



# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 285, December 2013

*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 12, 2013 Annual Holiday Celebration



Come Celebrate with us this December! The San Antonio Herb Society was founded by a group of passionate herb enthusiasts 30 years ago. What were you doing back in 1983? Where were you? How has your interest in things herbal evolved since then? Bring your stories! We'll have a great time hearing them! Theme for the evening is pearls (for 30 years) and the color is green. At our annual winter celebration, everyone brings an herbal dish to share. Food Table alphabet: Appetizer A - F; Side Dishes G -M; Entrée Dishes N - S; Desserts T - Z. You may also bring an herbal gift for the exchange (value around only \$15, please). We'll have some delightful door prizes, too.

So come one, come all! Bring yourself, your spouse/partner/friend, food and a desire to bask in the friendships found only at San Antonio's best place for herbs!

*Be sure to provide a name card (and recipe) for the dish you bring (or email it directly to the newsletter editor).*  
The San Antonio Garden Center is always a treat and is located on the corner of Funston and N. New Braunfels.  
For more SAHS information, see our website at [www.sanantonioherbs.org](http://www.sanantonioherbs.org)



## Coming in 2014

**January:** ARTEMISIA is the Herb of the Year for 2014. Artemisia is a large, diverse genus of plants with between 200 and 400 species belonging to the daisy family Asteraceae. Common names for various species in the genus include mugwort, wormwood, and sagebrush. Artemisia comprises hardy herbaceous plants and shrubs, which are known for the powerful chemical constituents in their essential oils.



Our membership has created a great presentation to introduce everyone to this ancient and storied herb.

**February:** WILDLIFE CONSERVATION ISSUES IN TEXAS—WHAT DOES THE FUTURE HOLD? By Judit Green, Urban Wildlife Biologist (San Antonio).

Texas boasts 213 species of reptiles and amphibians, 635 species of birds, 174 species of mammals, an estimated 5,200 species of plants and an estimated 30,000 species of invertebrates. However, daunting issues like diseases, climate change, urbanization, insufficient land use planning, energy production industries, declining conservation funding, etc., are putting intense pressures on our state's wildlife populations. Judit's presentation will explain how, we can rise to the challenge and secure a solid future for wildlife of our great state.

## January is Membership Renewal

2014 Membership application/renewal form is on page 7. A copy may also be found on our website. Print out the page, fill in, mail in or bring to the next meeting. Bring that form to Norm Hastings or Sarah Rice and get current!



## SA Herb Society is Thirty Years Young!!

Thanks to these fine folks for their vision and determination. If not for them, San Antonio wouldn't have the terrific herb-oriented organization we've come to know and love.

In 1983, Charter members of the Society: Sally McGuff, Berta Wingert, Darla and Wayne Cox, Antonia Gonzalez, Ruth Johnson, Mary Palmer, Mary Woods, Mazie Simpson, Marjorie Mantz, Leslie Davis, \*Mary Dunford, Ernestine Taylor, Noemi Galvan Elling, Cathy Poehnert

The first SAHS Board, 1983-1984:

President: Wayne Cox (d), Mary Dunford

Vice-president: Cathy Poehnert

Secretary: Ernestine Taylor

Treasurer: Noemi Galvan Elling

Program Committee: Wayne (d) and Darla Cox, Leslie Davis, Mary Woods, Marion George

Project Committee: Mary Woods, Ann White, Marjorie Mantz, Wayne Cox (d)

Telephone Committee: Berta Wingert, Antonia Gonzalez



### Hospitality Table

#### Schedule:

Jan: A-M

Feb: N-Q

Mar: R-Z

#### Members' Sale Tables

*No Sales Tables at the December meeting.*

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*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*

## Member Recipes

Thanks to *everyone* who shared their delicious dishes during our November meeting. Some of the goodies shared were:

### Gazpacho Hot Sauce

Submitted by Cheryl Morrisey

#### Ingredients

- 2 garlic cloves
- 1/2 red onion
- 5 roma tomatoes
- 2 stalks celery
- 1 small cucumber
- 1 small zucchini
- 2 Tbs olive oil
- 2 Tbs red wine vinegar
- V8 Juice 1/2 can or to liking
- dashes of your favorite hot sauce, to taste

#### Directions

Chop all fine and blend. Saves in frig up to 10 days.



### Tabouli

Submitted by Lt. Col. Geroges Darazy (guest from Lebanon)

#### Ingredients

- 2 lg tomatoes (or 2 C diced)
- 1 C chopped green onion
- 4 C chopped parsley, flat leaf
- 1 C chopped yellow onion
- 5-8 leaves, fresh mint
- 1/4 C bulgar
- 1 tsp dry mint
- 1 tsp salt
- 1/2 C lemon juice
- 1/2 C extra virgin olive oil
- 1/2 tsp cayenne pepper

#### Directions

Rinse bulgar in a bowl and pour off excess water; let sit for 10 minutes. Rinse and finely chop parsley and fresh mint leaves and place in a bowl; add chopped tomato, green onion, yellow onion and soaked bulgar and combine all. In a separate small bowl, combine salt, dry mint, lemon juice, olive oil and cayenne pepper; add to parsley mixture and let sit for 5 minutes before serving to allow bulgar to absorb some of the dressing. Serve with chicken or meat or by itself. Also can be served in individual leaves of lettuce as an appetizer.



### Beer Fruitcake

Submitted by Charlene Swafford

#### Ingredients/

- 12 oz pumpkin beer
- 1C raisins
- 4 oz dates
- 1/2 C dried apricots
- 2 C flour
- 3/4 C brown sugar
- 1 tsp pumpkin pie spice (use some of the SAHS mix!)
- 1/2 tsp baking soda
- 1/2 + 1/8 C butter
- 2 eggs
- 1/2 C nuts

#### Directions

Boil half of the beer; remove from heat. Add fruit and soak for 1 hour. Combine all dry ingredients; cut in butter. Combine eggs, remaining beer and add to flour mixture. Fold in fruit and nuts. Bake at 300°F for 2 hours.

### Other Dishes

- Vegan Pesto with Whole Grain Pasta
- Elderberry Jelly with Crackers

### Jam-Filled Thumbprint Cookies

Submitted by Kathryn Seipp (adapted from recipe from [www.loveandoliveoil.com](http://www.loveandoliveoil.com))

#### Ingredients

- 1 C unsalted butter, room temperature
- 2/3 C granulated sugar
- 2 large egg yolks
- 1 tsp vanilla extract
- 2 C all-purpose flour
- 1/2 tsp salt
- 6 oz (or so) jelly or jam

#### Directions:

Preheat oven to 375°F. Line a baking sheet with parchment paper or a silicon mat. Mix together flour and salt; put aside. Beat together butter and sugar with an electric mixer on medium-high speed until light and fluffy, about 2 to 3 minutes; beat in egg yolks and vanilla extract. Add flour and salt mixture until incorporated and dough comes together in a ball. Form dough into 1 inch balls and arrange on prepared baking sheet. Flatten balls slightly with your thumb or the back of small spoon, (1/2 tsp. round measuring spoon works great) leaving an indentation in the center. Bake cookies for 8 to 12 minutes or until bottoms are just barely golden; remove baking sheet from oven. If indentations look shallow, further define them with the back of a spoon, then fill each with approximately 1/2 to 1 tsp. jam. Bake for an additional 3 to 4 minutes, or until jam melts slightly and edges of cookies are lightly golden. Transfer cookies to wire racks to cool.

#### Glaze (optional)

- 1 C powdered sugar
  - 1 1/2 tsp almond extract
  - 2-3 tsp water (4-5 tsp. for a thinner glaze)
- Mix all ingredients with a spoon and drizzle over cooled cookies. Allow sugar to set before stacking cookies.

### Mexican Chicken Tacos

Submitted by anonymous

#### Ingredients/Directions

Cook split chicken breasts in spices of cumin, salt, black pepper, garlic, onions, diced tomatoes, olive oil and corn juice

### Te Gusta Papas?

Submitted by anonymous

#### Ingredients/Directions

6 medium sliced potatoes plus 1/3 C olive oil in baking dish; add 1 tsp each of salt, garlic, cumin, apple spice and paprika sprinkled on papas. Top with shredded cheddar cheese.



### Alaskan Smoked Salmon Dip

Submitted by anonymous

#### Ingredients/Directions

Alaskan smoked salmon, cream cheese, 2 drops hot sauce, dash Worcestershire sauce, green onions, dill.



### Newsletter Deadline for January Issue

Deadline for all materials submitted for our January 2014 issue is December 20.

All SIG groups, please let the editor know if you'll have a meeting after that and plan to submit a report and/or photos so space may be allotted. With one page given over to the membership form, prompt submittals are greatly appreciated.



## Over the Fence...

### 2013-2014 Program Line-up

#### **Sales & Events:**

**Jan:** Artemisia, 2014 Herb of the Year

**Feb:** Judit Green, Urban Wildlife Biologist  
nominating committee forms

**Mar:** program to be announced;

**Apr:** tentative - Jenny Perez from the American Botanical Council  
2014-2015 Board nominees announced

#### Like our programs? We WANT your ideas!

Know a great speaker for an interesting herbal topic? Contact Leslie Bingham or any Board member with your suggestions.

#### Next Board Meetings

**January 06 and January 27, 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 Grace Emery.

#### SA Botanical Garden Events

Nov. 29 - Dec. 31: Holidays in Bloom

Dec. 7-8: Dog Days—Happy “Howlidays”!

Have you checked out this year's sculpture in the garden exhibit? Come see the work of several artists before the exhibit closes this coming February.

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

#### Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center  
3310 N. New Braunfels (at Funston). Free and open to the public, donation is appreciated. Contact (210) 251-8101 or [info@gardeningvolunteers.org](mailto:info@gardeningvolunteers.org)

#### Interested in Texas Native Plants?

4th Tuesdays (except December & August) at Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm. Free and open to the public.

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

*Submitted by Beverley Geer, NPSOT*

#### Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316.

#### New Braunfels Library Monthly Garden Series

Free programs at the NB Library, 700 E. Common Street, New Braunfels. No preregistration. Contact: 830-964-4494

#### Guadalupe County Master Gardeners

Third Thursdays. Meetings are free and open to the public. The regular business meeting at the end of the program. For further information visit our website at [www.guadalupecountymastergardeners.org](http://www.guadalupecountymastergardeners.org)

#### PayPal and SAHS membership payments

Your dues can be paid online with our PayPal link on the SAHS website. Click on that logo on the SAHS website's home page.

#### RAFFLE!! And the winner is...

Grace Emery's generous donation of a “Date Night” basket was won by Ms. Jenny Lee. A tally of the ticket receipts will be available later.



#### Herbal Mix Committee

The San Antonio Herb Society will be selling the Herb and Spice mixes at the December Banquet. Watch for some special sales. This is your last opportunity to pick up some special gifts for you; book club, bowling, skeet shooting or whatever your interests take you. Just remember to take your friends some of our great herb blends. You must try the Chimichurri Dry Mix. One of the ways to use it is to take ¼ cup of the dry mix, add red wine vinegar and olive oil and marinate beef in it and grill. It is delicious. We still have some pumpkin pie spice mix that makes a wonderful spiced whipped cream - great on hot chocolate, coffee or pies.

Our table will be set up prior to the eating, bring ones and fives, please, or a check. Thanks for everyone's support. The money raised will be used for great programs in 2014.

Here's a list of the mixes available: Boot Kickin' Pork Rub, Zaatar, Pumpkin Pie Spice (not just for pie, wait 'til you see the recipes), Smoked Paprika & Ancho Chile Salt, *Recipes are included in each package.*



#### Books for Sale

Emily Sauls and friends will be helping sell new and gently used cookbooks/herb books before and after our general meetings. The original collection was a donation to the club with the offer that any sales proceeds be considered a donation to our treasury. A great idea! We can keep this idea going with a few of YOUR donated books. See Emily for details and how you can help with this new project.

Hey, how about a new Book SIG?

#### Cookbook, Vol II: It's Back!

Vol. II of our beautiful San Antonio Herb Society cookbook has been republished!! Rebuilt just like Humpty Dumpty, it now has a coated spiral binding so the cookbook lies flat. Sale price, \$15. Bundle it with a Resource Guide (regular price of \$20) and get both for \$30! Just in time for your holiday gift lists.



#### Cookbook, Vol III

Let's get ready to cook with a new addition of the San Antonio Herb Society cookbook.

The members of the Cookbook Committee are Barbara Quirk, Leslie Bingham, Robin Maymar, Marilyn Nyhus and Adrienne Hacker, chaired by Grace Emery.

The kickoff for the Cookbook will be at the January 9, 2014 meeting. At that time the format for delivery of recipes will be given out and also placed on the website for easy access.

More details will be available at the meeting, but please start getting your favorite recipes ready. They can be in all categories appetizer, tapas, entrees, sides, vegetarian, soups, vegan, desserts, drinks, rubs, spice blends whatever you want.

Looking forward to seeing your wonderful recipes and tasting them in the very near future.

*Submitted by Grace Emery*

## Minutes from November 14, 2013

### General Meeting

Members and guests began arriving at 6:30pm. Emily Sauls called the meeting to order at 7 p.m. There was a change of schedule, as our speaker, Melissa Guerra, was headed to a birthday celebration with her sister. She spoke first, then we had the business meeting.

Leslie Bingham introduced our speaker, Melissa Guerra. Melissa is the author of the book, Texas Provincial Kitchen, and a second cookbook, Wild Horse Desert Cookbook. She has a storefront at The Pearl, but lives in the Rio Grande Valley. She says she commutes a lot.

The theme of her talk was "What's in Melissa's Backyard?" (Notes of her talk are at the end of these minutes.)

The business portion of the meeting began with a Raffle Drawing for a lovely basket of wines and cheeses. Our winner was Jenny Lee. We acknowledged ten new members who have joined us this month. There were also a number of visitors including George Darazy, from Lebanon and Igor Lozandvski, from Macedonia. Mr. Darazy brought a recipe for Tabuli, Lebanese style.

The theme for our Hospitality table was Fall and Thanksgiving. There were a number of tasty items. The members' sales tables at our meeting: Beverly Tibbs with hand creams and lotions, Chris Sinick with jewelry, Jane McDaniel with dolls and sewn goods, Jean Dukes with aromatherapy, Marilyn Nyhus with hypertufa items and succulent plants, Linda Barker with Scentsy products, Rick the Beekeeper with honey and bee products, Carol Hamling and crew with spice blends, Emily Sauls with soaps and Robin Maymar with gently used herb and cookbooks.

Everyone was reminded that our December 12 meeting will be our banquet beginning at 6:30 here at the Garden Center. It is for members only. We will be celebrating the San Antonio Herb Society's 30th anniversary. It will be a pot luck buffet. There will also be an herb related gift exchange (\$15) and we will also have door prizes.

Food Table alphabet:

- Appetizer A - F
- Side Dishes G -M
- Entrée Dishes N - S
- Dessert T - Z

Diane Lewis gave a report about the Herb Market, held at the Pearl in October. With the additional "Spice Group" fund raiser, as well as books, and memberships we grossed \$1,480, which was about twice as much as last year. A special thanks to all who came early to set up and stayed late to take down, to the speakers, and both booth workers. There was a lot of great team work. The Herb Market is the biggest money earner for our group. Thank you for all your help. An extra special "Thank you" goes to Leslie Bingham who was a new co-chair this year.

Sarah Rice reported on membership. She suggested to visitors that they should join now, to take advantage of the banquet next month and to get the whole year next year. She also reminded members they could join or renew on line. You can see either Sarah or Norm during the meeting for renewal.

Leslie Bingham spoke about the new SIGs for Healthy Living. There will be one during the day and one in the evening. She has teamed up with Marilyn Nyhus, Diane Lewis and Marguerite Hartill. The day meeting will be the third Thursday of every month at 10:30. They will begin in February; location is still to be announced.

The Craft and Décor SIG has two groups. Both have some spaces if members would like to join. More information will be forthcoming.

Jane McDaniel brought some free herbs: artemesia (herb of the year for 2014) and bay branches. Both can be propagated in your garden. She demonstrated how to use a milk jugs to protect tender vegetation you may have just begun growing in your garden. She has used them to protect plants for years. She also had a book by John Seymour (1976) Self Sufficient Life, which can draw us to a higher standard of living. Another book is Texas Bug Book by Malcolm Beck, a definitive work on Texas critters. Jane also had invitations to the "Tellabration" - a special show by story tellers. She encouraged us to come for a very entertaining evening. It will be held at the Franklin Park Theatre, 18323 Sonterra Place, Saturday November 23 at 7 p.m. The cost is \$10.

Carol Hamling announced that the new Culinary SIG will meet next Thursday at her home. Emily Sauls will also help mentor this group. The December meeting will be determined at the November meeting.

We had four new members; seventy two people attended the meeting.

It was moved and seconded that the meeting be adjourned.

*Submitted by Robin Maymar, who took notes for Barbara Quirk.*

### Our Special !

The subject of her visit is "Tour of My Yard" or "What's in Melissa's Backyard?"

She began with a map of the area around the Rio Grande. Two hundred or so *Tamalipas* indigenous tribes have lived in this area.

The Spanish had several unsuccessful attempts to settle these tribes. Eventually many of the tribes were worn out by disease and hunger, rather than any attempt to conquer.

Melissa used three terms to describe the flora in the area: *free*, *flourish* and *favor*. *Free* plants are ones that already live in the area. *Flourish* indicates that someone or something brought these in from another area. For example: cattle or birds dropped seeds and the plants flourished. Finally, *favor* indicates foods we eat here but we cannot plant and grow here. This often tells us about where we trade for foods in our diet. Examples would be tea or coffee which are imported from other places.

We can look at 'the roots of a recipe' to think about where the food originated. The plants in her yard are mostly free. These are the ones that she identified for us in this lecture.

1. Pecan- this area is ground zero for pecans. The husk is used as astringent. The pecan kept the tribes here because it was such a source of food.

2. Nopal- flourished here. It is used in difficult childbirths. It was eaten by cattle, the seeds survived and were deposited as the cattle came north.

3. Honey Mesquite-also flourished. *Presopis glandulosa*. (sp?) The honey-like sap is used as a gum. The natives used it as adhesive to put feathers on arrows. It is native to the *Nawtl* language. Again, transported by cattle.

4. Spanish Dagger plant. Probably a free plant. It has edible flowers. The leaves were used for stabbing snake bites. The flowers, when cooked, taste like artichoke, a sort of non-delicious artichoke. The stalk is also edible, tacos can be made with it.

5. Jacubo- used as an aphrodisiac. *Acanthoeris pentagonus*, or *tetragonus*.



6. Brasil- *condelia hoskeri* has flourished here. It has little black berries (occasionally red). These are edible and high in vitamin C. The name comes from *braz* which means ember, because the wood is red.

7. *Chili pequin* could either be free or flourishing here. It is an anti cancer medicine. Rubbed on the skin it causes a reaction that makes the skin red (rubifacient). It is also used with perspiration problems. It is usually propagated by birds.

8. *Agave scobra* is used as a tonic for the sick, especially stomach ailments. You can make a juice with the sap. The local people wear belts called picado, which are made from the threads of the agave. Traditional charro clothing is embroidered with the fine threads. This is an example of a new world material being used to imitate old world embroidery that was made with silk. The syrup made from the agave was used for surgery. The thread for stitches was run through the syrup before stitching. Also mescal and alcohol are made from it.

9. Bald cypress, the alouette, flourished here, too. The bark when chewed will numb the mouth for an hour. The aromatic smoke of the cypress was used in sweat lodges for women, in a cleansing ritual during childbirth.

10. *Chapote* is an indigenous word for the *diospros texana*, or the Texas persimmon. *Sapol* mean persimmon, a general word. These are found in Latin America.

11. Blue Bonnets or *lapinus texian*. There are also Chochos- the *lupines mutabalis* are found in Ecuador. These are very large lupines, but the same kind of plant. They use the seeds or chochos or charweed. People thought these seed might be the next quinoa, a superfood. It has been featured on Youtube and the BBC. However, it must be soaked for three days, then boiled before it is edible, plus it cannot be microwaved.

Melissa made a point that we as different peoples share words, plant and foods across a wide swath of Central and South America without regard to the political borders. The plants know no bounds.

12. *Pitaya*- a cactus, tastes like strawberries. There is a *pitajaya*, called dragon fruit, that is from Peru. Again, a very similar plant.

13. Corn, is, of course, the ultimate free plant here. There are five or six varieties: pop, sweet, flint, flour, dent and d-cinte. Sweet is the most common one grown now. The flour variety is used for Doritos. Dent got its name because it has a little dent in the top of each kernel. *Docinte* is a wild grass. There was a dig in *Tamalipas* where the oldest recorded find of planted corn in the world was found.

There was a brief question and answer period.

Are there books on local healing? Yes, but most of them are in Spanish. There is especially one by Drawe. Information will be forwarded to Leslie Bingham later with references. She made the point that no one wants to make too many recommendation because of litigation. Most of the references refer to faith healing which she does not recommend.

Melissa will send some information to Leslie. At this point, I do not have those.

Submitted by Robin Maymar, who took notes for Barbara Quirk.



## Treasurer's Report, October 2013

Submitted by Lenore Miranda, Treasurer

### INCOME

Membership	\$475.00
Merchandise table	85.00
Wine Raffle	45.00
Herb Market	1460.05
<b>SUBTOTAL - INCOME</b>	<b>\$2,065.05</b>

### EXPENSES

Attendant Fee (unreconciled)	\$45.00
Rent - Garden Center	85.00
Print cookbook	1781.16
Nametag	13.53
Web Host	30.00
Craft SIG	6.47
<b>SUBTOTAL - EXPENSES</b>	<b>\$1961.16</b>

**TOTAL (Income-Expenses)** **\$103.89**

### ASSETS

Cash and Bank Accounts	
Frost Cert of Deposit	1,209.28
Frost Checking	2893.27
Frost Savings	470.84
Scholarship Garden Tour Fund	3,116.56

## Happy 30th Anniversary, SAHS!

### '13 - '14 SAHS Board Officers & Members

**Emily Sauls** - Co-President

830-438-8314 H; [kivuli@msn.com](mailto:kivuli@msn.com)

**Yvonne Baca** - Co-President

830-537-4700 H; 210-313-8705; [yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)

**Leslie Bingham** - Vice President (Program Chair)

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**Norm Hastings** - Membership Chair

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**Sarah Rice** - Membership Co-Chair

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**Barbara Quirk** - Secretary, Recording

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**Lenore Miranda** - Treasurer Chair

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**Robin Maymar** - Treasurer Co-Chair

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**Jane McDaniel** - Chair, Hospitality

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**Leslie Bingham** - Co-chair, Hospitality

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**Margie Larkin** - Co-Chair T-shirts, Cookbooks

**Lynda Klein** - Co-Chair T-shirts, Cookbooks

**More Information Contacts**

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

## SIG-nificant Events

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

#### Culinary SIG

A nip in the air and holidays approaching signal tamalada time for the Culinary SIG. Jeanne's kitchen, redolent with the smell of chilies and spices, was the scene of our annual work party. Amid lots of chatter and a little noshing, we filled dozens of tamales with our variety of fillings: japonica rice and quinoa spiked with artichoke hearts, spinach and cream 'cheese'; sweet potatoes cooked in vinegar and soy sauce, then combined with sautéed leeks and cheddar 'cheese'; faux chicken with corn, squash and Rotel tomatoes; more faux chicken with rice, tomatoes and spices; soyizo and refries; and even a not-so-plain pinto bean. All our tamales were made from plant-based ingredients, so our tamales not only have zero cholesterol but also avoided becoming the lard bombs that is the fate of so many other tamales.

After an afternoon spent wrist-deep in masa, we emerged with many bags of delectable (and even good for you!) tamales ready to be steamed at our homes that night. What a great way to kick off the holiday season!

Next month, our group heads to Carol's for another favorite, our annual cookie exchange. And then we diet.....

Stay tuned!

*Submitted by Jeanne Hackett*

#### Culinary SIG II

We had the first meeting of the newly formed Culinary SIG (named Culinary SIG II) and what a great turnout! Several other members that have signed up where unable to make it, but will join us over the next two months as we get our momentum going. We started by going around the table and introducing ourselves and sharing a bit about our interest in herbs. 8 new members and 2 mentors made for a full table and 10+ wonderful dishes to taste. Things like Islim Kebabs (Turkish), butternut squash lasagna, eggplant ratatouille, and smoked venison sausage with peppers and onions.

I would say we are off to a good start! The conversation flowed freely as people got to know each other. We then settled in with our desserts (ginger pumpkin, pecan roll cookies, chocolate-chile cream pots) and got down to the business of setting some guidelines, picking a date to meet each month and start to talk about the next few months. We accomplished a lot and already have themes and hosts signed up for our meetings through June 2014.

For our December meeting, we have been invited to join the Culinary SIG for their annual Cookie Exchange. We are all looking forward to that! The Culinary SIG II spots have all been filled and this new SIG is busting at the seams already. We should know in the next few months if their will be any open spots.

*Submitted by Emily Sauls*

#### Healthy Living with Herbs SIG

The Healthy Living SIG meeting for November was cancelled. We will be meeting in December for our annual Christmas holiday dinner and healthy herb gift-giving session at Leslie's home. We'll meet in January to plan for 2014—here's to a year filled with great sessions and lots of new information and things to learn!

*Submitted by Joe-Beth Kirkpatrick*

#### Healthy Living with Herbs SIG II

Our first meeting will be February 20, 1014 at 11:00 a.m.

The first program will be an introductory meeting with lunch and planning. Please contact Marilyn Nyhus (rudyandmar@yahoo.com) or Marguerite Hartill at (mhartill@aol.com) if you have questions

*Submitted by Marilyn Nyhus*

#### Weed-n-Gloat SIG

Mustard, Swiss chard, Munster lavender, parsley and rocket arugula - the flats of seedlings, grown in the SA Botanical Garden's greenhouses, were waiting for us when we turned up at the Herb Garden on October 29th to plant and to weed. A motley and enthusiastic crowd came to work:volunteers Andy, who

works at Haven for Hope's planting beds and MG Julie came to help before going on to the Children's Garden, and SAHS members Leslie, Marilyn, Linda, Jane, Robin wielded trowel and shovel. SAHS members Mary Gregoire and Gloria Ortiz are new Weed n Gloat team members and both "mucked in" and did trojan work beside the others. We dug out weeds and oxalis and errant woody sages, pruned basil and sages which were gone to seed, and admired the multitude of Monarch butterflies which were on their way south, via the Herb and Cottage Gardens. A beautiful morning in the Garden, with blooms all around and a shy sun peeking out between the clouds. The ground is damp and well mulched and fertilized; our seedlings will do well amongst the basil, lavenders, chives, yarrow, mints, and blooming ginger. Thanks to all who turned up!

Next Weed n Gloat session will be on Monday, November 25th; back to our regular day of last Mondays, 9 - 10 am.

We will meet to weed and gloat and celebrate the end of 2013 with a raucous lunch on Monday, Dec 30th, from 9-10am. To learn more about herbs on site, please get in touch with me, Jane McDaniel, at email: janesisirish@att.net or Leslie Bingham, at email: lesliegwlive.com.

*Submitted by Jane McDaniel*

#### Herbal Crafts SIG

Lenore "Tinky" Miranda led our last working session for the SIG for 2013, and Kathryn Seipp graciously hosted it.

Tinky started researching and planning our soap-making session during the summer, since there are many complexities to getting the chemical mixes right and staying safe while using lye. We found out how to make a citrusy soap using olive oil, coconut oil, sweet almond oil, and lard, along with water, lye, and essential oils to get just the right consistency and the right amount of lather. Thanks to Tinky's thorough research, we had a safe, fun, and inspiring session.

Safety tips: Work outdoors to prevent lung injury from the lye fumes. Keep white vinegar on hand to instantly neutralize the lye, in case you spill it on something or yourself, your clothing, or the counter. When mixing lye and water, always put the lye into the water (not the reverse) a little at a time while stirring, to prevent a big chemical reaction and overheating of the mixture.

All new prospective members are welcome to attend our planning session for 2014 on Saturday, December 14, 10-12, at Rebecca Kary's place. For more information and directions, contact either Rebecca: (210) 843-0598, email karyrebecca@yahoo.com or Tinky: (253) 777-2979, email tinkyny@earthlink.net

*Submitted by Rebecca Kary*





## San Antonio Herb Society Membership Application/ Renewal

January – December 2014

If you joined after October 1, 2013, you are a member through December 2014.

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 badge).

*"After you have attended 6 meetings, you become a contributing member and qualify for your permanent SAHS name badge. Sign up with the membership chairman."*

Address \_\_\_\_\_, Apt/Ste # \_\_\_\_\_

City, State \_\_\_\_\_ Zip \_\_\_\_\_  new address ?

Phone (with area code) \_\_\_\_\_ Home/Work/Cell [circle one]

Alt. phone (with area code) \_\_\_\_\_ Home/Work/Cell [circle one]

E-mail \_\_\_\_\_ Alt 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 newsletter and other information via 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 Winter 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 (help us keep the lights on!)

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 Y / N

Date information entered into data base \_\_\_\_\_

This form also available at      [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

## Business Members

### Nature's Herb Farm

Mary Dunford  
7193 Old Talley Road, #7  
SAT 78253  
(210) 688-9421  
[naturesherbfarm.com](http://naturesherbfarm.com)

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

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

### 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](http://www.nematodenick.com)

### FloraScape

Mary Blasko TCLP, TCNP  
[florascape@swbell.net](mailto:florascape@swbell.net)  
*"We can help with your gardening projects"*

### Grampa's Tea

Phil "Grampa" Haikey  
(210) 725-5092  
[www.grampastea.com](http://www.grampastea.com)  
[grampastea@yahoo.com](mailto:grampastea@yahoo.com)  
*"The Best Tea in the World direct to your front door."*

### 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)

### In-Home Senior Care and USANA Health Sciences

*Nutritionals You Can Trust™*  
Greg & Jinnie Perkins  
5805 Callaghan Rd. Ste. 205  
SAT 78228  
(210) 256-2273  
[jinnieperkins@yahoo.com](mailto:jinnieperkins@yahoo.com)  
[www.inhomeseniorcare.net](http://www.inhomeseniorcare.net)

### Rick the Beekeeper

Rick Lay  
PO Box 90812  
San Antonio, Texas 78212  
(210) 369-8174  
[RickTheBeeKeeper@gmail.com](mailto:RickTheBeeKeeper@gmail.com)  
[www.rickthebeekeeper.com](http://www.rickthebeekeeper.com)

### San Antonio Yoga Center

Randy Mass, ERYT  
Studio Manager  
11011 Shaenfield Road  
San Antonio, Texas 78254  
(210) 523-SAYC (7292)  
<http://www.sanantonioyogacenter.com>  
[randy@sanantonioyoga.com](mailto:randy@sanantonioyoga.com)

### Yvonne Baca, LMT

Holistic Health Practitioner  
Therapeutic Massage, Lymphatic Drainage, Es-  
sential Oils, Reiki Master, Therapeutic Touch  
Akashic Record Consultations  
(830) 537-4700 H  
(210) 313-8705 C  
[yvonne943@yahoo.com](mailto:yvonne943@yahoo.com)  
[www.boerneholistichealth.com](http://www.boerneholistichealth.com)

### Texas Olive Ranch

Abby Rutledge, Sales Mgr.  
btwn Carrizo Springs and Asherton on FM 1557  
(855)TX-OLIVE (855-896-5483)  
<http://www.texasoliveranch.com>  
12/13

### Jupe Mills Feed

Farm & Ranch & Pet Supply  
14906 Bandera Rd., Helotes, Texas 78023  
(210) 695-3551  
[www.jupemills.com](http://www.jupemills.com)  
*(courtesy listing, 12/13)*

### Heron's Nest Herb Farm

Melanie & Fred VanAken  
1673 River Bend Dr., Blanco, Texas 78606  
(830) 833-2627  
[heronsnest@txwinet.com](mailto:heronsnest@txwinet.com)  
[www.héronsnestherbfarm.com](http://www.héronsnestherbfarm.com)  
12/14

PLEASE SEND TO:



The San Antonio Herb Society  
PO Box 90148  
San Antonio, TX 78209  
[www.sanantonioherbs.org](http://www.sanantonioherbs.org)