



# La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 273, December 2012

*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 13, 2012 An Old Fashioned Christmas Holiday



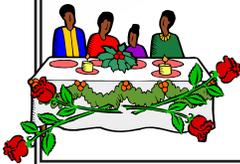
SAHS' own little elves (in the guise of the Culinary SIG) are working at fever pitch to make our 2012 Holiday Banquet a memorable one. We will be celebrating our memories in the theme of the evening's festivities: "An Old Fashioned Christmas". These elves also cordially invite all members (plus a guest each) to bring your best memories of "back when" plus (of course!) a dish to share. Our potluck dinner will be divided up this way: Members with last names beginning A thru F, appetizer; G thru L, side or salad; M thru R, entrée-type dish; S thru Z, dessert. Since we are saying farewell this month to **ROSES** as the 2012 Herb Of The Year, members are encouraged to bring dishes incorporating that floral herb. (Recipes are in the new booklet!) Remember, too, this is an adults-only gathering.

For those wishing to participate in the traditional gift exchange, please bring a wrapped, herb-oriented gift suitable for anyone (\$15 max value) to put on the gift table.

*"The perfume of roses is like exquisite chords of music composed of many odor notes harmoniously blended."* N. F. Miller

Members N-Q, please bring a tasty treat for our Hospitality Table. Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor for publication). The

San Antonio Garden Center will be lovely in its own holiday dress—definitely a treat for the eyes—and is located on the corner of Funston and N. New Braunfels. For more information, see our website at [www.sanantonioherbs.org](http://www.sanantonioherbs.org)



### 1st Annual Scholarship Garden Tour Success!

While it took a lot of advance work, the garden tour was definitely worth it! Over 250 enthusiastic people toured the 9 differently-themed gardens and, in all, over \$3000 was raised. The committee has set aside \$2020 for our first scholarship for a St. Philips' culinary arts student; this will cover tuition for the first year of training. The balance will cover some of the costs associated with putting on the tour. We hope to be able to recoup all remaining expenses in future tours.

Marguerite Hartill volunteered to coordinate the selection of the recipient of the scholarship and has selected a group of 5 people to work with her in this process.

Planning is already underway for next year's tour. September 21st has been chosen as the date - mark your calendars now! This year's committee members, Eileen Achorn, Maria Lührman and Jeanne Hackett, are returning to plan next year's tour. Please contact any of the committee for an application form for your garden's participation in the next tour.

If you would like your garden to be on next year's tour, please see the application on page 5 or online at <http://www.sanantonioherbs.org/2nd%20Annual%20Scholarship%20Garden%20Tour%20Application.pdf>

Based on attendee feedback this year, the committee has decided to offer fewer gardens so attendees can spend more time at each and see more of the gardens. We also hope to have gardens closer together to limit travel time and distance.

The committee is also accepting "in memoriam" donations to the scholarship fund. If you would like to donate in honor of Barbara Scribner, Mary Lee Estes, Wayne Cox – or any other former member of the Herb Society – contact Eileen, Maria or Jeanne.

### 2013 Herb of the Year: Elderberry

Farewell, roses; hello, elderberry!

January's regular meeting will introduce us to the delights and details of the humble berry from the elder tree (*Sambucus*). The flowers and berries of this internationally grown tree provide us with a wealth of food, drink and healing. The discussion will be general as there are many varieties of elder, so bring questions!

SAHS will have a new brochure about elderberry for 2013. A very talented group of volunteers has been working on organizing, editing and publishing this newest of SAHS publications in time for the New Year. Should be a good one!



#### Hospitality Table

##### Schedule:

Jan: A-F  
Feb: G-M  
Mar: N-Q  
Apr: R-Z

##### Members' Sale Tables

Contact any Board member at least 2 weeks in advance for a table.

#### Inside this issue:

Member Recipes	2
Over the Fence Treasurer's Report; Officers' contact info	3
October Minutes, Program Review	4
2012 Garden Tour Application	5
Brian's Garden To-Do List; SIG reports	6
2013 Membership Form	7



GO TEXAN.

Be sure to view the unabridged version of this newsletter with its full color photos @ [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)

## Member Recipes

Thanks to *everyone* who shared their delicious dishes and recipes during our November meeting.

### Crab-Stuffed Jalapenos

Submitted by anonymous

#### Ingredients

3 slices bacon  
12 jalapenos  
3 oz cream cheese  
3 oz Boursin cheese  
pinch Kosher salt  
pinch ground black pepper  
8 oz fresh lump crabmeat, shell pieces picked out  
1 Tbs fresh chives, chopped  
fresh chives, chopped, for garnish

#### Directions

Cook bacon until crisp; drain and cool then break apart by hand unto large bits and set aside. Wash the jalapenos; cut into halves, being sure to remove all white parts, stems and seeds and set aside. Optional: grill on a vertical rack until just starting to brown; allow to cool. Heat over to 425oF. Combine cream cheese and Boursin cheese, season with salt and pepper; warm slightly, stirring until smooth and creamy. Fold in the cleaned crabmeat, being very careful not to break the large lumps. Stuff each cleaned (and grilled, if desired) jalapeno half with as much cheese and crab mixture as possible, overflowing a bit. Arrange on a baking sheet. Bake approximately 7-8 minutes until the cheese mixture is bubbling and lightly browned. Top each pepper with bits of bacon and fresh chives just before serving.

### Spiced Pumpkin Fudge

Submitted by Kathryn Seipp (Adapted from Libby's The Great Pumpkin Cookbook)

#### Ingredients

3 C sugar  
1 pkg (11 oz.) butterscotch morsels  
¾ C butter  
1 jar (7 oz.) marshmallow crème  
2/3 C evaporated milk  
1 C chopped almonds (lightly toasted)  
½ C solid pack pumpkin  
1 tsp vanilla extract  
1 tsp pumpkin pie spice

#### Directions

Lightly butter or spray with cooking spray a 9 x13 metal baking pan. Combine sugar, butter, milk, pumpkin and spice in 2 qt microwave safe glass mixing bowl with handle. Use a wooden spoon for stirring. Cook on high for 9 to 10 minutes. Remove from microwave and stir. Cook on high for another 5 minutes stirring every 2 minutes. The candy will be at a rolling boil and should be 234°F on microwave candy thermometer. (Soft ball stage). (Note: a regular candy thermometer will not give an accurate reading.) Remove from microwave and stir in butterscotch morsels and marshmallow crème. Stir until mixture is thoroughly blended. Stir in almonds and vanilla. Pour into prepared pan and spread evenly. Cool at room temperature, cut into squares. Store tightly wrapped in refrigerator. Yields 3 lbs. candy.

### Caramelized Onion Dip

Submitted by Carol Hamling (as inspired by Martha Stewart)

#### Ingredients

1 Tbs + 1 tsp Extra-virgin olive oil  
3 lbs onions (about 4 large), diced to 8 C  
Coarse salt  
3 Tbs water  
1 1/2 C nonfat Greek yogurt

1/2 C sour cream  
2 Tbs fresh lemon juice  
1/4 tsp cayenne pepper, plus more for sprinkling  
24 small carrots, split lengthwise or baby carrots uncut  
24 celery stalks, cut up  
24 radishes, cut in half  
toasted bread slices

#### Directions

Heat oil in a large nonstick skillet over medium heat. cook onions with 2 tsp salt, stirring often, until caramelized, about 35 to 40 minutes. Add water; simmer, scraping any brown bits from bottom to de-glaze the skillet. Transfer onions with brown bits to a medium bowl; let cool for 30 minutes. Stir in yogurt, sour cream, lemon juice and cayenne into onions. Refrigerate for at least 1 hour. sprinkle with cayenne. Serve with vegetables and small slices of toasted bread.

### Honey Nut Bars

Submitted by Margie Larkin

#### Ingredients—Bars

1 C sugar  
1/4 C honey  
1 egg, lightly beaten  
3/4 C oil  
2 C flour  
1 tsp baking soda  
1/4 tsp salt  
1 tsp cinnamon  
1 C pecans, chopped

#### Ingredients—Glaze

1 C powdered sugar  
1 Tbs butter, melted  
1 tsp vanilla  
1-2 Tbs water

#### Directions

Preheat oven to 350°F. Grease and flour a 9x13 pan. Combine sugar, honey, egg and oil. Combine dry ingredients and stir into honey mixture; stir in pecans. Pour batter into prepared pan; bake for 25 minutes or until sharp knife comes out clean. Thoroughly mix glaze ingredients and pour over the bars while still warm.

### A Meditation for the Holidays:

He is the happiest, be he king or peasant, who finds peace in his home.

*Johann Wolfgang von Goethe*

### SAHS Membership Renewal Time!

December begins our membership drive for 2013. Hope you'll be one of the first to renew your membership! A membership form is on page 7 for your convenience. It can also be found on our website at <http://www.sanantonioherbs.org/SAHSMEMBERSHIP2013.pdf>

Do you know anyone who's interested in all things herbal? Invite him or her to our next regular meeting (January) to experience the great programs and friends we have to offer.

Remember our dues structure has changed:

"Single member" \$25

"Dual member" \$35

"Business member" \$40.

(Bonus for biz members: you get your business' name listed on the back page for 12 months!)





## Over the Fence... 2013 Program Line-up

**January 2013:** Elderberry, 2013 Herb of the Year

**February 2013:** Rick, the Bee Keeper

**March 2013:** to be announced

**April 2013:** Board nominations announced

**May 2013:** Spring banquet; Board of Officers election

### Have ideas for programs?

Know a great speaker for an interesting herbal topic? Contact **Maria Luhrman** or **Emily Sauls** with your suggestions.

### Next Board Meeting

Date pending, **6:30 pm**. 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.

### 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 **Kim Paynter**

### We're OUT of the SAHS Cookbook, Vol II!!

HELP WANTED: To put a book together and get it published takes many hands. Help is needed to complete the effort; to compile our next book, the "Best Of" cookbook, contact co-chair **Kathy Bruce** at [kmbruce05@gmail.com](mailto:kmbruce05@gmail.com) Oh, and ask for your copy of the great Vol. II cookbook before they disappear!

### SA Botanical Garden Events

Art in the Garden features metal sculptors' varied works in the Conservatory atrium.

For info call 210-207-3250 or visit [www.sabot.org](http://www.sabot.org)

### Garden Center Events

SAGC monthly meetings are held on the first Wednesday of each month and are free and open to the public. For more information call 210-824-9981 or check out their website at [SanAntonioGardenCenter.org](http://SanAntonioGardenCenter.org)

### Interested in Texas Native Plants?

Native Plant Society of Texas, San Antonio chapter meets 4th Tuesdays @6:30 pm over at Lion's Field on Broadway.

Webpage: [www.npsot.org/sanantonio](http://www.npsot.org/sanantonio)

### Comal County Master Gardener program

Discussion on grasses in January. For meeting information, contact Carolina Gordon at [cvgordon55@gmail.com](mailto:cvgordon55@gmail.com)

### Guadalupe County Master Gardeners

Meet the Thursdays @ 7pm in the Agri-Life extension center (210E. Live Oak) in Seguin. Free. For more information on class locations & times, please call us at 830-303-3889 or check our website at

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

### GVST Presents the "Essentials of Gardening"

3rd Monday of Each Month @ San Antonio Garden Center 3310 N. New Braunfels (at Funston)

Free and Open to the Public, donation is appreciated; No reservations required; Bring your hand pruning tools and have them sharpened by Dr. Phix-It (aka Tom Harris) for \$2 each tool, a donation to Gardening Volunteers of South Texas

### Treasurer's Report, October 2012 Submitted by Barbara Quirk, Treasurer

<b>INCOME</b>	
Membership	440.00
Booklets (Oregano, Rose, Horseradish, Basil)	30.00
Herb Market (cookbooks, resource guides, etc)	576.00
<b>SUBTOTAL - INCOME</b>	<b>1,046.00</b>

<b>EXPENSES</b>	
Attendant Fee	\$45.00
Rent Expense	85.00
Scholarship Garden Tour Supplies	23.78
Herb Market	156.21
Printing & Engraving	194.40
Miscellaneous	6.49
Hospitality	55.10
Storage Rent	70.00
Supplies	52.28
Website Fee	30.00
Sales Tax	0.00
<b>SUBTOTAL - EXPENSES</b>	<b>718.26</b>
<b>TOTAL (Income-Expenses)</b>	<b>\$327.74</b>

<b>ASSETS</b>	
Cash and Bank Accounts	
Cash on Hand	\$50.00
Frost Cert of Deposit	1,194.95
Frost Checking	589.64
Frost Savings	2,388.58
TOTAL Cash and Bank Accounts	4,223.17
TOTAL ASSETS	4,223.17
LIABILITIES	0.00
<b>OVERALL TOTAL</b>	<b>\$4,223.17</b>

### '12 - '13 SAHS Board Officers & Members

**Emily Sauls** - Co-President (& Programs Co-Chair)  
830-438-8314 H; [kivuli@msn.com](mailto:kivuli@msn.com)

**Maria Luhrman** - Co-President (& Programs Co-Chair)  
210-474-0550 H; 317-5706 C; [mluhrman@yahoo.com](mailto:mluhrman@yahoo.com)

#### **Vice President post is open**

**Norm Hastings** - Membership Co-Chair  
210-860-4332 C; [normhastings@sbcglobal.net](mailto:normhastings@sbcglobal.net)

**Sarah Rice** - Membership Co-Chair  
210-738-8772 H; [casitarice@yahoo.com](mailto:casitarice@yahoo.com)

**Mike Belisle** Secretary, Recording  
210-826-6860 H [mbelisle@satx.rr.com](mailto:mbelisle@satx.rr.com)

**Barbara Quirk** - Treasurer Co-Chair  
210-828-0432 H; [barbara.quirk@sbcglobal.net](mailto:barbara.quirk@sbcglobal.net)

**Lenore Miranda** - Treasurer Co-Chair  
253-777-2979 C; [tinkyny@earthlink.net](mailto:tinkyny@earthlink.net)

**Kim Paynter** - Publicity / PR  
210-520-0480 H; 210-573-7056 C, [texicana@satx.rr.com](mailto:texicana@satx.rr.com)

**Lyn Belisle** - Webmaster & Green List Coordinator  
210-826-6860 H, [belisle@satx.rr.com](mailto:belisle@satx.rr.com)

**Marla Garza** - (mid-term resignation) Immediate Past President  
210-837-7632 C, [marla.garza@yahoo.com](mailto:marla.garza@yahoo.com)

**Yvonne Baca** - Past President  
210-313-8705 C, [yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)

**Joe-Beth Kirkpatrick** - Newsletter  
210-590-9744 H, [joby53@gmail.com](mailto:joby53@gmail.com)

**Pat Gonzales** - Co-Chair, Hospitality  
210-273-4898 C; [patgonz51@yahoo.com](mailto:patgonz51@yahoo.com)

**Jane McDaniel** - Co-Chair, Hospitality  
210-930-1026 H; 210-381-4931 C  
[janesirish@att.net](mailto:janesirish@att.net)

**Need chair** - T-shirts, Cookbooks

#### **More Information Contacts**

**SAHS web page:** [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

SAHS toll-free phone: 888-837-4361

## Minutes from November 08, 2012

### General Meeting

Meeting called to order at 7:00 by Co-President Emily Sauls. Attendance was 71 people.

Emily greeted and welcomed all, reminding all to silence cell phones. She acknowledged new members and visitors, thanked the Hospitality Committee for the great Thanksgiving Day theme and thanked all who provided food for the evening.



Invited all to stop by the member's tables (Jinnie Perkins selling Christmas items and Jane McDaniel with her Jane's Irish crafts) and to visit the SAHS merchandise table manned tonight by Lenore. Reminded all to submit any articles and recipes for the newsletter by Friday, Nov 16th but also since the next 3 newsletters will include a membership form actual space in the newsletter will be shortened. Minutes from last month's meeting were approved.

Diane Lewis reported on the October 20 Herb Market. Approximately 5000 people attended and the SAHS got 5 new members. 95 volunteer hours were logged and the HS made \$687.

Madeline announced the 2013 King William Parade (April 27, 2013) and sent around a volunteer sign-up sheet. The "Herb of the Year" Elderberry will be the theme and the SAHS will try to gather enough herb seed packets between now and then to use as handouts to parade spectators. Members were asked to be on the lookout for seed packets at various stores and to donate them.

Jane announced the "Tellabration! 2012" on November 17... the worldwide celebration of the ancient art of storytelling and invited all to attend. See her for info.

Sarah asked if anyone was going to the Rose Festival at the Antique Rose Emporium in Brenham this weekend and if they wanted to share transportation.

Emily announced the members only December Banquet on Dec 13 with the theme of an "Old Fashioned Christmas". A flyer was placed on each chair breaking down the alphabet for bringing food and emphasizing to all to please come, please bring food, and please bring a gift for the gift exchange. And since we are retiring Rose as the herb of the year for 2012, to please incorporate rose into any food presentation.



Emily announced that we need someone to man the SAHS merchandise on a regular basis and then Maria introduced the presentation: Juicers Heroes.

*Submitted by Mike Belisle, SAHS Secretary, 10 Nov, 2012.*

### The Juicer Heroes—Josh & Jason

Jason and Josh Taylor, two brothers who started Juicers Heroes, gave the history of their business, the medical issues that caused them to start looking for various remedies, the influences and financial support of their father, and the partnership with Dr. Michael Boss. Their business is located at 15337 San Pedro Ave (on the Hwy 281S access



road between Thousand Oaks and Brookhollow), phone # 210 233-9958 or 210 290-4760, and website is [www.juicerheroes.com](http://www.juicerheroes.com).

Josh talked of growing various

greens and herbs hydroponically while Jason demonstrated actual juicing. They discussed in detail various medical issues, the research they had done to find a cure, to detoxify the body and to lead to a healthier lifestyle in general. And they then discovered the more you learn, the more there is to learn. They then encouraged their father to go on a juicing diet where he lost 35 lbs and was cured of several medical issues. They ultimately opened a small juicing business in a gym and met Dr. Michael Boss who provided them with medical advice. They discussed the advantages of using a slow-churn juicer and the necessity of drinking any juice within 5-6 days.

Dr. Boss discussed his twice-a-week Wellness Workshop and his 5 day/4 night "Elevate" retreat at Tapatio Springs where they teach how to shop for the right fruits, vegetables and herbs, how to cook and prepare them, and reported they would have various speakers and chefs. He talked of his "Sustainable Wellness" program which provides Information, Evaluation, Interpretation, Implementation, Reversal & Repair, and Sustainability. Talked of various medical conditions which can be cured by juicing (diabetes, overweight/obesity, allergies, and gastro-intestinal issues). Dr. Boss emphasized if one addresses the *cause*, the symptoms can be eliminated (as opposed to standard AMA practices which just treat the symptoms).

Jason then passed around samples of their juicing effort (including herbs!) which everyone enjoyed and invited the audience to purchase their juices at the front table or to call them with any specific requests. They also passed out handouts detailing the history of their business and recipes for various juices.

After a Q&A period, the meeting was adjourned at 8:30.

*Submitted by Mike Belisle, SAHS Secretary, 10 Nov, 2012.*





## 2<sup>nd</sup> Annual Scholarship Garden Tour Application

**INSTRUCTIONS:** Include a minimum of 3, but not more than 5, pictures of the nominated yard. **Applications must be received by Friday, January 4, 2013.** For more information, contact Eileen Achorn, Maria Luhrman or Jeanne Hackett. If selected, you agree to open your yard to the public on Saturday September 21, 2013 from 9 a.m. to 3 p.m. and to have your address released to the public in advance of the tour.

Your Name

Phone

E-mail:

*(This is vital as most communication between the committee and the garden host is done via email.)*  
Address

Zip Code

Nearest major intersection:

Enclosed photos include  Front Yard  Back Yard  Side Yard (more than one may apply)

**General Description of the Garden (use back or additional space/paper if necessary)**

**What is the educational nature of your garden? What would you educate the public about in your garden?**

### Unique Features

Which of the following criteria most describes why this is an exemplary garden:  
(more than one may apply)

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Low water usage | <input type="checkbox"/> <u>Overall planning and design</u> | <input type="checkbox"/> Variety of herbs featured      |
| <input type="checkbox"/> Use of color    | <input type="checkbox"/> <u>Unique plantings</u>            | <input type="checkbox"/> Creative use of herbs/planters |
| <input type="checkbox"/> Low maintenance | <input type="checkbox"/> <u>Other – please explain:</u>     |   |

### Future Plans

Garden hosts will receive a gift certificate to a local nursery to use as they see fit. Please explain how you would use that certificate should your garden be chosen. Additionally, please explain any planned updates to your garden in the upcoming months prior to the tour.

Complete this form and mail with pictures to:

Eileen Achorn

8803 Charter Point

San Antonio, TX 78250

Or, submit nomination by E-mail to: [Eileen.achorn@utsa.edu](mailto:Eileen.achorn@utsa.edu)

**San Antonio Herb Society**

## Brian's December To-Do List for The Garden

Compiled by MG Brian D. Townsend

*"May our heart's garden of awakening bloom  
with hundreds of flowers. " —Thich Nhat Hanh*



### 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.) 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.

### In Our Organic Rose (Herb) Garden:

It's important to keep our bushes disease free going into the winter. A November freeze and cold will help harden off our bushes, but you should continue some sort of spraying program using Triforine or (formerly)Funginex (?) at 1Tbsp. or other organic sprays or dusting. Be sure and treat both the top and bottom of the foliage. C) Winter Conditioning- Before you lay your winter mulch down, scatter gypsum liberally through your rose beds. Use about 2 cups sprinkled around each bush. This will help loosen up your soil and also provide for better soil aeration. Then lay down at least 2" of your favorite composting materials.

If we have cycles of the dry and warm weather for which South Texas is famous, the devilish little spidermite will thrive. Check for the following: If you see some foliage at the bottom of the bush beginning to yellow, check the bottom side of the leaves for a fine white webbing with a salt & pepper looking effect. If left unchecked, the mite infestation will move up the bush gradually. Either spray with Ferti-lome Red Spider Mite Spray w/ pyrethrins (always follow label directions), or water wash the affected bush with a hard spray (bottomside of foliage) for nine days at three-day intervals.

Watch for JAPANESE BEETLES on roses and other plants, use Orthene (4 tbs. per gal. of spray) or organic products such as Green Light's "Rose Defense".

### Winter Odds-n-Ends

In the first week watch out for freezes!!! Keep in mind, when monitoring severe weather conditions, "radiational-cooling" type freezes causes different reactions to plants than a "wind-blown" freeze. And with the chilly nights comes the hot chocolate; and did you know that chocolate comes from cocoa beans, but the aroma of chocolate also comes from chocolate mint? Remove, by hand, the MISTLETOE on mesquites and other shade trees in the landscape if you want to reduce stress on the tree and encourage long life.

If scale insects are a problem with any planting, now is the time to apply dormant oil according to label. Dormant oil should always be applied after plants reach dormancy and before new spring growth occurs.

Never water frozen leaves. Watering will kill, not thaw them. 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.

## SIG-nificant Events

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

### Herbal Crafts SIG

No report for November.

### Culinary SIG

The holidays are approaching and that means, for our SIG, that it's time to roll up our sleeves and makes tamales! Our 3rd Gran Tamalada was again at Jeanne's, so all our tamales were made of plant-based ingredients. Think soyriso, no-fat refries, faux chicken, "cream cheese" with spinach, and of course, sweet tamales. The latter included pina colada, pumpkin with zante raisins, and an apple-dried cranberry combo. Over several hours of gab, our busy hands turned out many dozen of tamales ready for the steamer that evening. We do have so much fun and learn so much from each other. Next month, it is our December cookie exchange at Chris' (and in January, we will all go on a diet!). Stay tuned!

*Submitted by Jeanne Hackett*

Dec 19th - 2nd Annual Cookie Exchange

Jan 16th - Eastern European Cuisine & set-up our 2013 calendar

### Weed-n-Gloat SIG

No report for November.

To learn more about herbs on site please get in touch with me, Jane McDaniel, at either email: janesirish@att.net or tel. 210-930-1026.

### Healthy Living with Herbs SIG

Soup night! A tradition we started over 10 years ago stays fresh and tasty. Our Healing Soups meeting did not disappoint: We enjoyed mushroom soup, two carrot soups, a Thai rice porridge, butternut soup and a 'garbage' soup along with delicious breads & spreads and a couple of skewers of Caprese salad. Yum. Healthy food is always tasty food. Afterwards, we discussed and reminded ourselves of the importance of a balanced diet. Bill provided a thoughtful handout describing acid-alkali producing foods. Interesting, indeed.

December will find us holding our annual Christmas celebration and brunch. Can't wait for January to see what we'll do in 2013!

This SIG is currently full, but we're always open for suggestions!

*Submitted by Joe-Beth Kirkpatrick*

### Aromatherapy SIG—Last Meeting

The Aromatherapy SIG met in October & discussed the herb & essential oil of Yarrow. It helps aid digestion and might possibly increase appetite. In case of common cold and fever, it causes the body to perspire, thereby eliminating toxins causing the illness. Yarrow is also believed to be a kidney and urinary tractcleanser because of its antiseptic properties, and may be useful for some liver problems. Traditional uses include relief of stomach cramps, menstrual cramps, rheumatism, hypertension, flatulence, diarrhea, and can be used as a general tonic. Applied to the skin yarrow is very helpful for wounds and minor bleeding, and it is also known to act as a sedative to relieve anxiety and insomnia.

Next year, our group is going to study Kurt Schnaubelt's Aromatherapy Certification Course (Pacific Aromatherapy Institute) beginning in January. We will meet monthly to study together as well as have home study time. If you would like to join us, the cost is \$105 and is open to anyone who is interested, therefore our official SIG is going to disband for the year. Please contact Jean Dukes @ 10days@earthlink.net or @ 210 566 4379 for questions or to register for this program.

# San Antonio Herb Society Membership Application/ Renewal

January – December 2013

If you joined after October 1, 2012, you are a member through December 2013.

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 chair.*

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 no later than end of February)

Membership Category:  Single (\$25)  Dual (\$35)  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 \_\_\_\_\_

**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

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

Herb, Cooking & Gardening Classes;  
Landscape Design  
(210) 495-6116  
[drldesigns@swbell.net](mailto:drldesigns@swbell.net)  
[www.communityed.neisd.net](http://www.communityed.neisd.net)

**Mike Behrend, Executive Chef**

Green Vegetarian Cuisine  
1017 N. Flores  
San Antonio, TX 78212  
210-807-0891  
[Mike@greensanantonio.com](mailto:Mike@greensanantonio.com)  
[www.greensanantonio.com](http://www.greensanantonio.com)  
11/12

**Christa Emrick, Raw Food Chef**

C-Me Change, Gourmet Raw Foods  
210-710-4793  
Counter Culture Café & Patio  
inside Gold's Gym, US281 N & Evans Rd  
[christa@cme-change.com](mailto:christa@cme-change.com)  
[www.cme-change.com](http://www.cme-change.com)  
10/13

**Ten Days Health Ministry Natural Health Counseling & Essential Oils**

Jean Dukes, RN, CNHP,  
Certified Aromatherapist  
(210) 566-4379  
[10days@earthlink.net](mailto:10days@earthlink.net)  
[www.youngliving.com/tendays](http://www.youngliving.com/tendays)

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SAT 78228  
(210) 256-2273  
[jinnieperkins@yahoo.com](mailto:jinnieperkins@yahoo.com)  
[www.inhomeseniorcare.net](http://www.inhomeseniorcare.net)

**Nematode Nick's**

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St. Hedwig, Texas 78152  
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[www.nematodenick.com](http://www.nematodenick.com)

**Yvonne Baca, LMT**

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Reiki Master, Therapeutic Touch  
Akashic Record Consultations  
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210-313-8705 C  
[yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)  
[www.holistichealthboerne.com](http://www.holistichealthboerne.com)

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Fredericksburg TX 78624  
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[www.urbanherbal.com](http://www.urbanherbal.com)  
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**Texas Olive Ranch**

Abby Rutledge, Sales Mgr.  
between Carrizo Springs and Asherton on  
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<http://www.texasoliveranch.com>  
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**SAHS wishes all of our members and friends a most Joyous Holiday Season**



**PLEASE SEND TO:**



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The San Antonio Herb Society

