



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 208, JULY 2007

visit us online at www.sanantonioherbs.org

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

The Legendary Gardens of Monticello to be Featured at the July 12th Meeting

Mark your calendars!! 6:30 p.m. for food & fellowship.

Program begins promptly at 7 p.m. Don't miss our look back in time to the growing of herbs by Thomas Jefferson in early America.

"No occupation is so delightful to me as the culture of the earth, and no culture comparable to that of the garden."

When asked about Thomas Jefferson, you might first think of him as president or author of the Declaration of Independence, among many other accomplishments. Of all the hats he wore, however, he was a devoted botanist and gardener who taught us to plant close to the kitchen for easy harvest. Jefferson's central reference to herbs was a list of sixteen medicinal, fragrant, and culinary herbs in 1794.

Join us as teacher, researcher, and gardener extraordinaire Patricia Meyers takes us on a trip back in time to Jefferson's legendary gardens at Monticello, which are beautifully preserved to this day. The grounds at Monticello include more than twenty flower gardens, two orchards, the vineyards, and nurseries. The vegetable garden alone covers two acres.

Patricia will give us some insight into Jefferson's cultivation of herbs, and the program will include slides showcasing the flowers, trees, and vegetables at Monticello, one of the great landscape treasures in our country.

Jefferson spent the last seventeen years of his life working and overseeing the grounds at Monticello. He was an avid collector of seeds and plants—whether from the Lewis and Clark expedition or from his sojourns in France. He also tirelessly recorded infinite details of the workings of the grounds and gardens.

The meeting will be held at the San Antonio Garden Center, 3310 N. New Braunfels (corner of Funston and N. New Braunfels), at 7 p.m., with refreshments at 6:30 p.m. Visitors are welcome, and there is no charge. Enjoy the camaraderie of fellow enthusiasts as you learn more about the wonderful world of herbs.

—Lorraine Jennings, Program Chairperson



Refreshments

Members with the last names beginning with **A-D** are asked to bring refreshments to the July meeting. If you miss your turn, please bring food the following month. Please arrive by 6:30 so all can enjoy your dish. Don't forget to email your recipe to karyrebecca@yahoo.com and we'll likely publish it in the next newsletter.

SAVE A TREE



If you are willing to receive your newsletter electronically, please contact Lyn Belisle @ belisle@satx.rr.com to sign up. Advantages? Receive the newsletter before everyone else; all photos are in color (so your newsletter looks really great when printed out); and it saves our SAHS valuable resources, such as stamps & paper. **GO!!! GREEN!!!**



TUSSIE MUSSIES...

...a **BIG** thank you to Syeira Budd for all her many years and hard work in producing *La Yerba Buena*. Thanks, Syeira, for the great newsletters you put out over the years!

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GREEN TIPS...

By Lyn Belisle

Part of “going green” is finding and using alternatives to harmful synthetics and chemical cleaning products in our everyday housekeeping. Here is a formula that uses natural essential oils from plants to make a basic mixture that can be diluted and used as a fragrant and effective cleanser in many ways.



Very Best Kitchen Cleaning Formula

10 drops Lavender Essential Oil
10 drops Lemon Essential Oil
5 drops Rosewood Essential Oil (Note: this rainforest tree has been taken off the endangered list, so I now feel free to use it again – it is a wonderful EO)

You can use this mixture in several ways, but I find the easiest way is to mix it undiluted in a dropper bottle and add a few drops to cleaning water, or a drop or two on a sponge before wiping kitchen surfaces. It's wonderful in dishwater when you are doing dishes by hand.

August Meeting—Care to Share?

This meeting will be on August 9th

Ask members of the San Antonio Herb Society about their favorite meeting and many would say the **Annual Sharing Session** which will be held this year in August. SAHS members bring anything herbal to share with others—it might be plans for a raised, three-tier herb garden, a recipe for rosemary muffins, a newly discovered book on herb growing, or a method for making scented herbal greeting cards or bath salts. Handouts, samples, and examples are often provided as members gather in a large circle to exchange resources and inspiration.

This meeting is a treasury of ideas from some of the best herb growers in the region—us! Join us in August to teach and learn about the useful herbs that we all love.
Lyn Belisle

Plan NOW for the SAHS

Herb Garden Tour!

WHEN: Saturday, Sept. 29, 2007
8 A.M. – 12 noon

Calling all gardeners!

It's been a wet spring. Everyone's garden is responding with lush growth and transplants are filling out. To showcase some of our member's gardens, plus serve as a fund-raiser for the Herb Society, we are having an

Herb Garden Tour on Saturday Sept 29, 2007. Now is the time to contact Carol-lee and sign up your garden to be on tour. If you are interested in participating, here are the requirements:

1. At least one area of your garden must be an herb garden.
2. You must be home September 29th to host and show your garden.
3. You must be a member of SAHS.
4. You must be willing to have your garden photographed for the newspaper article.

If you know of someone who has a special herb garden, but who is too shy or modest to sign up, why not make a nomination? We plan on doing lots of advertising to attract visitors to this event. Tickets for the tour will be sold in advance for \$5.00.

San Antonio Herb Society members and the public will be invited to visit five members' gardens to be exposed to the beauty and versatility of herb gardening. It is our hope that some of the people will be inspired to plant their own gardens and join our wonderful organization. Call Carol-lee Fisher today to sign up your garden @ (210) 681-6815.

Here are some recipes from Lyn's article last month that we couldn't fit in:

Insect Repellent

10 drops lavender
5 drops citronella
5 drops geranium or cedarwood

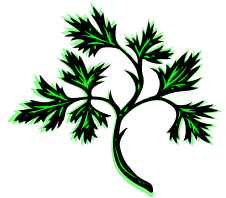
Blend into 2 ounces of sweet almond oil for a skin-softening repellent, or into 2 ounces vodka for an alcohol-based repellent. If using vodka, keep away from eyes and broken skin.



Stinky Sneaker Zapper

2 tablespoons bicarbonate of soda
10 drops lavender EO
8 drops rosemary EO
5 drops sage EO

Mix dry powder and EOs together in small Ziploc bag. Sprinkle half the mixture in each stinky sneaker. Leave overnight and tap out and discard mixture next morning (or leave longer for extra-stinky sneakers).



Spring Green Salad

Contributed by MaryEllen McCormick

Generous servings of: young arugula, spinach and mixed field greens, rinsed and crisped.

3 navel oranges, peeled, sliced thin

1 small red onion, sliced thinly into rings

3-4 tablespoons toasted pine nuts



Zesty vinaigrette:

4 tablespoons white wine vinegar

3 tablespoons white balsamic vinegar

1 tablespoon shallots, minced

2 teaspoons Dijon mustard

1/2 teaspoon high quality sweet paprika

1 tablespoon freshly chopped arugula

Salt to taste

1/2 cup best quality olive oil

Mix vinaigrette ingredients together slowly whisking in olive oil. Will be a rich orange color. Shake well before drizzling over salad.

Some variations:

Can use toasted slivered almonds, pecans, walnuts in place of pine nuts; mandarin oranges in place of fresh.

Also, for quick salad, drizzle greens with balsamic vinegar and extra virgin olive oil, sprinkle with freshly grated parmesan cheese.

Member Recipes

Grape Salad

Contributed by Barbara Scribner

3 cups seedless grapes (green or red)

1 or 2 cups whole pecans

1 cup sour cream

1 cup brown sugar

1 teaspoon almond extract

Mix last 3 ingredients and pour over grapes and pecans. Toss. The secret is the almond extract.

Source: Wilma DurryBlue

Cheese Tapenade

Contributed by Lorna Peters Dressler

32 ounces drained pitted black olives

4 large cloves garlic

3/4 cup pine nuts

2/3 cup olive oil

8 ounces cream cheese

1 pound blue cheese, crumbled

Combine all ingredients in food processor until blended. Makes 8 cups (1 cut it in half).

Up 'n' Coming

Opportunities

May 2007 Treasurer's Report

Submitted by Jennifer Hubbard

BEG. BALANCE	\$5337.75.
INCOME	\$170.00 MEMBERSHIP DUES
	\$20.00 SHIRT SALES
	\$40.00 COOK BOOK SALES
EXPENSES	(\$50.00) FEST / FLOWERS BOOTH
	(\$36.78) VOICE MAIL
	(\$246.00) POSTAGE
	(\$85.00) GARDEN CENTER FEE
	(\$25.00) ATTENDANT FEE
	(\$51.25) BADGES
	(\$27.00) KW PARADE BUBBLERS
	(\$202.14) PAPER / NEWSLETTERS
END. BALANCE	\$4844.58
2 YR CD	\$1,058.80
SVGS ACCOUNT	\$1,016.61
\$ TRANSFERS	\$0.00
TOTAL ASSETS	\$6919.99

Herbal Crafts SIG

Next meeting: Saturday, July 21, 2007;
10 a.m.–12 noon

Contact Rebecca Kary for details 200-8512
or karyrebecca@yahoo.com.

Aromatherapy SIG

This SIG has a few openings. Contact Lyn
Belisle for details 826-6860 or
belisle@satx.rr.com.

Out of the Ordinary - Possibilities in Health Conference

July 28-29, 2007; 8a.m.-5p.m.

The Crossings Resort & Spa in Austin
To register: 210 495 0050 or online @
www.the.wholebeingwellnesscenter.com.

If You Couldn't Make it to the Western Banquet on June 14th, Here's What You Missed!

Before 6:00 p.m., the hall was already buzzing with anticipation. Barbecue sauces were submitted for judging in the contest in the side room. The table-decorating committee was exceptionally creative. Different tables had different themes and used everything from old cowboy photos and bandannas to Western sculptures and cactus centerpieces. The appetizers and herbal teas tied us over until 7:00 p.m. when President Carol-lee Fisher unofficially called the banquet to order.

Meanwhile, in the side room, San Antonio's finest culinary celebrity judges were secretly wrapping up their decisions on the best sauces: John Griffin, Dining Editor from the San Antonio Express-News, Brian Montgomery, Owner/Chef of the Texas Farm to Table Café at the Pearl Brewery (www.texasfarmtotable.com) and Carl Pierro, Sous Chef from the Neiman-Marcus Mariposa Café.

The judges came out of the side room with Janet Miller and Lorraine Jennings, who did a great job organizing the contest and entries, and announced the **winning barbecue sauces**. Thanks to Carol-lee and Nature's Herb Farm for supplying the prizes: beautiful pots and basket brimming with plantings of a variety of herbs.

We'd like to thank all the contestants for participating in a most scrumptious endeavor, which we all benefited from in the buffet line: **Linda Barker** (Kingsley's B-B-Q Sauce), **Lyn Belisle** (Barbeque Sauce with Texas Tarragon and Ruby Red Grapefruit), **Jackie Compere** (Cowboy Hot 'n' Sour Barbecue Sauce), **Mary Lee Estess** (My Mom's Bar-B-Q Sauce), **Diana Fox** (Sir Prize's San Antonio Barbecue Sauce), **Jennifer Hubbard** (Swine Sauce), **Diane Lewis** (Texas Sweet Onion and Ancho Chile Barbecue Sauce), and **Rick McGowan** (Rick's Down Home Bar B Que Sauce).

The buffet line formed once the barbecue sauces were on the serving tables. Sil Huron and Marguerite Hartill decorated the main table like a chuck wagon. Yee hah! The side dishes the members made lived up to the society's reputation for making some of the best eats in town. We really should have a cole slaw contest next time, considering the wonderful variations that complemented the brisket and sauces so well.

Just when we thought it couldn't get any better, the Texas Thunder Cloggers (www.texasundercloggers.org) got up on stage in their spangled outfits and put on an energetic performance that included some traditional and modern dances.

Our very own Joe-Beth Kirkpatrick, an alumna of the Thomas Jefferson High School lassos drill team, performed some twirling rope tricks to oohs and aahs of the crowd. She even managed to get some audience participation who found that it's harder than it looks. Thanks, Joe-Beth! Big thank yous to Program Chairman, Lorraine Jennings, to all who decorated tables, prepared food, to Sil Huron for the great Chuck Wagon, to all who participated in the contest, to Marguerite Hartill for all her planning and coordination, and anyone else who helped make the banquet a great success. The SAHS is a great group!



1st place—Evelyn Penrod's

Barbecue Sauce

- 4 cups ketchup
- 2 cups water
- 4 ounces butter
- 1/3 cup balsamic vinegar
- 1/2 teaspoon coriander
- 10 basil leaves, cut up
- 1 tablespoons rosemary, fresh ground
- 2 tablespoons brown sugar
- 1 bay leaf
- 2 teaspoons sea salt
- 1 1/2 tablespoons Worcestershire sauce
- 1 teaspoon paprika
- 1 teaspoon granulated garlic
- 1/2 teaspoon cayenne
- 2 teaspoons dry mustard
- 1 1/2 teaspoon dill
- Crushed black pepper to taste

Mix all ingredients in a sauce pan and simmer.



Many thanks to Marguerite Hartill, this year's Banquet Program Committee Chairman, and all the volunteers! The following members were kind enough to come early, set tables, and share their creativity to make the banquet a success:

- Mary Anderson
- Linda Barker
- Frankie Campbell
- Diana Fox
- Carol Hamling
- Jennifer Hubbard
- Monica Hubbard
- Rosemary Kotrich
- Diane Lewis
- Yvonne McGowan
- Evelyn Penrod

2nd place—Rebecca Kary's

Citrus Barbecue Sauce

- 2 medium onions, finely chopped
- 1 tablespoon ground dried pasilla chiles
- 1/4 teaspoon ground dried red cayenne chile
- 1 fresh ancho chile, seeded and finely chopped
- 2 tablespoons olive oil
- 1 cup orange juice, freshly squeezed
- 1/2 cup lime juice, freshly squeezed
- 2 tablespoon lemon juice, freshly squeezed
- 1 teaspoon salt
- 1/4 cup fresh cilantro, chopped



Sauté onion, ground red chiles, red pepper and ancho chile in oil, stirring frequently, until onion is tender, about 5 minutes. Stir in remaining ingredients, except for cilantro. Heat to boiling, reduce heat to low. Simmer uncovered, about 10 minutes, stirring occasionally. Add cilantro right before serving. Makes about 2 1/3 cups of sauce.

3rd place—Marguerite Hartill (Mom's Barbecue Sauce)

- 1/4 cup canola oil
- 1 small onion (diced)
- 2 teaspoons fresh onion chives (chopped)
- 1/2 cup Worcestershire sauce
- 1 cup ketchup
- 2 teaspoons chili powder (more if you like it spicy)
- 1 teaspoon dry mustard
- 2 tablespoons sugar
- 2 tablespoons brown
- 1/4 cup white vinegar
- Salt and pepper to taste
- 1/4 cup water



Sauté onion and chives in oil. Add remaining ingredients and simmer for about half an hour. Serve on your choice of meat.

Brian's July To-Do Compiled by MG Brian D. Townsend

Read Brian's unedited to-do list on our website at www.sanantonioherbs.org/todo.htm.

In his garden every man may be his own artist without apology or explanation.

Here is one spot where each may experience the "romance of possibility."

—Louise Beebe Wilder



1st Week:

- Container plants sitting in full sun may be taking a beating in the 100-degree heat. Move them to a location where they get shade from 3:00 on. If the root balls of container plants have dried out too much, water will just run down the side. Soak the plant for 10-15 minutes to correct the problem. Monthly feeding (go lightly) with fertilizer encourages growth.
- If tomatoes are infested with SPIDER MITES, harvest the remaining fruit and pull up and discard the plants to the compost pile.
- Water lawns only when grass blades first show signs of wilting in the morning. Apply 1/2-5/8" on each of two consecutive mornings to encourage deeper roots. If you have Bermuda, zoysia, or buffalo grass, save water and let it go dormant until fall.
- Seeds from many spring-blooming flowers are mature and can be harvested, stored, and then planted later this fall in your landscape.
- July is a good month to prune oaks and avoid OAK WILT threat. Paint pruning wounds immediately to be safe.
- **In Our Rose Garden:** Since the roses are not growing as rapidly as during the April-May-June period, they do not need as much fertilizer. One-fourth to one-third (depending on rainfall) cup of 10-20-10 scattered on the mulch once a month has seemed to be about right in our garden.
- **In Our Herb Garden:** This is a maintenance month. Continue to avoid drought stress, check and replace mulch layers, and pinch back blossoms. Trim back mints to ensure a continuous supply of young, tender leaves, and continue to cut them back throughout the summer (keep them off the ground!). Do not try to cure heat stress by spraying haphazardly during the mid-day. DO NOT OVERWATER. Enjoy harvesting dill, cilantro, basil, and other annuals that go to seed in the heat. Feed basil after harvesting. Note on saving seed: Ideal storage conditions are 45 degrees (F.) and humidity below 50%. Store freshly harvested seeds in brown paper bags until thoroughly dry. Try not to store for more than 1 year. Parsley seeds especially should be fresh each sowing season. Till, compost, and prepare fall garden area.

2nd Week:

- Raise mower height in turfgrass to help provide more shade for roots. Leave lawn clippings on the lawn to provide nutrients and organic material as they decompose.
- Hummingbirds will be bringing their young to sugar-water feeders now. Keep feeders clean, dumping old solution once a week (twice a week if in the sun and the temperatures are in the 90's) into a shallow pan for butterflies.
- Remove spent crape myrtle flower heads to encourage more blooms through September.
- Maintain mulch over the root system of young trees to increase growth rate by as much as 50% by controlling the moisture content and temperature of the soil, as well as providing necessary organics.

3rd Week:

- Plant asters, firebush, perennial garden mums, salvias, and marigolds (spider mites are less problematic in the fall) for fall bloom in sunny sites.
- Pinch back garden mums for the last time.
- Remove suckers from the base of fruit trees.
- Skim the top of lantana and verbena with a string mower every six weeks to keep the plants blooming consistently.
- Trim leggy petunias and impatiens to promote new growth and new flowers.
- If you need more summer color in your landscape, use periwinkle, moss rose, firebush, lantana, and esperanza in sunny spots. Use firespike, coleus, caladiums, or impatiens in the shade.
- Turk's cap and shrimp plant are good blooming plants that attract hummingbirds and grow in light shade.

4th Week:

- The last of July or first part of August is the time to incorporate organics, such as fish meal or alfalfa, into the soil to boost fall bloom.
- Plant your fall vegetable garden (or start in shelter if the temperature is hovering around 100 degrees). A soaker

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hose is a simple method to install drip irrigation in vegetable gardens and flower beds, but don't turn the faucet on full blast. A quarter turn of the spigot is all you need.

- Sandburs can be collected by dragging a carpet remnant over the area where they are growing.
- Firebush, planted in full sun on a patio, will attract hummingbirds. Use fire spike for shaded areas.
- Water apple and pear trees weekly.
- Check the moisture level of your compost pile.
- Prune dead or diseased wood from trees and shrubs. Hold off on major pruning until midwinter to avoid stimulating tender new growth.
- Select and order spring-flowering bulbs so they will arrive in time for planting.

Thanks to MG Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio.

Herbal Crafts March SIG Meeting

Here's some more recipes the Craft SIG would like to share with you:

Gardener's Soap

Pour 16 oz of liquid suspension soap into measuring bowl. Add 10–15 drops of essential oils. Add 3–5 tablespoons of pumice. Mix well. Add color, if desired, and mix very well. Pour into container and allow to rest overnight with lid open to remove bubbles and prevent condensation from forming.

Dusting Powder

In a bowl mix ½ cup arrowroot powder with 5–7 drops of essential oil of your choice. Blend very well. Sift through strainer onto wax paper. Pour into container and let sit a few days before using to allow the essential oils to penetrate well.

Face Oil

Carrier oils can be almond, olive, avocado, wheat germ, or soybean oil.

Other oil additions to the carrier oil can be jojoba, evening primrose, borage seed, or carrot oil.

Essential oils can be calendula, chamomile, geranium, hyssop, jasmine lavender, lemon, patchouli, palma rosa, rose, rosemary, or sandalwood oil.

Basic formula: In 2 tablespoons of almond oil, add 10 drops of evening primrose oil and 2 drops of carrot oil or any of the other oils. Then add 15–20 drops of your choice of essential oils. Mix well and use as a moisturizing blend.

Back or Muscle Pain

Measure 2 tablespoons of carrier oil (plain vegetable oil is good) into container. Add...

Rosemary oil: 10 drops

Peppermint oil: 10 drops

Eucalyptus oil: 5 drops

Ginger oil: 5 drops

Stir well and rub onto sore, achy areas.

'07-'08 SAHS Board Officers

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681-6815, carolleefi@netzero.net

Lorraine Jennings - Vice President Programs

590-2297, loripro@peoplepc.com

Carol Hamling - Vice President Membership

493-8713, obith@satx.rr.com

Jennifer Hubbard - Treasurer

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Rebecca Kary - Secretary / Newsletter Editor

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Lyn Belisle - Publicity / PR / Webmaster

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Helga Anderson - Historian

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DISCLAIMER

The information in this newsletter is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional.

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

(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

Elvia Ripley

(210) 697-7505
ERipley@satx.rr.com

Everything Roses Plant Nursery

(210) 622-9874 (210) 663-9874
14230 Shepherd Rd.
Atascosa, TX 78002
potternerd@sbcglobal.net

Florame Aromatherapie (20% off to SAHS members)

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nematodenick01@cs.com

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Jean Dukes, RN, CNHP, Certified Aromatherapist
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PLEASE SEND TO:

WELCOME NEW MEMBERS!
Jan Longfellow
Dee Duffy

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