do List for The Garden

Compiled by MG Brian D. Townsend



Please See Brian's full column via the sanantonioherb.org web page.

San Antonio Herb Society Membership Application/ Renewal

January – December 2010

If you joined after October 1, 2009, you are a member through December 2010.

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 11, 2010)

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

How did you hear about the SAHS? _____

Print, complete and mail this 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 a separate sheet if necessary): _____

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

___ 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 _____

www.sanantonioherbs.org

SIG-nificant Events

SIG Leaders... What did your group do for the holidays? Don't forget to get a report to the newsletter editor for *next* month!

Healthy Living with Herbs SIG

This November, the HLWH group met at the home of Randy Mass and talked about mustards. Now you may think that this is a bit common, but not with this group. There are red, brown, black and yellow mustards; there are hot ones and mild ones; there are those rare as well as common. We used some plain bread and crackers and tasted almost a dozen different types. Randy had even prepared a plate of mustard greens as part of the refreshments offered. Our discussion turned to the use of mustard in home health care. Anyone remember having a mustard plaster (or poultice) being used to help relieve a chest cold? History is rich with this useful plant. Next time you go grocery shopping, stop by the mustard shelf and do a little study of your own.

submitted by Joe-Beth Kirkpatrick

Herbal Crafts SIG Schedule

We went to Sandy Oaks Olive Orchard on November 14. Sandy gave a great tour and told us about all the new things going on at the orchard. We also saw her big, shiny olive press that arrived in August for Italy. This was her first year to be able to press her own olives.

Then it was on to her cooking demo, which was all about Mediterranean comfort food. We were introduced to her chef de cuisine, Cathy. A highly experienced chef she is, too! Lunch was a gastronomical delight. Olive leaf tea, wine, Provençal short ribs to die for. Orange olive salad, polenta with goat cheese and a la tartine gourmand, which for us Texans was a upside down apple cake. The happiest people were those who did not have to drive back.

Note to Craft SIG members: SIG Christmas party is December 19. Please RSVP Sally Ann soon: mustang_sally6@msn.com or call (830) 980-5645.

Submitted by Sally Ann Hnaituk

Treasurer's Report, October 2009

Submitted by Kathryn Seipp

INCOME	
1 – Membership	110.00
2 – Plant Sales	0.00
3 – Cookbook Sales	125.93
4 – Resource Guides	60.00
6 – Booklets	3.00
7 – Bundled Sales	385.00
8 – Shirt Sales	0.00
9 – Sales	24.00
Interest on Savings	0.00
Miscellaneous Income	0.00
TOTAL INCOME	707.93
EXPENSES	
Attendant Fee	45.00
Copies	88.13
Printing & Engraving	81.10
Publicity	0.00
Rent Expense	85.00
Tax Business:	
Sales Tax	0.00
Total tax, Business	0.00
Website Fee	0.00
TOTAL EXPENSES	299.23

TOTAL Income – Expenses = 408.70

Assets	
Cash and Bank Accounts	
Cash On Hand	0
Frost Cert of Deposit	1,154.09
Frost Checking	3,730.77
Frost Savings	2,385.60
TOTAL Cash and Bank Accounts	7,270.46

'09 - '10 SAHS Board Officers

Eileen Achorn - President

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

Evelyn Penrod - Co-Vice President Programs

830-438-2290 (cell), epenrod@gvtc.com

Jean Dukes - Co-Vice President Programs

210 566-4379 (cell), 10days@earthlink.net

Gayle Morris - Membership

210-497-7416 or 210-912-9787 (cell)

gaylemorris09@gmail.com

Jan Conwell - Secretary / Recording

575-439-7522 (cell), jan_storyteller@yahoo.com

Treasurer - vacant

Lyn Belisle - Webmaster & Green List Coordinator

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

Kathryn Seipp - Publicity / PR / Treasurer pro-tem

210-495-3591, kseippccc@aol.com

Contacts

Joe-Beth Kirkpatrick – Newsletter

210-590-9744, joby53@gmail.com

Sandra Lyssy – Hospitality (needs assist)

210-659-5561, slyssy123@yahoo.com

Patty Wilson - T-shirts, Cookbooks

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

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.

Nature's Herb Farm

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

**Nematode Nick's
Landscape Design & Installation**

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Organic Fertilizing
Nick & Leslie Vann
3561 Kusmierz Rd.
St. Hedwig, Texas 78152
(210) 667-1500
www.nematodenick.com

In Home Senior Care

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

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

Herb, Cooking & Gardening Classes;
Landscape Design
(210) 495-6116
drldesigns@swbell.net
www.communityed.neisd.net

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Health Counseling & Essential Oils**

Jean Dukes, RN, CNHP,
Certified Aromatherapist
(210) 566-4379
10days@earthlink.net
www.tendayshealth.com

BarleyBaby.com

Sil & Yoli Huron
2127 Santa Monica St
SAT 78201
(210) 735-9053
health4ever@barleybaby.com

A Total Domain

San Juanita Preciado,
Residential & commercial contractor,
with emphasis on interior design
www.atotaldomain.com
Email: sj@atotaldomain.com
(210) 744-1707 (cell)

From Our "Family" to Yours:

The San Antonio Herb Society sincerely wishes its membership, their family and all our friends a wonderful Holiday season, whatever your religious preference. Ultimately, we all strive for peace and the hope of good things; for peace and wisdom in all things; for peace and worldwide tolerance and cooperation in all peoples. May you find true meaning in this Season of Hope.



PLEASE SEND TO:



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

