



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 214, JANUARY 2008

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

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

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



January Program



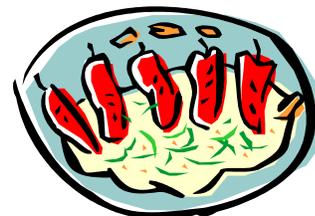
Get ready to find out about the world of Mexican avocados and their aromatic leaves.

These are not what you typically find in the supermarket. Bill Schneider of Devine Avocados is going to talk to us about how he found and bred some wonderful varieties of avocado that can take the heat and cold in South Texas. The skins are so delicate on the fruits that you don't have to peel them.

But the real surprise is the anise aroma and flavor in the leaves. We will find out about some of the traditional uses for the leaves—medicinal and culinary—along with some contemporary uses. A discussion of cultivating this special variety of avocado will be accompanied by tips on how to prepare and use the aromatic leaves. And, of course, recipes will be available.

Come see, touch, and smell the aromatic leaves of the Mexican avocados, and see what new ideas you'll get for your garden and kitchen!

The meeting is on Thursday, January 10, 2008. The program will begin at 7:00 (with refreshments served beginning at 6:30) at the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. The meeting is free and open to the public. For more information, check out our web site at www.sanantonioherbs.org



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Members with the last names starting with **E-K**, please bring refreshments to the January meeting. Please be sure to pay attention to when it is your turn for refreshments and do your part by bringing some finger foods to share. Email your recipe to: karyrebecca@yahoo.com and we'll likely publish it in the next newsletter.

HELP WANTED

The following positions need to be filled for the 2008 SAHS Board:

President
Vice President of Programs
Vice President of Membership
Publicity Chairman and
Newsletter Layout

If you have the capability and a desire to fulfill any of these positions, please contact Carol-lee Fisher @ 681-6815.

Thank you!

November 2007 Treasurer's Report

Submitted by Jennifer Hubbard

| | | |
|--------------|------------|---------------------------|
| BEG BAL | \$3,616.86 | |
| INCOME | \$20.00 | MEMBERSHIP DUES |
| | \$111.93 | COOK BOOK SALES |
| EXPENSES | (\$60.00) | LORI CAPES/ENTERTAINMENT |
| | (\$85.00) | SA GARDEN CENTER |
| | (\$32.31) | DIANE LEWIS / UPS |
| | (\$120.00) | CAROL-LEE/ TURKEY BANQUET |
| END BAL | \$3,451.48 | |
| 2 YR CD | \$1,058.80 | |
| SVNGS ACCT | \$1019.14 | |
| TRANSFERS | 0 | |
| TOTAL ASSETS | \$5,529.42 | |



TUSSIE MUSSIES....



...to Marguerite Hartill, Christmas Banquet Chair, and her crew of helpers who planned, prepared, and decorated, for the banquet. Thanks also to everyone who stayed and helped clean up, too. A great time was had by all. The SAHS consists of a lot of individuals working together, each doing their part, that's what makes it such a great organization to be a part of. Thanks to everyone, but especially Marguerite for coordinating it all!

Report on the November 2007 San Antonio Herb Market

Another successful herb market is behind us. Our SAHS booth brought in \$1,217.10 for our organization with proceeds from 33 SAHS cookbooks, 8 Basil books, 6 Oregano books, 15 single memberships, 3 dual memberships, and \$125.10 in raffle tickets. Many thanks to everyone who participated and helped me in so many ways, including Mary Andersen, Diane Bell, Jackie Compere, Don Crites, Joyce Efron, Mary Lee Estes, Margaret Field, Carol-lee Fisher, Carol Hamling, Marguerite Hartill, Sally Ann Hnatiuk, Jennifer Hubbard, Monica Hubbard, Rebecca Kary, Joe-Beth Kirkpatrick, Rosemary Kotrich, Beverly Lejeski, Robin Maymar, Mary Ellen McCormick, Janet Miller, Rosemary Michel, Lenore Miranda, Cindy Moore, Anne Morris, John Osmer, and Russ Patterson. If you missed signing in on the list and you contributed, thanks to you, too.

The food samples were fantastic, and everyone did a great job visiting with attendees about herbs and the San Antonio Herb Society. The members selling the event T-shirts brought in \$665 before expenses for the San Antonio Herb Market general fund, which helps make the event possible. Please give a special thank you to Jackie Compere, who donated her beautiful elephant ear leaf garden art for our raffle. The proceeds of the raffle are reserved for monthly programs and speakers. I would like to give another big thank you to all those who coordinated the volunteers while I presented "The Top Ten Herbs for South Texas." Great teamwork everyone! I am already looking forward to the next San Antonio Herb Market!

Diane Lewis

San Antonio Herb Market Chairperson for SAHS



Member Recipes



Pecan Tarts

Submitted by Jean Dukes

Dough:

4 oz. cream cheese
1 stick of butter
1 cup flour

Filling:

2 eggs
2 T melted butter
1 c. brown sugar
1/2 t. vanilla
1 c. chopped pecans



Blend dough ingredients to form tarts. Form tarts into mini cupcake tins. Fill each tart 3/4 full with filling. Bake in 350 oven for 15-17 minutes. Turn oven down to 250 and bake for 17-20 minutes longer.

Cream Cheese-Coconut-Pecan Pound Cake

Submitted by Karen Cabral

1 ½ cups butter, softened
1 8-ounce package cream cheese, softened
3 cups sugar
6 large eggs
3 cups all-purpose flour
½ teaspoon salt
¼ cup bourbon
1 ½ teaspoons vanilla extract
1 cup chopped pecans, toasted
½ cup shredded coconut



Beat butter and cream cheese at medium speed with an electric mixer until creamy. Gradually add sugar, beating at medium speed until light and fluffy. Add eggs, 1 at a time, beating just until the yellow disappears.

Sift together 3 cups flour and ½ teaspoon salt. Add to butter mixture alternately with bourbon, beginning (continued on next page)

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and ending with flour mixture. Beat batter at low speed until blended after each addition. Stir in 1 ½ teaspoon vanilla, toasted pecans, and shredded coconut. Pour batter into a greased and floured 12-cup tube pan.

Bake at 325° for 1 hour and 30 minutes to 1 hour and 35 minutes or until a long wooden pick inserted in center of cake comes out clean. Cool in pan on a wire rack 10 to 15 minutes. Remove from pan, and cool completely on wire rack.

Yield: 10–12 servings

Eggnog Pie

Submitted by Jackie Compere

6 ½ cups eggnog
7 tablespoons cornstarch
2 eggs
Whiskey or rum, optional
2 baked pie crusts or Athens' Mini
Shells (see below)
Garnish: whipped cream (or Reddi-whip or Cool Whip)
and fresh nutmeg



Fillo

Mix first three ingredients well and cook in microwave or on low heat on stove until thickened, using whisk to stir often. If desired, slightly increase cornstarch before cooking and add 2 tablespoons whiskey or rum after custard has thickened.

Chill and put into baked pie shells. Fits in two deep dish crusts in tins. Increase to 7 cups to fit two 9 ½" Pyrex dishes. Half of recipe fills about 30 frozen Athens' Mini Fillo Shells or one deep dish pie crust.

Chill. Garnish with shipped cream and freshly ground nutmeg, if desired. (Fillo shells get soggy quickly. Make and chill custard. Then fill and garnish cups just before serving.)

Baked pie: To make a baked pie much like a buttermilk pie, bake crust at 425° for 5 minutes and remove from oven. Reduce heat to 350°. Mix filling and put in pie shells or Pam-sprayed custard cups. You can cover the edge of crust with foil to avoid burning it.) Bake pie for 65 minutes or until a knife inserted in filling comes out clean and top is lightly browned. For custard cups, grease or spray cups and fill with mixture. Bake at 350° until set, about 35 minutes, depending on size of cups.

For one deep dish crust or 30–35 Mini Fillo Shells: 3 ¼ cups egg nog, ¼ cup cornstarch, 1 egg. For two 9 ½" Pyrex pie shells: 7 cups egg nog, 7 tablespoons cornstarch, 2 eggs.

Lavender Raspberry Jam Bites

Submitted by Eileen Achorn

Cream together:

1 cup butter
½ cup white sugar
1 egg
½ cup brown sugar
1 teaspoon vanilla

Mix together, then add:

2 ½ cups flour
1 teaspoon baking powder
2 tablespoons lavender flowers



If dough is soft, refrigerate 1 hour.

Divide into 8 equal parts. Shape each into a 1" x 1" x ¼" strip. Place on ungreased cookie sheets and allow room for some spreading. Make slight indentation down the center of each. Top with about 1 ½ teaspoon of jam per strip—about ½ cup total.

Bake 10–14 minutes at 350° until edges are light brown. Cool slightly.

Drizzle with:

1 cup confectioner's sugar
3 teaspoons water

Cut into bites cross-wise on diagonal.

Yield: 80+ bites.

Sage and Chipotle Sweet Potatoes

2 29-ounce cans sweet potatoes, drained
1 head roasted garlic
1/3 of a 7-ounce can chipotle chiles in adobo sauce, chopped
2 tablespoons brown sugar
1 tablespoon molasses
4 tablespoons sherry
4 tablespoons butter, softened
2 tablespoons fresh sage, minced
1 bunch green onions, chopped
½ cup Parmesan cheese, grated
Salt to taste



In a large bowl, break up the sweet potatoes with an electric mixer. Squeeze garlic cloves into bowl with sweet potatoes. Add the rest of the ingredients. Mix until blended. Place in a greased 2-quart casserole and bake at 350° for 30 minutes.

Serves 12.

Summary of December Meeting

submitted by Rebecca Kary

The Christmas Banquet was a sparkling success! The creative efforts that went into the decorations for the entire room were over the top. Imagine a Christmas tree with a toy train circling around it! The table decorations ranged from a host of angels to a beach-style Christmas with sand and shells.

Many thanks to the elves who decorated a table:

Karen Cabral and Kathy Bruce, Jean Dukes, Veronica Gard, Diana Fox, Sally Ann Hnatiuk, Rebecca Kary, Rosemary Kotrich, Diane Lewis, Janet Miller, Evelyn Penrod, and Martha Rodriguez.

Many members participated in the gift exchange. And the delicious selection of appetizers, side dishes, salads, and desserts were just bursting with flavor—herbal and otherwise. There's no way anyone could have tasted each dish. Thanks to everyone who contributed and participated!

We couldn't have done it without the volunteers who cleaned up afterwards: Mary Anderson, Diana Bell, Rosemary Kotrich, and Ginnie Perkins

We are most appreciative our business members who generously contributed the prizes for the end-of-the-year drawing:

1. 10x20 Herb Garden Designed by Diane Lewis won by Sil Huron
2. An Herbal Dinner for Four cooked and served by Veronica Gard and Carol-lee Fisher complete with story telling and an after-dinner board game won by Carol Hamling
3. Jean Dukes: Raindrop Therapy won by Carol lee Fisher
4. Elvia Ripley: Christmas Wreath won by Yoli Huron
5. Kumquat Tree: Everything's Roses Nursery in Atascosa won by Sil Huron

Are you wondering why the Hurons won three out of five drawings? Well, aside from a little luck, they attended our meetings faithfully and got to put more tickets into the pot. You can do that for 2008, too! Congratulations to all the winners.

Also thanks to Lori Capes who graciously provided a delightful program of music for the evening.

Everyone went home happy...and stuffed! It was a wonderful banquet—one of our best ever!



Banquet Fun

Entertainer
Lori Capes
puts
Camille Fiorillo
on the spot!

Mary Anderson
helped
decorate
& host
a table



Lori
having
our President,
Caro-lee
Fisher,
sing

Amy
&
Mary Lee
Estess
having fun
visiting



Herbal Teas for the Digestive Tract

by Rebecca Kary

In November, the Herbal Crafts Special Interest Group got together for a workshop led by President Carol-lee Fisher, Master Herbalist. She introduced us to six important herbs that promote healing and good functioning of the digestive system:

Slippery elm: A nutritious herb with a pleasing, nutty flavor made from strips of bark off the tree. A mucilaginous herb that heals any surface it touches and turns off inflammation. Also helps grow the myelin sheath on nerve endings. For someone with colitis, for example, start the day with slippery elm tea and drink it throughout the day, and avoid acid-forming foods (foods that require the production of more stomach acid to process and digest them).

Skullcap: A nervine (soothing to the nerves). Good for diarrhea, colic, anxiety, nervous stomach, fluttery stomach. For people who are all wound up and can't get settled. Helps heal tissues and calms stress that can cause or contribute to these ailments. Helps grow the myelin sheath. Not for use during pregnancy.

Chamomile: A nervine found in many tea blends that is also antibacterial and antifungal. Helps turn off histamines and inflammation. People who suffer from ragweed allergies may get similar symptoms from chamomile teas, since the plants are both in the daisy (Asteraceae or Compositae) family.

Ginger: A warming herb that perks up sluggish circulation. Good on a cold day. Great for motion sickness and nausea (the sugar in candied ginger helps turn off or slow down digestion). May be too much for people whose bodies "run hot" (those with an active liver). Not for people with heart problems.

Cinnamon: Turns the digestive system on, stimulates circulation, helps with nausea and diarrhea. A good alternative to ginger with its warming and drying properties. Not for use with a fever. As a drying herb, use for "wet problems" such as colds, but not for constipation or hemorrhoids, which could be exacerbated by its drying properties. OK for the heart.

Fennel seed: Any part of the plant helps turn off gas. Chewing the seeds works faster in conjunction with saliva. You can also use essential oil of fennel rubbed on the belly to help with gas.

Bitter herbs: Bitter herbs and foods (including bitter lettuces) are a great way to turn the digestion on before you start eating. This can be beneficial for people who suffer from acid reflux, since it opens and stimulates the stomach and intestines to process the food and move it down out of the stomach more quickly. Stress and heavily-sugared desserts at the end of the meal tend to slow down or stop the digestive process, so keep this in mind if you suffer from any digestive ailments. Several bitter herb blends and tinctures are on the market, such as **Angostura Bitters** (a primary ingredient in an Old-Fashioned and other cocktails in which it was used to cover up the flavor of quinine in tonic water) and **Swedish Bitters** (by Nature Works; www.swedishbitters.com; see also www.naturalherbalremedy.com), which contains aloe, manna, senna, rhubarb root, zedoary root, theriac venetian, angelica root, carline thistle root, myrrh, camphor, and saffron.

For adults 15 and older, Swedish Bitters can be taken daily (1 teaspoon in tea or water 4 times a day); for children under 12, two times a day. Try adding Swedish Bitters to your favorite herbal tea, such as chamomile or peppermint, before a meal.

Carol-lee started us off by making an infusion of each herb by itself for us to smell and taste. As we took a few sips to assess the taste, we learned about each herb's properties. We then each made our own blend based on what we thought would be beneficial—and what we liked best.

As Carol-lee discussed the herbs, she mentioned helpful tips and general information, such as the following:

1. When you use dried herbs, use only those that are fresh. When you purchase herbs, open the package and touch and smell the herbs. They should feel alive and have some sort of aroma—even if only a minimal "fresh" or grassy smell. If there is no smell, it's not fresh.
2. Medicinal infusions need 20–40 minutes to brew. For most teas, anything less than 10 minutes is considered a beverage tea. Set the timer. It's easy to forget how long it's been brewing when the telephone rings or someone knocks at the door. After brewing, strain the tea into another pot to cool it down to drink.
3. Herbal infusions for the digestive tract typically have a pleasing taste, whereas those for lung conditions tend to be bitter or objectionable to some people.
4. Stress stops or slows down the digestive system. An important thing to remember is that you should sit down and sip your herbal infusion. The motion of sipping and swallowing gets the digestive process—salivation and stomach muscle contractions—going. This can solve one of the problems of people who often have digestive problems—that they have a hard time sitting down long enough to give their bodies a chance to release some of the stress that causes their digestive problems in the first place. For this reason, (continued on next page)

(continued from previous page) a stress-relieving herb is usually added to digestive blends.

5. Use your herbal blend in a tea regularly for at least a week to give yourself a chance to see and feel how it acts in your system.

6. If we keep acid-forming foods to a minimum, we will help keep our mucous secretions neutral and non-inflammatory. The body produces mucous based on the most recent things we have ingested. For example, if we are heavy coffee drinkers and eat a diet based on lots of red meats, fats, sugars, and processed foods, our bodies produce more acid just to process them. Hence, when we step out and encounter some pollen that we react to and it causes our noses to run, we feel a burning sensation as the body tries to expel the allergen with acidic mucous. The acidic mucous can cause more inflammation and set us up for more infections more often.

We finished our session by partaking of the non-cream-based soups that each member had brought in a lunch topped off with salad and homemade, whole-grain bread. Carol-lee reminded us that in the past when we had a sick neighbor, friend, or family member, we would make a soup for them, whereas now, we are always in a hurry, and we tend to take sweets and pastries. The sugars in these quick foods tend to stop or slow down the healthy functioning of the digestive tract. Soups can help people heal and can help reduce inflammation as they are soothed with a nutritious meal.

We greatly appreciate Carol-lee Fisher's time and effort to impart some of her vast knowledge on herbs. Thank you, Carol-lee!

My Herbal Blend

¾ cup slippery elm
6 teaspoons skullcap
½ cup chamomile
¼ teaspoon cinnamon
½ cup fennel seed
2 teaspoons ginger root powder

Carol-lee is currently working on some herbal blends that address common female issues. Here's how to contact her about herbal blends in teas, tinctures, and salves, as well as herbal consultations:

Carol-lee Fisher
(210) 473-0872
aforkintheroad@sbcglobal.net

Recommended books:

The Desktop Guide to Herbal Medicine by
Brigitte Mars
The New Holistic Herbal by David Hoffmann
The Humorous Herbalist by Lauren Dewey

A good source of herbs:

Mountain Spirit Herbal Co.
www.mountainspiritherbals.com
(360) 385-4491

Herbal Crafts Special Interest Group

Our first meeting for the year is scheduled for Saturday, January 19, 10 a.m.–12.

We will be partaking of homemade goodies as we brainstorm and set our schedule of activities for the year. Come join us!

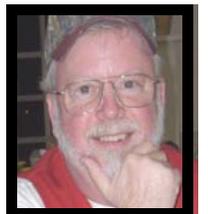
Contact Rebecca Kary for details: karyrebecca@yahoo.com

BRIAN'S JANUARY TO-DO LIST

Please note, most of the information shared here was obtained from Research-based sources (see contributors acknowledgments below), and from individuals who are considered very knowledgeable on a particular subject. While some little tidbits here may be of interest, they should be taken "with-a-grain-of-salt". (compiled by MG Brian D. Townsend)

In the soft, warm bosom of a decaying compost heap, A transformation of life to death and back and again is taking place. –J.I. Rodale, Founder of *Organic Gardening* magazine

(continued on next page)



1st WEEK:

Protect tender plants with covers or mulch when freezes are forecast. Remember that plastic and/or cloth over a plant or a greenhouse will heat up if the sun appears. Be prepared to open it up for ventilation. (* Plastic directly against leaves in a freeze can actually conduct heat away and freeze-burn the leaves. - *me*)

Cut off the frozen tops of lantanas, firebush, poinciana, esperanza and other root-hardy plants and perennials at any time. If the brown foliage and stems don't bother you, leave them as cover, until early spring, for the base of the plant and for birds as foliage for shelter and to search out food.

Do not be too quick to toss plants that appear to be frost-damaged. If the cold was not severe, the stems might not be damaged.

Midwinter is a good time to plant fruit trees and pecans. If you are in heavy clay soil, use an 8' x 8' raised bed for fruit trees. If you have enough room for a pecan, consider the Pawnee variety. It matures early, has aphid resistance and makes an attractive tree.

In Our Herb Garden: Plan spring herb garden, consider location, space, size, shape, sun, and plant groupings. * Plan companion planting. * Review seed catalogs and visit with herb growers as to new varieties and then order seeds. * Keep in mind as you read and plan that many herb books, and even seed packets, are written for growing conditions other than ours (we are zone 8b, and we even have our own microclimates). * Start seeds of perennials and later annuals in a cold

frame or greenhouse. * Temperature extremes (abnormally high day/night, then a hard freeze blow in) during winter months may cause new growth for perennials and resultant freezing. Mulch should help protect plants. Wait until the ground warms to remove frost victims.

* Spruce up the garden. Remove fall debris (and compost it). -

HERBS: A Resource Guide for San Antonio

2nd WEEK:

Order seeds for spring vegetable and flower gardens. - *CF*

Prepare garden beds for spring planting by working in organic matter.

Prune, or clean out perennials killed or damaged by frost.

Now is a great time to build walkways and retaining walls.

3rd WEEK:

Go after "Christmas tree" mulch at the Bitters Rd. Brush Site.

Start tomatoes, peppers and warm-weather seeds now so they will be ready for 1 gal. or larger containers in early March.

4th WEEK:

Finalize your vegetable garden design in preparation for planting next month. Consider adding drip or soaker irrigation for more efficient watering.

Work compost or manure into beds in preparation for spring vegetable planting. - *EO*

Many thanks to my contributors for sharing their wisdom so I can learn and share it with you.

This is a very abbreviated version of Brian's To-Do List. Read Brian's **complete, unedited** list on the SAHS website at

www.sanantonioherbs.org/todo.htm

'07-'08 SAHS Board Officers

Carol-lee Fisher-President

681-6815, aforkintheroad@sbcglobal.net

Carol Hamling - Vice President Membership

493-8713, obith@satx.rr.com

Jennifer Hubbard - Treasurer

326-4433, jennhubb27@yahoo.com

Rebecca Kary - Secretary / Newsletter Editor

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Lyn Belisle - Publicity / PR / Webmaster

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Jean Dukes - Newsletter

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Helga Anderson - Historian

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Sandra Lyssy - Hospitality

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Patty Wilson - T-shirts, Cookbooks

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Robin Maymar - Flyer Coordinator

494-6021, frog23@texas.net

DISCLAIMER

Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only and a person may have a reaction to any herbal product even though it is not a toxic substance.

Business Members

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

Aveda Institute of San Antonio

Contact: Holly Zapata
312 Pearl Parkway
SAT 78215 (210) 222-0023
info@avedaisa.com
www.avedaisa.com

Barleybaby.com

(Nutrition and Whole Foods)
Sil & Yoli Huron, CNHP
(210) 735-9053
health4ever@barleybaby.com
www.barleybaby.com

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(210) 696-7505
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Atascosa, TX 78002
(210) 622-9874 (210) 663-9874
potternerd@sbcglobal.net

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210.633.4554
www.thehappygardener.info/sherylraineri.htm
thehappygardenerTX@sbcglobal.net

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