



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 309, December 2015

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.

Thursday, December 10 2015

Our Annual Holiday Banquet: A Texas Christmas

It's that time of year again. You know the one: Jingle Bells and ho-ho-ho and homemade cookies and presents and, well, you get the picture. This year, our theme is simply *Texas*. SAHS cordially invites the entire membership to share dinner and celebrate the holidays during the December meeting. We'll supply the *accoutrements* and beverages and you supply yourself (plus one guest) and the food.

At our annual winter celebration, everyone brings a Texas herbal dish to share. Food table alphabet: Appetizer A - F; Side Dishes G -M; Entrée Dishes N - S; Desserts T - Z.

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!

The San Antonio Garden Center is located on the corner of Funston and N. New Braunfels.

For more SAHS information, see our website at www.sanantonioherbs.org



Traditional Herbs and Christmas

The earliest herbal stories of Christmas are rooted in the desert of the Holy Land, and begin with the wise men bearing gifts of gold, myrrh and frankincense to the newborn child. Other holiday traditions, especially those of the Northern regions of Europe are passed down from times before when the people endured the dark days of midwinter on the hope of eternal rebirth of the Sun and Earth. Many of these stories and legends of miraculous herbs and plants were folded into the new Christmas stories, and all were passed down to us from mother to child, generation to generation, to form our own unique Christmas traditions.

Although the Christmas tree is now the season's dominant icon, throughout most of history holly and ivy enjoyed top billing. Both were powerful talismans in Europe's pre-Christian religions, because they flourish, and even bear fruit, in the dead of winter. To the Druids, holly's green leaves symbolized life; its red berries, creation and rebirth. Holly is in fact the origin of what are to this day the season's official colors. Ivy is soft and embracing. As a graphic metaphor for love and harmony, a cluster of holly bound with ivy presided over festivities in England until the mid-nineteenth century.

Year-round health earned conifer trees (spruce, fir, etc.) the respect of Nordic peoples well before the birth of Christ, but the ornamented Christmas tree only recently became predominant in English-speaking countries. German immigrants first brought it to America in the late eighteenth century; fifty years later it was introduced to Britain and Canada by way of Prince Albert,

Queen Victoria's German consort.

A host of modern ornamentals owe their Christmas connections to serendipitous flowering times or coloring. Poinsettia (*Euphorbia pulcherrima*) is a dark-green Mexican plant whose leaves (bracts) turn bright red as the days get shorter. As does Christmas cactus (*Schlumbergera buckleyi*), an epiphyte that grows on Central American trees. Christmas fern (*Polystichum acrostichoides*) owes its common name to the fact that it remains green through the holidays.



Newsletter Deadline for January Issue

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

Hospitality Table

Schedule:

Dec: EVERYONE

Jan: A-M

Feb: N-Q

Members' Sale Tables

Please contact the Program Chair to arrange for your tables at least two weeks in advance.

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2016 Membership Form on Page 7. Don't forget to renew your membership today!

*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*

Member Recipes

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

Chinese Cold Spiced Eggplant

Submitted by Loretta Van Coppenolle

Ingredients

2 medium or 1 large eggplant, approx 1 ¾ lbs. total)

3 Tbs light soy sauce

2 Tbs red wine vinegar

1 Tbs xylitol, Sucanat, or other

healthy sweetener

¼ tsp salt or salt to taste

1 ½ tps dry sherry, Cabernet Sauvignon

or

other dry white wine

1 Tbs sesame oil

1 Tbs safflower or other good veg. oil

+ oil for

grilling eggplant

1 Tbs chopped garlic

1 Tbs chopped fresh ginger

1 Tbs white sesame seeds

Directions

Slice eggplant horizontally or vertically into ½ inch thick slices and grill in a small quantity of oil on both sides. When cool enough to touch, cut slices into strips and set aside.

Empty the sesame seeds into a saucepan and 'toast' over low heat, shaking the pan and stirring the seeds, until they are pale brown and have a nutty odor. **DO NOT LET THEM GET TOO BROWN OR BURN.** Remove immediately from heat and set aside. Combine soy sauce, vinegar, sweetener, salt, wine, and sesame oil. Over a med. flame, heat the tablespoon of oil in a saucepan and add the garlic and ginger. Cook about 10 seconds (no more); stir in the vinegar and soy sauce mixture. Heat for just a moment and remove from heat.

Put eggplant into serving dish. Pour sauce over it and mix lightly. Top with toasted sesame seeds and serve.

Yield: 4-8 servings



Apple Coffee Cake

Submitted by Carol Hamling

(from "The Apple Cookbook" by Olwen Woodier)

Ingredients

2 C granulated sugar

1 C butter, softened

4 eggs, room temperature

1 C sour cream

1 Tbs vanilla extract

2 ½ C all-purpose flour

1 tsp baking powder

1 tsp baking soda

Topping

½ C packed light brown sugar

1 Tbs cinnamon

1 C chopped pecans

Directions

Heat oven to 350°. Grease and flour a tube pan. Place the peeled and chopped apples in a bowl with the lemon juice and the one tsp cinnamon. Toss to coat. Set aside.

In a large bowl, cream the butter, gradually add the sugar until fluffy. Beat in the eggs one at a time. Beat in the sour cream and vanilla.

In a medium bowl whisk together the flour, baking powder and soda. Fold the flour mixture into the sour cream mixture. Fold in the apples. Pour half of the batter into the prepared pan.



In a small bowl, mix the brown sugar, cinnamon and the chopped pecans. Sprinkle over the batter in the pan. Cover with the rest of the batter and smooth the top.

Bake for 1 hour and 10-15 minutes, or until a skewer inserted into the cake comes out clean. Cool in the pan for 10 minutes, then finish cooling on a wire rack.

Optional Apple Glaze:

2 teaspoons cornstarch

½ C apple juice or cider

½ C thawed frozen apple juice concentrate

¼ C confectioners' sugar

½ tsp cinnamon

Mix cornstarch with a little of the apple juice in a small bowl to make a smooth paste. Add the remaining juice to a small saucepan set over low heat. Gradually add the cornstarch paste and cook, stirring constantly until thick and smooth. Stir in the apple juice concentrate and the cinnamon. Remove from the heat, stir in the confectioners' sugar. Cool a little then spoon over cooled cake.

Left-Over Halloween Pumpkin?

Try this tasty breakfast bread for a change.

Pumpkin & Cranberry Bread

Ingredients

1 ¼ C sugar

1 C butter (unsalted)

3 eggs

2 C pumpkin puree

Zest from 1 orange

3 C all-purpose flour

2 tsp baking powder

1 tsp baking soda

1 tsp salt

1 Tbs cinnamon, ground

¼ tsp nutmeg

1 C pecans or walnuts, well chopped

12 oz (1bag) fresh cranberries rinsed & drained

Directions

Prep 2 9-inch loaf pans: oil and/or use parchment paper. Cream sugar and butter until fluffy; Add eggs one at a time, thoroughly incorporating each; add orange zest and pumpkin puree and blend well. Sift together the dry ingredients then add to the butter mixture a cup at a time, blending well. Batter will be a little stiff. Fold in nuts first, then cranberries. Dump into loaf pans. Bake at 375°F for 1 hour, 15 minutes or until a knife inserted comes out clean. Allow to cool in the oven.

Note: A piece of foil laid across the pans helps prevent the tops from burning while the insides are still cooking. Slice when cooled a while. Serve with a little sour cream or cream cheese spread. Great breakfast treat!

From Our House to Yours,

SAHS wishes every one of its members, their families and friends the very Happiest of Christmas and a most prosperous 2016!!



Over the Fence... 2016 Program Line-up



SAHS online calendar:

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

- Jan:** 2016 Herb of the Year: Capsicum
Feb: Pat Hasser, Colonial herbs
Mar: Betty Riggs, *kokedama* moss ball planter
Apr: Diane Lewis, topic pending
May: Spring Picnic and Board election

Have ideas or contacts for new programs?

Know a great speaker for an interesting herbal topic? Contact any Board member with your suggestions and contacts. Let's complete the list for 2016!

Next Board Meetings

January 4, 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.

Remember: ALL Members always Welcome!

Next Bylaws Review Meeting

Next time & place to be announced.

Please contact one of the Board members for information on location prior to the meeting day. We especially welcome members with parliamentary experience.

SAHS Publicity Needs YOU

Every month, SAHS provides meeting info **flyers on our website and via email**. You can print them and post them at stores in your area, stores that you would be frequenting anyway. If every SAHS member gets a few flyers posted or shares them on social media, our membership will grow!! Get with Mike Belisle to help out.

SA Botanical Garden Events

Holidays in Bloom - through December 31.
Big Garden, Little Me - through December 31.
Wings of the City - through June 2016.
Family Flashlight Night on February 19, 2016.
The Garden is open year-round, 9am to 5 pm.
For info call 210-207-3250 or visit www.sabot.org

SA Garden Center

Regular meetings are every first Wednesday.
For information, call 210-824-9981 or see <http://sanantoniogardencentre.org>

Texas Native Plant Society

Chapter meets every 4th Tuesday, Lions Field Adult Center, 2809 Broadway. website: <http://sanantoniochapter.wordpress.com/> or contact via email: npsot.sanantonio@gmail.com

Gardening Volunteers of South Texas

Contact (210) 251-8101 or info@gardeningvolunteers.org
Web site: <http://www.gardeningvolunteers.org/gvstwp/>

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.

Bexar County Master Gardeners

Contact 210-207-3278. or <http://www.bexarcountymastergardeners.org/>

SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center.
For more information, see www.sarosesociety.org or call Meg Ware 210-698-8440
Submitted by Peggy Jones, Publicity, SARS

"Sow, Grow, Savor" Column @ SA Express-News

The SA E-N is always accepting folks who're willing to have their gardens featured in a column. They're looking especially for gardens with a theme, topic, purpose or other special end-use.

Contact Grace Emery gemery49@yahoo.com



Speakers Bureau needs you, too.

Do you enjoy talking to folks about various herbal topics? Cooking, gardening, healing, crafting—these topics are all welcome by our various audiences. Please contact Mike Belisle or any Board member to help out.

What ARE you doing?

The SAHS newsletter would enjoy the opportunity to introduce YOU to your new friends here. Drop the newsletter editor a note about what you're involved with outside of our herbal realm. Where else do you volunteer? What's in your garden or on your table? Do you have a hobby that would be fun to share? Looking forward to hearing from YOU soon!

Fundraising ideas needed

The SAHS Board would like to know what sort of ideas you have for fundraising. Extra money in the bank account means we can do a little more in the way of outreach which is one way to increase and diversify our membership.

What are your ideas? How would you implement them? Come talk to any Board member and let's get things rolling!

Membership and a Telephone Committee

This is a time-tested method of keeping our membership apprised of the goings-on of the Society PLUS it's a great way to confirm we have a long list of volunteers for our current projects. If you prefer to help out from the comfort of your home, this is the volunteer job for YOU!! Let's get a new group started today.

Please contact any Board member.

Membership — Renewal Time!

Don't forget to renew your SAHS membership for 2016! Membership form for new and renewing members is on page 7 of this issue. It is also available online at sanantonioherbs.org.

PayPal and SAHS membership

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.

2016 Membership Form on Page 7. Don't forget to renew your membership today!

Minutes from November 12, 2015

General Meeting

6:55PM Meeting was called to order by President Leslie Bingham.

Leslie greeted the members and acknowledged new members and guests, she also thanked the Hospitality Committee for a lovely antique cooking tools decorating the snack tables and thanked the members who brought food. Reminded everyone that next month's meeting on December 10 is the annual holiday banquet and invited everyone to bring a dish to share.

Leslie also reminded members to look at the tables in the back with share, members' sale items and Linda Barker's Scentsy products. Used books, mint tea and herb blends (leftover from the October market) are also for sale (see Robin).

If you have a recipe please type and send to Joe-Beth with the your name and the name of the recipe. Newsletter articles are due by November 19 and please send to her email.

Business:

1. Leslie asked for volunteers from each the Special Interest Groups to decorate a Texas-themed table for the banquet. After discussion in which some SIG representatives announced there had been no inquiry made directly to the SIGs prior to this announcement, members from the Weed and Gloat, Culinary II and Craft SIGs, along with Lynda Klein, Margie Larkin and Adrienne Hacker volunteered to help with dining table decorations. Hospitality will decorate the main food tables. SAHS will provide a spiral ham for the celebration.
2. Leslie Bingham reported on the Garden Center November meeting for which SAHS was host together with the Lantana club and the Ikebana clubs. Thanks were given to Grace, Tinky, Mike and Robin for their contributions of food and serving samples. Leslie presented a program on a traditional Thanksgiving menu. Dr. Connie Sheppard (Texas AgriLife agent, retired) assisted Leslie with research on the early settlers of San Antonio.
3. Cookbook Committee consisting of Grace Emery, Robin Maymar, Marilyn Nyhus, Adrienne Hacker, Leslie Bingham, Karen Lopez, MaryBeth Wilkinson and Barbara Quirk, announced the new 12 Herb Cookbook (100 pages) will go forward for publication in late spring.
4. Speakers Bureau: Lsleie spoke at Hunter's Run Garden Club's November meeting. She reported the members were very interested in the uses of culinary herbs and promised to visit our meetings.
5. On January 14 Leslie will present on the 2016 Herb of the Year, Capsicum. It will be a spicy new year, so



come and find out all you ever wanted to know about peppers.

6. Bylaws review and update committee is still in process.
7. Update on King William Parade – Need a new chair as Beverly Tibbs is retiring, if anyone is interested in chairing this event please let Leslie know or put your name on the clipboard. We need someone so please consider chairing or co-chairing.
8. Leslie asked if anyone has had any difficulty navigating the SAHS web pages.
9. Robin has items left from the October Herb Market for sale. Mint tea in a 1/2 C jar with decorative lids are \$5. Salt & dried herb blends in packets are \$3.
10. Grace again thanked all the volunteers who helped out at the October Herb Market and asked for a show of hands.

Submitted by Grace Emery and Leslie Bingham

Program: Ken Edmonds, sous chef

Grace Emery introduced the guest speaker Ken Edmonds, a *sous* chef from Cured Restaurant at the Pearl.

Ken's formal training culminated when he graduated from Culinary Institute of America in San Antonio in 2013. His early training, however, was in his mother's kitchen where he gained not only an appreciation for simple and wholesome cooking, but also one for using simple combinations with only a few ingredients to develop flavorful and satisfying dishes.

Ken emphasized the use of herbs for not only fragrance, but for feel in any

He explained further that he prefers to cook by technique more than by a recipe. His favorite knives are by Shun and his favorite utensils are cast iron.

Ken explained his demo for the evening, a pork loin accompanied by polenta with a sauce overall. The pork loin was marinated only briefly (long marination, he explained, doesn't help a thing) then seared on all sides then allowed to finish in the



taste and even completed dish.

oven. (We were asked to pretend the oven was right behind him this evening.) While the pork is finishing, he prepared the polenta and added fresh herbs and Swiss chard. This combination is simple per his personal rule. The result of a taste, however, had everyone admiring the delightful "mouth feel" of the different textures of the polenta and fresh vegetable pieces.

The sauce was simply a reduction of pan drippings, red wine, more herbs, butter and garlic - deep, dark and aromatic.

All in all, the demo was great, the resultant food terrific and our appreciation of simple cooking increased.

Membership

Our membership, year-end, stands right at 100. Here's wishing each of our terrific members a wonderful Holiday Season. May you find rich meaning in these special times.

Cookbook Volume III Committee

This committee is in the process of finalizing the collection of recipes to be included in this newest of the SAHS publications. The new book will be a simple compilation of recipes that include those herbs listed in our handout covering the 12 best herbs for this end of Texas. Committee includes Grace Emery, Marilyn Nyhus, Leslie Bingham, Barbara Quirk, Adrienne Hacker, Karen Lopez and newest member MaryBeth Wilkinson. Former SAHS member, Marguerite Hartill (recently moved to New Hampshire) has agreed to help with the book editing and layout tasks.

Get in touch with Grace Emery for more information or to help out.

SAHS Constitution and Bylaws

Earlier this year, the Board determined that our bylaws could stand a review and possible updating. A group of volunteers has met a few times to discuss items within those documents requiring attention. This is NOT a closed committee or effort. This group welcomes your input. It especially welcomes those persons who are well-versed in standard parliamentary procedures.

The idea is to make our governance timely yet broad enough to allow the Board to make decisions that will benefit the entire organization and encourage its growth.

Please contact any board member for information.



Treasurer's Report, October 2015

Submitted by Grace Emery

INCOME

Misc income from October Herb Market (includes books, teas, salt blends)	899.00
Subtotal - INCOME	\$899.00

EXPENSES

Garden Center, rent	85.00
Garden Center, attendant's fee	45.00
Herb Market Sponsor fee	400.00
Change for Herb Market	200.00
Brian Gordon (speaker - October)	50.00
Checks /deposit slips - print fee	57.79
Subtotal - EXPENSES	837.79

NET TOTAL (Income-Expenses) **-\$61.21**

ASSETS

Frost Cert. of Deposit	\$1,215.33
Frost Checking	4,103.61
Frost Saving	439.42
Scholarship Fund	1,096.94
Cash on Hand	50.00
TOTAL	\$6,939.57

Note: 2015 August report is pending Board review.

*DISCLAIMER: Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional.
Herbal formulas are given for reference purposes only.
Use of any information mentioned in this newsletter are at the decision and discretion of the individual.*

'15 - '16 SAHS Board Officers & Members

Leslie Bingham - President

lesliegw@live.com

Grace Emery - Vice-President / Program Chair
210 875-6919 C, gemery49@yahoo.com

Robin Maymar - Membership Chair
210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Gloria Ortiz - Secretary, Recording (on vacation)

Karen Lopez - Treasurer i_quilts@yahoo.com

Mike Belisle - Publicity / Speaker's Bureau Contact
210-826-6860 H, mbelisle@satx.rr.com

Lyn Belisle - Webmaster & Green List Coordinator
210-826-6860 H, belisle@satx.rr.com

Joe-Beth Kirkpatrick - Newsletter
210-590-9744 H, joby53@gmail.com

Jane McDaniel - Hospitality and Weeder Extraordinaire
210-930-1026 H

Leslie Bingham - Hospitality

Yvonne Baca - Immediate Past President
830-537-4700 H; 210-313-8705 C; yvonne943@yahoo.com

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.

2016 Membership Form on Page 7. Don't forget to renew your membership today!

SIG-nificant Events

Culinary SIG I

It's November and for our SIG that means it's tamalada time at Jeanne's house. With some members out of town, having work commitments, recovering from surgery and so on, we were a small but jolly group with plenty of elbow room that gathered around a kitchen table to turn out dozens and dozens of delectable tamales for the holidays.

We made a number of varieties, including a finely-diced faux chicken, rice, rotel tomato and cilantro filling and one with refries spiked with jalapenos, onion, spices and cilantro. Another faux chicken filling also included fire-roasted tomatoes, squash and corn. An unusual filling featured whole black beans, chunks of sweet potatoes cooked in an apple cider vinegar and soy sauce broth, combined with sautéed leeks and garlic, and tossed with a non-dairy cheddar. Another filling combined soyriso and refries, seasoned with onions and refries. We took mini-breaks during our busy afternoon to sample a tasty corn salsa and French lentil dip with chips, and a beautiful beet and orange segment salad that rested on a bed of arugula, and dressed with a dash of rosewater.

Several hours later of the best kind of work and lots of chatter, we left for our homes with many bags of tamales to steam that evening (and your correspondent can testify that the tamales turned our muy bueno!). Next month, Chris hosts our annual cookie exchange....yum! Stay tuned!

Submitted by Jeanne Hackett

Mad Hatters

There's a special get-together for a December Christmas lunch, dinner or tea. Plans pending as of press time. Come join us in December and help us plan for next year's Tea events. The welcome mat is out at the Mad Hatters; come be part of all of our Tea adventures!

Contact me at lnbdesignline@aol.com.

Submitted by Linda Barker

Herbal Crafts SIG

The Herbal Craft SIG met at Beverly Tibb's house this past Saturday to make Mirrored Garden Charms. The small mirrors are attached to fishing line and hang out in the garden. When the sun hits the mirrors the light is reflected in the garden as if fairies are dancing for joy. Next month is the

planning meeting/ Christmas party for the Craft SIG. For our 10th anniversary of the SIG, we plan on revisiting crafts through the last 10 years.

If any of you would like to be part of our SIG, please contact Kathryn at kseippccc@aol.com New members are always welcome.

Submitted by Kathryn Seipp

Culinary SIG II

The Culinary SIG II did not be meeting in November because of the holidays. We plan a Christmas Cookie Exchange with field trip to Dripping Springs for the December

meeting.

January meeting is on the 4th Thursday (January 28, 2016)

For SIG meeting information, please contact Grace Emery at 210 875-6919 C, or gemery49@yahoo.com

Submitted by Grace Emery

Weed-n-Gloat SIG

No report for November—the group met on Dec 1 to do weeding and will send a story & photos later on.

Aromatherapy SIG

No report for November.

Please contact Jean Dukes at 210.566.4379 if you would like to join the group or if you have any questions.

Healthy Living with Herbs SIG

No report for November. Plans for December pending.

Texas Natural Living SIG

This group had a Christmas luncheon @ Hotel Emma at the Pearl on December 3.

October Garden Happy Hour

Garden Happy Hour is planned again in spring 2016. Many new members would like to visit established gardens, or even gardens in progress. We all learn new techniques and gain valuable ideas from seeing what other gardeners have done.

Would you consider having a Garden Happy Hour in your garden? Contact Robin Maymar at 210-494-6021

Submitted by Robin Maymar

Speaker's Bureau out in November

On November 18, Grace Emery presented "Lasagna" Gardening to Forest Oaks Garden Club in Leon Valley.

Spoiler alert: This type of garden has nothing to do with growing lasagna...instead, it's a method of layering your garden base to prevent weeds and encourage healthy soils.

The members were excited to learn about a no-dig, no-till and accessible method of gardening - especially vegetable gardening. Marilyn Nyhus brought a container made to show the layers typically employed; it has almost completely turned to a friable (fluffy) soil. The club decided right then to use this gardening method at the new Leon Valley Chamber building beautification project. It is so simple that it could encourage many of that community to begin their own low-maintenance gardens. Maybe more folks would come visit the garden club to learn more!

While you will be maintaining a lasagna garden the same way you would care for any other garden, you will find that caring for one is less labor intensive. You can expect:

Fewer weeds, thanks to the newspaper suppressing them from below and the mulch covering the soil from above;

Better water retention, due to the fact that compost (which is what you made by layering all of those materials) holds water better than regular garden soil, especially if your native soil is sandy or deficient in organic matter.

No need for packaged fertilizer because you planted your garden in almost pure compost, which is very nutrient-rich.

Soil that is easy to work: crumbly, loose and friable.

Submitted by Grace Emery





San Antonio Herb Society Membership Application/ Renewal
January – December 2016

If you joined after October 1, 2015, you are a member through December 2016.

<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 your skills): _____

Newsletter, "La Yerba Buena": write articles; help coordinate regular features, etc.

Speaking at one of our meetings—your topic(s) _____

Maintaining the Herb Patch at San Antonio Botanical Garden

Maintaining a SAHS 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

Nature's Herb Farm

Mary Dunford
7193 Old Talley Road, #7, SATX 78253
210-688-9421
www.naturesherbfarm.com

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

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

Nematode Nick's

Landscape Design & Installation
Organic Landscaping, Organic Fertilizing
3561 Kusmierz Rd., St. Hedwig, Texas 78152
210-667-1500
www.nematodenick.com

San Antonio's Gourmet Olive Oil

Christine Arredondo
1913 S. Hackberry, SATX 78210
210-257-5946
<http://sanantoniooliveoils.com/>

Bolner's Fiesta Spices

Mike Bolner, VP, Sales & Mktg
426 Menchaca, SATX 78207
<https://www.fiestaspices.com> comp 12/15

Cris Goloby

Adjunct Instructor, St. Philip's College
Dept of Hospitality, Tourism & Culinary Arts
210-860-7194; cgoloby@aol.com comp 12/15

It Makes Scents

Natural Health Counseling & Essential Oils
Jean Dukes, RN, CNHP, Cert. Aromatherapist
210-566-4379
itmakescents@earthlink.net
www.youngliving.org/makescents

San Antonio Yoga Center

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

Hens to You

Cheryl Morrisey
Elmendorf, Texas
210-635-7269
rosepink5@aol.com

Jupe Mills Feed

14906 Bandera Rd., Helotes, Texas 78023
210-695-3551
<http://www.jupefeeds-sa.com/> 1 yr complimentary

Health by Choice

Sil and Yoli Huron
2127 Santa Monica St., SATX 78201
210-735-9053
health4ever@barleybaby.com

Koch Ranches Gourmet Country Store

Cheryl Koch Ludwick
2114 Mannix Dr, SATX 78217
210-858-9795
www.kochranches.net

Yvonne Baca, LMT

Holistic Health Practitioner: Therapeutic Massage, Lymphatic Drainage, Aromatherapy, Reiki Master, Therapeutic Touch, Akashic Record Consultations
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210-313-8705 C
yvonne943@yahoo.com
<http://www.boerneholistichealth.com/>

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www.lynelbelisle.com
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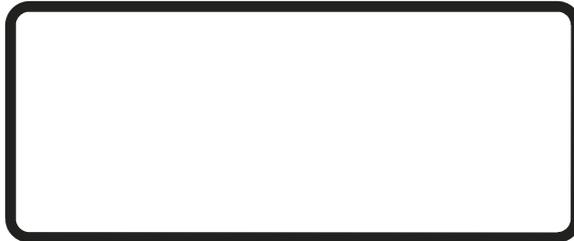
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