



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 297, December 2014

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.

Banquet Thursday, December 11, 2014 Happy Herbal Holidays!



Come and join all your herb friends on December 11 for our annual Holiday Banquet. Celebrate with us as we invite the joy of family and friends into the room. Bring your favorite herbal dish to share on our (always delicious and very heavily laden) potluck banquet tables. Here are our general "assignments": A - F, Entrées; G -M, Desserts; N - S, Appetizers; T - Z, Sides/Salads (don't forget serving utensils). Beverages and tableware provided by SAHS.

Bring your spouse/partner/significant other/best friend/guest to help share. Bring a gift for the optional Secret Santa exchange (wrap well—they're all terrific surprises!). Decorations to be provided by our own Craft SIG (it's a surprise—they've been hard at work refurbishing donated, gently-used Christmas decorations). Help us get organized AND get the hall ready for this much-anticipated event by contacting Leslie Bingham, event chair, and volunteering today! lesliegw@live.com

Please be sure to provide a name card (and recipe) for the dish you bring (better yet, 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

Herbal Salt Blends for Your Culinary Delight!

The Salt Project, spearheaded by Robin Maymar, has some leftovers The variety of salt and herb blends will complement most any dish and help garner compliments for most every cook, no matter your skill level! Consider how the tangy lemon-rosemary salt blend will enhance your holiday poultry dishes; the Tuscan blend adds jazz to vegetable creations and the paprika/ancho chili will find its way to the table top for your guests to enjoy as their own palates dictate.



The crew also dried and packaged bay leaves and sage (winter cooking standards) and Mexican Mint marigold (a delightful finishing herb for lighter dishes).

To purchase some blends for your own kitchen projects or for superb holiday gifts, please contact Robin at robinmaymar@gmail.com VERY SOON. Remember, your purchases support the Herb Society and our many pro-

Publications & Herbal Salts & Shopping

The SAHS needs to deplete our left-over stock of the herbal salt blends that were created for the October Herb Market. Here's the deal: Buy our cookbook (\$15) OR Resource Guide (\$20) and get one each salt blend and dried herb packets in the deal. Retail value for the packets is \$5. The recipient of these fine publications will have a little something to kick-start a recipe or two! Contact any board member right away!



SAHS & MORE Shopping

Books make EXCELLENT holiday gifts. Get in touch Karen or Charlene for one of our collection of used cook books at bargain-basement prices and surprise even yourself. The Used Book table is a veritable treasure trove of culinary cultural variety and benefits the SAHS.



January Meeting: Savory is herb of the year!

Just the very word ought to make your mouth water.

Mmmmm savory... And this herb has some ROOTS! Think about this: The savories are found in two varieties: summer (an annual) or winter (a perennial), all native to southern Europe, particularly France and Spain. The ancient Greeks and Romans used savory in their culinary interests and helped bring this flavorful kitchen foundation to many other regions.



Often compared to marjoram or thyme, summer savory has a spicy aroma and pungent, peppery flavor that's milder and less penetrating than its cousin, winter savory.

Got your interest piqued yet? Plan to join us at our January meeting where we'll enjoy a presentation including the savories. Can't wait. Neither can you.

Newsletter Deadline for January Issue

All materials for **January** due by **December 18**

Wine Gift Basket Raffle

Tickets available until **December 11**



Inside this issue:

Hospitality Table Schedule:

Dec: Everyone!
Jan: R-Z

Members' Sale Tables

No Sales at the December meeting.

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Be sure to view the full color version of this newsletter @ www.sanantonioherbs.org

If you would prefer to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com

2015 Membership Form on page 7. Please renew your membership in SAHS today!



Book & Salt Bundle Special!!!



Member Recipes

Here are a few of the items from the November table.

Green Chile-Cheese Monkey Bread

Submitted by anonymous

Ingredients

- 1/2 C butter, melted
- 1 1/2 C Colby-Jack cheese, shredded
- 1/4 C Mozzarella cheese, shredded
- 4 oz can diced green chiles
- 1 tsp parsley, dried
- 3 cans biscuits, cut in quarters

Directions

Combine butter and cheeses in mixing bowl; stir in the cut up biscuits. Pour all into an ungreased bundt pan. Bake at 350°F for 30 minutes or until golden brown. Invert on serving plate; serve warm.

Submitter's note: probably should grease or oil the bundt pan. This was a first attempt.



Chicken Salad with Fresh Peach Chutney

Make your favorite chicken salad recipe to which you add peach chutney, adjusting the amount of chutney to the amount of chicken salad you have made. Start with several table-spoons and then add more to taste.

Submitted by Carol Hamling

Ingredients

- 1/2 C cider vinegar
- 1/2 C loosely packed brown sugar
- 1/2 C white sugar
- 1/2 C red pepper, diced 1/4 inch
- 1/2 C white onion, diced 1/4 inch
- 1 small jalapeño pepper, seeded & diced to equal 2 Tbs
- 1/3 C white raisins
- 1 Tbs finely chopped garlic
- 1 Tbs grated ginger
- 1/2 tsp salt
- 1 1/2 lb firm, fresh peaches, blanched to remove the skin, pit removed, sliced into thin wedges, then halved

Directions

Put the vinegar and both sugars into a non-reactive pot, place over medium heat and bring to a boil. Add the red pepper, onion, jalapeño, raisins, garlic, ginger, and salt; simmer 10 minutes. Add the peach segments and simmer an additional 5-10 minutes. If the peaches are still firm, allow to cook several minutes more. If you would like the syrup thicker you may also allow to cook for a minute or two to reduce liquid. Remove from the heat; allow to cool for 15 minutes in the pot. Serve at room temperature. Transfer all excess to a clean container and refrigerate, covered, for up to one week.

Other Dishes

These were submitted without recipes

Pumpkin Bars w/ Chocolate Chips (from Trader Joe's) plus Pumpkin Spice Whipped Cream (from scratch!)
submitted by Cindy Moore

Curry Chicken Salad
submitted by anonymous



Dishes Presented By November Program

Autumn Squash Apple Cider Soup
Saltine Crackers

Need recipe for the cheese topping.....

These recipes will be available on our website.
Click on www.sanantonioherbs.org and follow the links.

Stuffed Strawberries

Submitted by Cheryl Morrissey

Ingredients

- 1 large carton fresh strawberries (about 1 lb)
- 1 C low-fat ricotta cheese
- 1 handful fresh mint, finely chopped
- 1 Tbs powdered sugar

Directions

Clean strawberries and remove core. Mix together ricotta, mint and sugar; bag mixture. Fill each berry and arrange in a serving dish. Chocolate can be shaved to form a "stem".

Mushroom Puffs

Submitted by Cheryl Morrissey

Ingredients

- 1 pkg frozen puff pastry (thawed)
- 1 carrot, grated
- 1 onion, finely chopped
- 1 lb mushrooms, chopped
- 1 celery stalk, grated
- 1 clove garlic
- 1/2 C Panko bread crumbs
- 1/4 C pecorino cheese or parmesan (for topping)
- 1/4 C parsley, fresh, chopped

Directions.

Preheat oven to 350°F. Roll out thawed pastry and cut in 3" squares. Press into mini cupcake molds (non-stick); brush pastry with egg and milk wash. Add mushrooms to butter and a splash of olive oil; cook about 5 minutes. Add onion, carrot, celery and garlic. Season with SAHS garlic salt to taste. Mixture will look a bit wet. Cook about 4 more minutes; remove from heat and blend in bread crumbs, cheese and parsley. Pour all in the pastry shells; top with a pinch of cheese. Bake for 18 to 20 minutes.

Cookbook, Vol III:

With a theme centering around the seasons in South Texas, planning recipes to coincide with the time of year at which your garden's herbs are at their most robust isn't difficult at all! The Committee is looking for your own home-proven recipes to test. Entrees, side dishes, condiments, beverages, desserts for any time of day or night. Remember that ALL **herbal** ideas are welcome.

Help us out! Take at least one recipe each month to test and evaluate.

The committee will be presenting a few dishes at each general meeting for the membership's review. Take a few minutes and help out by sampling one and filling in the evaluation slip; hand that slip to Grace or Karen that evening.

Recipe submittal criteria for the new cookbook:

Recipe Format

1. Recipe name & submitter's name
2. Origin (if interesting or applicable)
3. Ingredients list (must include herbs!)
4. Instructions
5. Comments (if any)

Evaluation Criteria for Recipes

Use of herbs

Presentation and appearance

Use of seasonal and/or fresh ingredients as possible

Taste

Send your herbal recipes directly to Grace Emery:
1415 Sage Run, SATX 78253 or gemery49@yahoo.com or
Karen Lopez at i_quilts@yahoo.com



Over the Fence...

2014-2015 Program Line-up



SAHS online calendar:

<http://www.sanantonioherbs.org/Calendar/CALENDAR.htm>

Jan: presenter to be announced; **Savory**, 2015 Herb of the Year

Jan: Begin forming Nominating Committee

Feb: Dave Saylor, Co-owner of *Acadiana Café*

Mar: Ruben Villarreal, bringing *Archi's Acres* to SATX; SAWS Spring bloom plant sale

Apr: Angela Love, RN; *Aromatherapy* for stress relief
2015-2016 Board nominees presented

May: Spring Banquet & Social
2015 Board vote

Ask the program presenter a question!

Send your question to Rachel Cywinski at worldvisitor@rocketmail.com no later than 3:00 p.m. on Sunday before the meeting. Rachel will collect the questions and pass them on to our speaker to consider before the Thursday meeting.

Like our programs? Have an idea for one?

Know a great speaker for an interesting herbal topic? Contact Rachel Cywinski or any Board member with your suggestions and contacts. Let's get rolling for 2015!

Next Board Meetings

January 26, 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.

SAHS Publicity Needs YOU

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. Know of a new contact that would help us? Get with Mike Belisle to help out.

SA Botanical Garden Events in November

Through Jan. 4—Lego Art in the Garden

Nov. 28 through Dec. 31—Holidays in Bloom

For info call 210-207-3250 or visit www.sabot.org

SA Garden Center

Check their web pages for the next meeting information

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

Submitted by Peggy Jones, Publicity, SARS

SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center. Anyone is welcome to come and learn for free. www.sarosesociety.org

Submitted by Peggy Jones, Publicity, SARS

Comal County Master Gardener program

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

Website: <http://txmg.org/comal/>

Guadalupe County Master Gardeners

The regular meetings are on third Thursdays; free and open to the public (business follows program). For further information call 830-303-3889 or visit our website at www.guadalupecountymastergardeners.org.

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center, noon to 3 pm; 3310 N. New Braunfels. Free and open to the public; \$5 donation is appreciated. Contact (210) 251-8101 or

info@gardeningvolunteers.org

Web site: <http://www.gardeningvolunteers.org/gvstwp/>

Bexar County Master Gardeners

Dec. 15: Olive Production & Management Seminar, 8:30am – 2:30pm; \$30. contact is matorres@ag.tamu.edu

Now taking applications for plots in the SABot Childrens' garden program (Saturday mornings, Feb. 21—Jun. 6). Contact 210-207-3278.

Submitted by BCMG

Gift Basket Raffle — Last Chance this Year!!

SAHS will raffle off a basket filled with fine items: The entire package includes wine from *Fetzer* and *Turning Leaf*, crystal glasses, linens and an assortment of snacks. **Retail value is well over \$125.** Donations are: \$3.00 for 1 ticket and \$5.00 for 2. Basket items were donated by Grace Emery and Charlene Swafford. Proceeds benefit the SAHS general fund. Winner to be drawn at December banquet.



SA Herb Society Members in the News!

The November 22, issue of the SA Express-News had a good article on windowsill herb gardens and featured Grace Emery's and Yvonne Baca's (our co-presidents) windowsills and expertise. See the article for yourself at <http://www.mysanantonio.com/lifestyle/home-garden/article/Grow-indoors-when-it-s-cold-outside-5910117.php>

SA Botanical Garden Event: Flashlight Night in the Garden

Would any child like to go out into the dark and rain spattered night in November to visit a garden? We were not sure anyone would show up. And were we WRONG! Hundreds of kids showed up for Flashlight Night and, armed with every form of light possible, they came in mobs to sense the scents. Our display was a mystery of the highest order: glow-in-the-dark paint identified plants in pots. Observe, observe; please squeeze the leaves and take a whiff; reach into the numbered bag (no peeking) and identify the herb by touch and scent. Ok, some peeking, too.

To our delight, the night was quite a hit. Excited children and their families got involved in the detection. We gave participants copies of our 12 Basic Herbs to Grow in South Texas, and an invitation to come next week to see and hear Cris Goloby's demonstration on herbs in seasonal cooking. With the invitation we added a list of some of the activities the Herb Society participates in. While they lasted, aloe vera plants were prizes.

If there are kids or grandkids in your circle, Flashlight Night is definitely an event to add to your fall calendar. There were lighted mazes, hands-on activities for all ages, sky observation (the observation tower, which was crowded with children taking in the whole San Antonio sky line, a spectacular view seldom seen at night from the garden).

Thank you to Robin Maymar and Lenore Miranda for planning, prep and execution of the Scent Detectives Game. Thank you to Milan Maymar, John Miranda, Sandra Woodall and Rachel Cwynzki for their volunteer efforts, too.

Submitted by Robin Maymar and Lenore Miranda





Minutes from November 13, 2014

General Meeting

Call to Order: 7:01pm by co-president Yvonne Baca. Attendance was approximately 50 people.

Yvonne welcomed members and guests; thanked the Hospitality Committee and all who brought food; talked of the December meeting (the annual Christmas Banquet); reminded members to bring food; talked of the voluntary gift exchange at the banquet.

She encouraged attendees to check out the Members' Share table, the Herb Society Merchandise table and the used book table; also announced tables for Linda's Scentsy™ stuffed animals and Jane's Irish (jellies and hand-sewn items).

Reminded all that any articles for the Newsletter need to be submitted to Joe-Beth by Friday, Nov 20. Also talked of the Mission San Juan herb event on 15 Nov. Jane talked briefly of the 19th annual "Tellabration" story tellers' event at the Franklin House.

Reports were given on the Herb Market, the Nature's Herb Farm tour, the Botanical Gardens Family Flashlight Night, and the President's Gala at St. Philip's College (story, pg 5). Yvonne talked of the Newcomers SIG; Joe-Beth talked of the Autumn Raffle Basket that will be delivered at the Christmas Banquet.

Announced that the Express-News was requesting volunteers to be interviewed about their gardens in "Sow, Grow and Savor" and that columnist Ben Olivo was actively seeking someone with knowledge and experience on window sill herb gardens.

Rachel then introduced the guest speaker, Chef Cris Goloby from St Philip's Culinary school on "Herbs for Holiday Cooking".

Adjournment: at 8:30 after the program by Yvonne Baca
Submitted by Barbara Quirk, Secretary SAHS



Program: Cris Goloby from St Philip's Culinary School

Chef Cris first introduced herself by asking who among the current SAHS membership present remembered when Chef Steve Martin from St. Philips brought his presentation. At that time, she was his assistant! She was happy to say she had been looking forward to making tonight's presentation.

Chef Cris has always had a passion for cooking and preparing foods and finally decided to move into that profession full time. She talked of how she and her two assistants had prepared butternut squash soup and homemade saltine crackers with lemon ricotta cheese for the meeting and then served samples to all attendees. The vegetables were roasted in order to bring out the sweetness and the crackers were baked in a hot



oven until they just turned medium brown crunchy. It was delicious!! She explained it's the eggs in the cracker dough that causes the lightness.

She also discussed and gave advice on frying herbs in oil and talked of

using dry vs. fresh herbs and what to consider for flavor punch(three parts fresh is basically equal to one part dried). Use fresh herbs for recipes being served within a day or two and dried for those items that will be stored for a longer time. She talked of making homemade "buttermilk" (1



Tbs vinegar to 1 C sweet milk to be used for baking, not drinking), brining different meats (small cuts soak for a couple hours; larger cuts and large poultry need overnight. Any longer and the meat breaks down.), what herbs to use in the brine. She gave her recipes for the soup and the saltine crackers.

Chef Cris also talked of the college's Artemisia Café, and the healthy benefits and differences between all-natural vs commercially produced chicken and seafood. She cautioned that food package labels can be deceiving and encouraged the patronage of local farmers and ranchers for produce and meats whenever possible. These items are superior nutritionally and typically have much more flavor than commercial food products.

Weed-n-Gloat SIG



Weed-n-Gloat is the last Monday of the month. Contact Jane for more information: janesirish@att.net
Submitted by Jane McDaniel



New nametag system...



...has been implemented. Partly due to the growing expense of the engraved plastic name-tags used for the past 20 years or so, the SAHS Board decided to begin a new tag method. The Membership chair will provide a reusable name tag for all current members. This nametag will be available to you at the door at the beginning of each general meeting. Pick up the nametag, wear it with pride, turn it back to the membership desk before you leave for the night. Simple. You don't have to worry about remembering to wear the tag (or losing it somewhere).

From the Membership Chairs

At the November meeting, we had the following attendance: 12 guests and 39 members for a total of 51.

Come one, come all: Join SAHS in December for a 13-month membership San Antonio Herb Society. We are 30+ years old and still going and growing and glowing. With your 13-month membership, which is good through 12/31/2015, you will be informed, challenged, delighted and well fed, of course.

New Business members include: Cris Goloby (St. Philip's). Welcome to new members Christina Gorton and Theo Dean!

Submitted by Ann Rossi & Penny Cardwell

St. Philip's College President's Culinary Gala

Life if full of the most delightful surprises! As the co-president of the San Antonio Herb Society, I was honored to be invited to the Fall President's Culinary Gala at St. Philip's College on November 8, 2014. The invitation stated it was "In Recognition of Your Contribution and Patronage" (*ed. note: SAHS contributed two scholarships this year*). As Grace Emery, my co-president was out of town, Rachel Cywinski, our SAHS vice-president, happily agreed be my guest. What fun we had! It turns out that yes, we were invited because the San Antonio Herb Society has donated two scholarships for culinary students this year. But also because the lovely dining room of the Culinary College is named after Artemisia Bowden, a driving force behind St. Philip's College for 52 years, AND it just so happens that Artemisia is the Herb of the Year for 2014.

Little did I know that our gracious host, President Dr. Adena W. Losten, would ask me to speak about the herb of the year! As I slowly rose from my chair, Rachel quickly whispered some herbal facts in my ear which, combined with what I knew, formed the basis for a spontaneous speech on Artemisia.

But I've gotten ahead of myself. The dinner was beyond amazing. Dr. Losten told us that the entire meal was designed, prepared, and served by the students themselves - from selecting the menu, ordering the food and preparing every bit of it from scratch, the students did an incredible job.

After dinner Dr. Losten informed us that St. Philip's College was identified in June as one of America's Top 20 Culinary Schools by Full-Service Restaurants magazine. She asked each of the students to identify themselves and then personally thanked and acknowledged each guest who attended. As a parting gift we were each given an Artemisia plant and a gift bag with chocolates made by the students. It was a lovely, gracious evening made truly special by all of the care and attention that went into every detail.

Submitted by Yvonne Baca, Co-President

Hearty Handshakes in Advance!!

Many thanks to The Craft SIG for their year-long effort to demonstrate to everyone the value of recycling! Their creativity and dedication in reviving "old" decorations into what we will be enjoying during our December Banquet is the best gift any of us could hope to receive and enjoy.

Hearty handshakes and a true "Happy Christmas" to all!!

Treasurer's Report, October 2014

Submitted by Robin Maymar, Co-Treasurer

INCOME

Memberships	215.00
T-shirts	75.00
Used Book sales	39.00
Raffle donations	25.00
Cookbooks & Resource Guides sales	\$218.00
(Herb Market & general meeting)	
<u>Salt Blend sales (Herb Market & general meeting)</u>	<u>577.00</u>
Subtotal - INCOME	\$1,149.00

EXPENSES

Garden Center, attendant fee	\$45.00
Garden Center, rent	85.00
Public Storage, rent	85.00
Utility Media (web host quarterly fee)	30.00
New T-shirts	1,100.00
Supplies for Raffle Basket	46.15
Salt Blend Project supplies (Herb Market)	124.74
Printing (brochures & handouts, Herb Market)	235.39
Printing (newsletter advance purchase)	229.80
<u>Postage</u>	<u>15.75</u>
Subtotal - EXPENSES	\$1,996.83

TOTAL (Income-Expenses) (\$847.83)

ASSETS

Frost Cert. of Deposit	\$1,209.28
Frost Checking	3,092.03
Frost Saving	460.38
Scholarship Fund	1,096.82
<u>Cash on Hand</u>	<u>110.00</u>
TOTAL	\$5,968.51

'14 - '15 SAHS Board Officers & Members

Yvonne Baca - Co-President

830-537-4700 H; 210-313-8705 C; yvonne943@yahoo.com

Grace Emery - Co-President & Cookbook III Chair

210 875-6919 C, gemery49@yahoo.com

Rachel Cywinski - Vice President (Program Chair)

worldvisitor@rocketmail.com

Ann Rossi - Membership Co-Chair

210 422-8506 C; aspiring_annie@yahoo.com

Penny Cardwell - Membership Co-Chair

210-380-9755; p.card1@aol.com

Barbara Quirk - Secretary, Recording

210-828-0432 H; barbara.quirk@sbcglobal.net

Lenore Miranda - Treasurer Co-Chair

253-777-2979 C; tinkyny@earthlink.net

Robin Maymar - Treasurer Co-Chair

210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

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210-826-6860 H, mbelisle@satx.rr.com

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Joe-Beth Kirkpatrick - Newsletter

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Jane McDaniel - Chair, Hospitality

210-930-1026 H

Leslie Bingham - Co-chair, Hospitality

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Margie Larkin - Co-Chair, SAHS New Merchandise

Lynda Klein - Co-Chair, SAHS New Merchandise

More Information

SAHS web page: www.sanantonioherbs.org

Our website contains an archive of past newsletters, membership and book order forms PLUS includes a PayPal link for your convenience.

SIG-nificant Events

Culinary SIG I

We continued to make our SIG's tamalada history in November at Jeanne's home. Gathered around a kitchen table laden with masa, husks and a variety of sweet and savory fillings, we prepared uncounted numbers of delectable tamales, all of which were vegan. Sweet masa flavored with coconut oil, star anise, mango nectar, ginger and cinnamon enveloped fillings with pecans, dried cranberries, pineapple chunks, and ginger. Savory fillings included refries spiked with rice, sundried tomatoes, and spices. Another filling featured roasted acorn squash, black beans and cilantro. A regular at our tamalada was the faux chicken, squash, tomatoes and corn filling. Sure to become a new regular was a spinach, tomato and cashew cheese filling, as well as a spicy pinto bean and cream filling. Between tamal-making and of course non-stop chat, we snacked on just-steamed tamales, a delicious pasta and veggie salad, a tasty curry spice mix and whipped coconut milk with pita chips, and a wonderful 'green' drink made with spinach, bananas and mangos. After several hours, we each had dozens of tamales to take to our homes and steam pots, all ready for some South Texas style holidays. Next month, we meet at Carol's for another tradition and great favorite, our cookie exchange....yum! Stay tuned!

Submitted by Jeanne Hackett

Texas Natural Living SIG

Monica Menczer hosted the Texas Natural Living SIG on Thursday, October 30, 2014. Her topic was CINNAMON, a tropical evergreen tree in the laurel family and one of the earliest known spices on earth. Monica had just returned from the Seychelles Islands (off the east coast of Africa), and cinnamon trees grow there...with abandon....sometimes 50 feet high! Monica said the trees are extremely protected, and no one is allowed to take pieces of the tree bark or leaves home with them. Records show that cinnamon was brought to the Seychelles from Sri Lanka over two-hundred years ago. Since spices were one of the most precious commodities in those days, its transport from Sri Lanka is steeped in political intrigue, rivalries, and imperial powers. The bark on the cinnamon tree is smooth, yellowish, aromatic, and often called the scent of the Seychelles. The spice is extracted from the leaves and black fruits by distillation. Often, it is used for medicinal purposes, e.g., for toothaches and inflammation of the mucous membranes, and it is recommended for diabetes patients. Moreover, it can be used as a carminative, astringent, stimulant, and antiseptic. Since we were studying cinnamon at our meeting, we, of course, tasted it in many different foods for lunch... cinnamon applesauce, tea, cookies, chicken kabobs, and ice cream with Randy's cinnamon honey. Everyone took home a bottle of cinnamon sticks that we can use to whip up some delicious cinnamon dishes for the holidays! Our next meeting will be a Christmas luncheon at Sustenio, a Mediterranean restaurant, near La Cantera on December 2nd.

For SIG meeting information, please contact Marilyn Nyhus (rudyandmar@yahoo.com) or Marguerite at mhartill@aol.com.

Submitted by Marguerite Hartill

Aromatherapy SIG

We are considering our next series of classes and on hiatus until January 2015. For information, send email to it-makesscents@earthlink.net or call 210-566-4379.

Submitted by Jean Dukes

Herbal Crafts SIG

The Craft SIG has finished the decorations for the Herb Christmas party. To see what we created, please come to the December Banquet. Hope to see you then. For SIG info, contact kseippccc@aol.com.

Submitted by Kathryn Seipp

Healthy Living with Herbs SIG

We're skipping November to give our members a chance to get their traveling done. In December, we'll enjoy our traditional healing soup session combined with a little Christmas & Hanukah cheer with Margie & Lynda hosting.

Submitted by Joe-Beth Kirkpatrick

Culinary SIG II

On November 18, the group met at the home of Robin Maymar for a Thanksgiving Favorites Celebration. Gloria Ortiz began the night with a warm autumn punch with apple, citrus and cloves served by the fireside. She also treated us to her favorite turkey piccadillo. Pat Hasser came in from the snow country with a "how to" use pumpkins to make flour and baked some sweet potato cupcakes with cream cheese icing and ham roulades (pictured). We enjoyed family traditions of buttered Brussels sprouts and mashed rutabagas; sampled green beans almandine and festive Waldorf salad; dished up two sweet potato casseroles with crunchy toppings; refreshed with quinoa salad and cauliflower au gratin with a cheese and herb Panko crust. Dessert was a delicious apple caramel pie.

Karen Lopez will host the December meeting on Saturday the 13th; 12:30pm-2:30pm. A cookie exchange is planned.

Submitted by Grace Emery

Mad Hatters

The Mad Hatters met at Jane McDaniels' comfy home to welcome Jennifer Jensdotir Lundgren, former SAHS member come back to San Antonio for a visit. She has been in Sweden for the past 7 years. We gave Jennifer and her husband an afternoon tea and hospitality. We had a great time listening to Jennifer's stories about their life in Stockholm-including language difficulties! We were even treated to a medieval recipe for mead along with tales about the weather and wintertime lack of sunshine. It was a very pleasant way to spend an afternoon.

Since everyone's very busy this time of year, the Mad Hatters will skip December and be back for a lovely Tea in January. We will keep you posted. Interested in having tea with us? Contact me lnbdesignline@aol.com.

The Mad Hatters would like to wish everyone a Wonderful, Peaceful, Lovely Christmas & Very Happy New Year.

Submitted by Linda Barker

Herb & Culinary

The Herb & Culinary SIG met November 18th at my home. We made an Italian Seasoning Blend which only cost us 69¢ per person since I was able to dry rosemary and oregano from my garden. Unfortunately, my basil was a casualty of the recent cold weather so I purchased that and the other needed herbs from my favorite go-to herb retailer Penzey's.

We had a new member at our meeting, to the Herb Society and to San Antonio, Theo Dean. Welcome Theo!

For our dinner we had a Zucchini Gratin with goat cheese that was topped with bread crumbs. Classic Stuffed Shells with tomatoes, mozzarella cheese and parmesan, Picadillo that was meltingly tender. Chocolate-spiced pork chops, crescent rolls with coriander and hot apple dumplings for dessert. One thing you can say about the Special Interest This SIG is open to new members. We will be meeting third Tuesdays, except December, and will rotate among the members' homes. There are no additional dues. Our next meeting will be January 20th; the theme is soup. If you are interested in joining this new group, please get in touch soon. Call Grace Emery 210-875-6919 or Carol Hamling 210-493-8713, carol.hamling@gmail.com

I look forward to seeing you there.

Submitted by Carol Hamling





San Antonio Herb Society Membership Application/ Renewal

January – December 2015



If you joined after October 1, 2014, you are a member through December 2015.

<i>Print, complete and mail form with your check to</i>	San Antonio Herb Society PO Box 90148 San Antonio TX 78209
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PLEASE FILL OUT COMPLETELY AND PRINT CLEARLY

Name _____

(Name as you would like it to appear on your name badge).

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

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 & 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 / Membership (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 / Summer Plant / Book Sales; Herb Market in October
- Being a Board Member (please list position): _____
- Newsletter, "La Yerba Buena": write articles, help coordinate regular features, etc.
- Speaking at one of our meetings—your topic _____
- Maintaining the Herb Patch at San Antonio Botanical Garden
- Maintaining the Sales Table at monthly meetings
- Leading a Special Interest Group (SIG) —your interest area(s) _____

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





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www.naturesherbfarm.com

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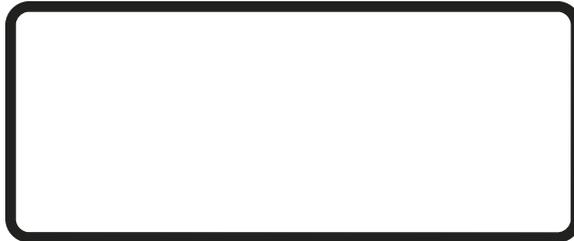
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We thank our business members for their support. When you patronize them, be sure to mention your SAHS membership.



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San Antonio, TX 78209
PO Box 90148
The San Antonio Herb Society

2015 Membership Form on page 7. Renew your membership in SAHS today

