



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 207, JUNE 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.

Bring Your Boots & Best BBQ Sauce to the June SAHS Members-Only Western-Style Barbecue



Mark your calendars for the June 14th meeting of the San Antonio Herb Society. It's a TEXAS BARBECUE — HERBAL STYLE! *The banquet will feature a members' barbecue sauce contest with celebrity judges: Brian Montgomery, Texas Farm to Table Cafe (www.texasfarmtotable.com); Carl Pierro, Sous Chef, Nieman-Marcus Mariposa Cafe; and John Griffin from the Express-News. Enter your favorite herbal BBQ sauce and you just might win [First Place!](#)*

DRESS WESTERN!!! SURPRISE ENTERTAINMENT!!

NOT A MEMBER??? WELL, JOIN UP!



Those with last name initials:

A-G Please Bring Appetizers

H-R Salads or Side Dishes

S-Z Desserts

Please increase your recipe to serve at least 12 people. Our attendance will most likely include 80+ people and we're a hungry bunch of cowpokes! Don't forget to type a copy of your recipe, and bring it with your dish, so that everyone can try it at home. And if you'll e-mail the recipe to our newsletter editor, Rebecca Kary (karyrebecca@yahoo.com), we'll be able to include it in the next newsletter. If you're busy or don't like to cook, any prepared dish from the store will do. Everyone will still appreciate your efforts.

Y'ALL COME!!!

THURSDAY, JUNE 14, 2007

6:30pm - Appetizers & Socializing

7:00 - Barbecue Banquet

If you have any questions please contact Banquet Chairman Marguerite Hartill @ 497-1355 or mhartill@aol.com.

PLEASE NOTE: The banquet is for members and one guest only. Also, our regular vendor tables will not be set up at the banquet, and will return next month.

ATTENTION SAHS HERBAL BARBECUE SAUCE CONTESTANTS

Requirements for the barbecue sauce entries are as follows:

1. The sauce must contain one or more herbs.
2. The sauce must contain natural ingredients, and be made from "scratch."
3. A detailed recipe must be on display next to the entry (typed or printed, please).
4. The SAHS will have the right to publish the recipe in its newsletter and/or on its website, and to include it in a future resource directory or cookbook.
5. First, second, and third prizes will be awarded.

Bring your recipe and sauce in a covered bowl to the Garden Center **promptly** no later than **6 p.m.** Judging will be at **6:15 p.m.** Following the judging, the sauces will be placed on the barbecue table for use with the brisket. Winners will be announced and prizes awarded after everyone is seated, immediately prior to the banquet.

NOTICE: Please notify both Janet Miller **AND** Lorraine Jennings no later than June 10 of your desire to submit an Herbal Barbecue Sauce Contest entry. We need this information in order to coordinate the contest. Thanks very much—and we hope to see lots of finger-lickin' good entries **Janet Miller or Lorraine Jennings**

rhaemmerle@satx.rr.com loripro@peoplepc.com
(210) 492-7684 (210) 590-2297



TUSSIE MUSSIES...

...to Janet Miller for her unstinting volunteerism. She stepped in when we needed help on the Fiesta program in April, helped us with the election of board members in May, and will be helping with the June BBQ event. The spectacular quilt ("A San Antonio Fiesta") displayed by Janet at the April meeting was designed by Janet and quilted by the Greater San Antonio Quilt Guild. It was the hit of the evening. Money from the chances sold will purchase materials to make quilts for hospitals. AND ALSO... TUSSIE MUSSIES to Sil Huron, who has made the trailer for the King William Parade more spectacular every year! Thanks, Sil, for all your hard work and for safely driving us in the King William Parade.



GREEN and GROWING!

The list of Green Members is growing—thanks to you all for your commitment to conserving resources, both for the environment and for the Herb Society by reducing paper and postage expenses. Would you like to receive the SAHS newsletter, *La Yerba Buena*, online at our website each month? Here are some benefits for becoming a Green Member:

- ⇒ You will get to read the newsletter online via e-mail notification even before it is sent to the printer.
- ⇒ You can copy and save recipes and articles electronically on your own computer, either all or in part, and print them out if you wish.
- ⇒ All photos are in color in the online version. When printed out, it looks *really* nice!
- ⇒ You will receive other updates via e-mail, such as speaker notes, handouts, upcoming events, and occasional herbal tips that are not generally available to other members.
- ⇒ Online publications are environmentally friendly.
- ⇒ Most of all, all of the saved postage and printing costs go back into the SAHS budget for funding even more outstanding programs!

If you are not yet a Green Member, but would like to be, please send your name and e-mail address to Webmaster Lyn Belisle at belisle@satx.rr.com. Sign up today and save a tree (or herb), some postage, and some SAHS resources. Pass the word!

One of the best parts of the SAHS meeting is right at the beginning—the wonderful dishes our members bring to share each month. This is an enjoyable way for all of us to learn new ways to use herbs in our cooking. Not only that—syndicated organic gardening radio host, Bob Webster (who also owns Shades of Green Nursery), has said many times on his radio program that the San Antonio Herb Society meetings have the best refreshments in town. We have a reputation to uphold!

Everyone, please look each month at the box on the front of the newsletter showing the letters of the members' names whose turn it is to bring an herbal side dish or appetizer to the upcoming meeting. Then...

On the night of the meeting, please arrive no later than 6:30 p.m., so that everyone will have an opportunity to taste your creation.

Please keep in mind that the average attendance is around 75 people and everyone will want to try a bite—so make plenty! If you have a large bowl or glass platter, this

A BRIEF LOOK AHEAD TO OUR JULY 12TH MEETING

WE WILL GO BACK IN TIME TO THOMAS JEFFERSON'S MONTICELLO GARDENS

Tending his garden in the 1700s involved the care of 170 fruit varieties (apples, peaches, and grapes), over 330 vegetable varieties, and a botanic laboratory of plants from around the world. Jefferson found gardening to be a peaceful means of escaping the stresses of everyday life. This practice, which has been passed down from one generation to another, holds true for today's gardener as well. Watch for more details about this exciting program in the July newsletter.



Food! Food!! Great Food!!!



is the perfect opportunity to dust it off and impress us!

You don't have to wait for your last name to be called. If you have discovered a great new herbal dish that you would like to share...go ahead and bring it! If you miss your month, please bring something the following month.

And if you don't cook? I am sure you have discovered lots of prepared foods at the markets that are made using herbs, which we would all enjoy. Many of us are always looking for scrumptious prepared foods at the local store for nights when we don't have the time or inclination to cook.

And last, but not least, be sure to email your recipe to Rebecca Kary @ karyrebecca@yahoo.com so we can publish it on the web and the newsletter.

Bon Appetit!

Carol-lee Fisher

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.

Care to Share?

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



Minutes of the San Antonio Herb Society May 10, 2007

At 7:00 p.m., President Carol-lee Fisher called the meeting to order.

Board elections

Janet Miller presided over the voting of board members and officers for the coming year. She informed us that, because of many pressing issues concerning running the organization and getting programs and administration on track, we were a little late getting the process going. She announced the slate of prospective board members who were willing to take on the responsibility, and asked if there were any nominations from the floor. Since there were none, she conducted a verbal vote, and by acclamation, all the following board members were voted in:

Carol-lee Fisher, President (she consented to stay on another year)

Lorraine Jennings, Vice President, Programs

Carol Hamling, Vice President, Membership

Jean Dukes, Newsletter Chairman

Lyn Belisle, Publicity Chairman and Webmaster (and Green Member Coordinator)

Jennifer Hubbard, Treasurer

Rebecca Kary, Secretary and Newsletter Editor

Helga Anderson, Historian (she consented to stay on another year)

Announcements

Sat., May 26; 9 a.m.–5 p.m.: Festival of Flowers to be held at Alzafar Shrine Hall; 901 N. Loop 1604 West between Stone Oak Parkway and Blanco Road. A sign-up sheet was passed around for volunteers to sign up to staff the booth. They could also call or e-mail Carol-lee to participate.

Thurs., June 14: SAHS Members-Only Banquet with a Western theme. Celebrity chefs will judge a barbecue sauce contest. Sauces must be made from scratch and be accompanied by a recipe. The Texas Thunder Cloggers will perform. The barbecue meats will be provided. Members should bring side dishes. Banquet chairman, Marguerite Hartill, passed around a sign-up sheet for volunteers to help set up and decorate the tables.

July 27–29: Anna Gray announced a conference in Austin on integrating traditional and alternative approaches health care: "Out of the Ordinary—Possibilities in Health". It will be held at The Crossing. For more information, call (210) 495-0050 or visit the website, (continued on page 4)



(continued from page 3) www.thecrossingsaustin.com

and click on "Workshops & Conferences".

Tues., May 29, 9:30–10:30 a.m.: Jane McDaniel announced a work session followed by lunch for the volunteers who keep up the herb garden at the San Antonio Botanical Garden.

Jean Duker reminded members of the procedures at each meeting: Sign in; sign two tickets for drawings. Members can turn in 5 tickets for each guest who signs up.

Veronica Gard announced that she and her garden designer had won the Water Saver Garden Prize and that her garden would be part of a garden tour on Saturday.

The main program—Spa Mania!

A panel discussion was moderated by radio show host, speaker and writer, Linda Goldfarb with participants from Aveda Institute (Holly Zapata), Florame (Alain Berthelot), and Fredericksburg Herb Farm (Bill Varney). Each participant kindly contributed prizes for SAHS drawings, and they were presented with an SAHS cookbook as a token of gratitude for their participation and support.

After the panel discussion, people were able to visit each panelist's table for products and hand massages.

Congratulations, Veronica!

OUR OWN Veronica Gard won first place in the professional design category in the 2007 Watersaver Landscape Contest for her garden. Her garden and six others were included in a self-guided tour, and was featured in an article in the Express-News on May 12. Veronica had wanted an English-style cottage garden with drought-tolerant plants, and landscape designer, Brian Hough, achieved it through the use of blooming perennials and annuals that attract butterflies and hummingbirds, and crushed granite pathways. The contest was sponsored by the Edwards Aquifer Authority, SAWS, San Antonio River Authority, City Parks and Recreation, San Antonio Botanical Garden, and Gardening Volunteers of South Texas. Read about in the newspaper:

<http://www.mysanantonio.com/news/environment/stories/MYSA051207.0P.watersaver.21a781e.html>

Up 'n' Coming

Blanco Lavender Fest,

Sat.–Sun., June 9 & 10:

Call the Blanco Chamber of Commerce at (830) 833-5101 for more information, or visit the website. www.blancolavenderfest.com

Opportunities

Herbal Crafts SIG

Next meeting: Saturday, June 16, 2007; 10 a.m.–12 noon

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

Aromatherapy SIG

Contact Lyn Belisle for details 826-6860 or belisle@satx.rr.com.

April 2007 Treasurer's Report

Submitted by Jean Duker

	Beginning Balance	\$5,337.75	Comments
INCOME	Membership Dues	\$80.00	Florame & Aveda
		\$176.00	memb, bks, t-shirts, nametags
		\$60.00	3 single memb.
		\$270.00	membership dues
		\$706.50	Spring Plant Sale
EXP.	Printing	(\$79.50)	April NL
	Postage	(\$39.00)	April NL
	Garden Center Fee	(\$85)	check not cleared in Apr
	Attendant Fee	(\$25.00)	April
	Fiesta Commission	(\$89.39)	Programs; Food reimb.
		(\$9.93)	tickets/containers
		(\$199.80)	copycards for newsletters
		(\$1.24)	copies for surveys
		(\$6.48)	copies for flyers
		(\$3.83)	guest name labels
	Ending Balance	\$6,091.08	
	CD	\$1,058.80	
	Savings Account	\$1,016.61	
	Money Transferred	0	
	TOTAL ASSETS	\$8,166.49	

Brian's June To-Do

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

Law of Gardening I: When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

1st Week:

- Watch for insect pests. Spray for specific ones ONLY as needed. Avoid general "wipe-out" sprays. Remember that when you kill beneficial insects, you inherit their job!
- SPIDER MITES can be controlled with insecticidal soap or horticultural/plant oil, such as *Neem*, or a strong spray of water under the leaves.
- Pull up squash vines if SQUASH VINE BORERS have bored into the stems. Pitch them in the compost pile.
- Remove spent flower spikes from all salvias. Remove flower buds from caladiums, coleus, mums, and santolina to keep the plants growing vigorously.
- Feed roses and other hungry individuals according to their needs and water availability.
- Keep tomatoes evenly moist to prevent blossom-end rot. Mulch with 2-3 inches of organic material, being careful not to mulch against the stem of the plant.
- Blue salvias, zinnias, vinca, and esperanza are good summer blooming plants that the DEER do not eat (when given a choice!).
- Plant iris, spider lilies, gloriosa lilies, and caladiums.
- Divide and replant Mexican mint marigold (*Tagetes lucida*) and chrysanthemums so you will have more flowers in fall.
- Sun-loving flowers such as portulaca (moss rose) and purslane still can be planted.
- There's still time to plant okra. This vegetable loves the heat and will do well planted even into June.
- Plant summer annuals for color. Good candidates for sunny areas are moss rose, firebush, copper plant, celosia, and lantana.

In the Herb Garden: Shape plants by pruning gently. Pinch back blossoms to save plants from going to seed and cross-pollinating. Maintaining 2" of mulch is the key to saving water, discouraging weeds, and cooling the soil. Water early in the morning and deeply; check on a regular basis. Caution: Do not overwater. Keep water-thirsty plants separate from more tolerant plants. It is easy to kill sage or rosemary by being too kind with water.

2nd Week:

- Compost squash, brussels sprouts, and other vegetable plants that are at the end of their productive life.
- If you had a good season with flowering sweetpea, inspect and pull dried seed pods and save for sharing and fall sowing.
- Bougainvillea doesn't like to be pampered. Let it get rootbound and dry out to 1" below the soil line between waterings. Fertilize every 4 weeks with hibiscus food for a bountiful bloom.
- Soak coleus, caladiums, and geraniums to a depth of 8" to help them cope with summer heat.
- Plant southern peas (black eye, purple hull, crowder) for a summer harvest and soil improvement.
- If you're looking for a different summer plant, consider basil for the summer garden.

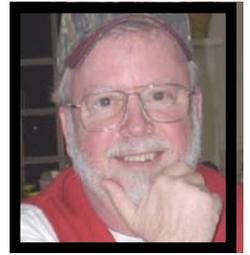
3rd Week:

- Start tomato and pepper seeds now so you can be ready for fall planting.
- For dry, sunny beds now is the time to plant vinca for summer bloom.
- Fertilize flowerbeds lightly every 4-6 weeks.
- Plant heat-loving shade plants such as coleus, caladiums and begonias.
- Watch for BAGWORMS on junipers, arborvitae, and other conifers. Remove by hand or use *Bt* or other approved insecticide.

4th Week:

- Remove faded flowers from zinnias and roses for a longer bloom season. Get the same effect on verbena and lantana by skimming the plants with a string mower/ trimmer every four weeks.
- Place firebush in a container to attract hummingbirds to the patio. The plant needs full sun. If you have a shady patio, use firespike instead.
- Periodically prune reblooming salvias, such as cherry sage (*Salvia greggi*) and mealy blue sage (*Salvia farinacea*), for continued blooms.

(Continued on page 6)



Brian's To Do List (continued)

- Prune fall-blooming perennials, such as Mexican mint marigold, chrysanthemums, and Mexican bush sage, during summer to keep them compact and reduce the need for staking.
- Remove faded flowers from plants before they set seed to encourage plant growth and produce more flowers.
- Now is the time to plan for next spring. Consider digging and dividing any crowded spring bulbs. Once bulbs have matured and the foliage has turned brown, it is time to spade them up and thin out the stand.

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

The March session of the Herbal Crafts SIG was a bustling one, in which Sally Ann Hnatiuk showed us how to make the recipes below. After that, she arranged a field trip for us to Paul's Desert (www.paulsdesert.com/) in Schertz, nursery that specializes in landscape cactus and succulents from around the world. If you're interested in such plants, this nursery is a must! Thank you, Sally Ann, for a fabulous day and great learning experience!

Here's a recipe the SIG would like to share with you:

Fizzing Bath Bombs

½ cup citric acid

2/3 cup baking soda

Witch hazel

Coloring

Essential oils of your favorite scent

Bath bomb mold with your favorite shapes

Put the citric acid and baking soda in a bowl. Blend, blend, blend, and then blend some more. If it isn't

blended really well, the bomb will be grainy and not hold together well. Add the dry colorant, but not very much.

The color begins to show when you use the witch hazel.

Add the essential oils that you like and mix real well, mashing as necessary. Now spritz the witch hazel into the batch while stirring with the other hand. When the batch starts to stick together when squished (after about 10–12 spritzes), start putting it into molds. If you wait too long, it will get hard. If you spritz too much, the mixture gets too wet and starts to grow (the fizzing reaction).

After the bombs are in the mold, wait a few minutes and tap them out. Let them air dry 3–4 hours. The harder you pack the bombs, the denser, heavier, and more durable they will be. When dry, wrap in saran wrap or similar protective wrap and store in a nonglass container (unless the top is open).

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.

2007-'08 SAHS board officers

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590-2297, loripro@peoplepc.com

Carol Hamling - Vice President Membership

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Rebecca Kary - Secretary / Newsletter Editor

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Robin Maymar - Flyer Coordinator

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Monica Hubbard - Hospitality

946-8318

Rose Mary Michel - Hospitality

655-6281

Patty Wilson - T-shirts, Cookbooks

647-0838, dwilson@satx.rr.com

Truly “Essential” Oil of Lavender

by Lyn Belisle

“Lavender” is the answer. Want to know the question? It’s “Which herbal essential oil would you choose to have with you if you were stranded on the proverbial desert island?”

The amazing healing and balancing power of essential oil of lavender makes it the most versatile and important oil in aromatherapy, and a virtual medicine kit in a small bottle. Lavender (*Lavandula officinalis*) has been grown since the beginning of recorded time. The Romans used the plant and flowers extensively in their bathing rituals, and the word itself is derived from the Latin word *lavare*, to wash. Today, the cultivated plant can be found worldwide in all but the harshest climates.

Modern aromatherapists and herbalists agree that the uses for its essential oil (EO) are extensive—in fact, its nickname is “the universal oil.” The EO is steam-distilled and readily available through most good health food stores and natural food providers, as well as on the Internet. It is user-friendly. Both men and women like the fresh scent of lavender. And it is a reasonably priced essential oil with stress-relieving therapeutic properties and few, if any, contraindications.

In the Texas Hill Country, a Lavender Renaissance is in progress. Ten years ago, Jeannie Ralston and her photographer husband Rob Kendrick discovered that the climatic conditions there are remarkably similar to those in Provence, France, so they established Hill Country Lavender Farm. Because of their success, almost a dozen area farmers have turned to lavender as their main cash crop since then, and much of that becomes essential oil. Some area lavender farms distill their own lavender EO using large commercial stills that sit in their fields. According to Jeannie, 100 pounds of fresh lavender flowers and leaves are needed to distill one liquid pound of the essential oil. Like all essential herbal oils, it is incredibly concentrated. Anyone who is familiar with EOs knows that it is important to dilute them at a rate of about 10 drops to every ounce of carrier liquid, but also knows that lavender oil is one of the few that can safely be used “neat” (without dilution) in small quantities on minor burns and insect bites.

To celebrate this remarkable plant and its oil, a Lavender Festival is held every June in the town of Blanco, Texas, where most of the nearby farms cluster along the “Lavender Trail.” This is only one of many lavender festivals held nationwide. I love teaching workshops at the Blanco festival and sharing formulas and recipes that include essential oil of lavender as a main ingredient for everything from personal care to housekeeping.

Here are some formulas from those lavender EO workshops to help get you started:

Linen Spray

(A wonderful gift for friends who are ill or in the hospital)

20 drops lavender EO

15 drops lemon EO

Mix the EOs in 4 ounces distilled water in a spray mist bottle. Shake well before spraying lightly on linens, particularly pillowcases. Lavender is calming and promotes rest, and lemon, like all the citrus EOs, is bright and uplifting.

Wrinkle Formula for Mature Skin

12 drops lavender EO

4 drops frankincense EO

4 drops carrot seed EO

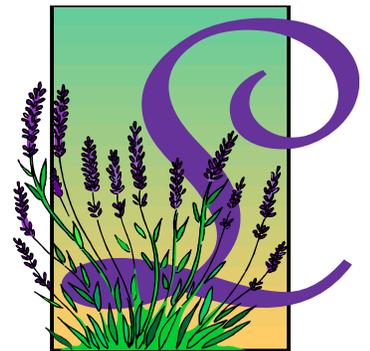
Mix the EOs in two ounces hazelnut carrier oil, and use one or two drops on neck, crow’s feet, or anyplace on face where results are desired.

For more information:

Blanco Lavender Festival: www.blancolavenderfest.com

Nationwide Lavender Festivals: www.apinchof.com/lavenderfestival06.htm

Organic Lavender Products: www.frontiercoop.com/auracacia/acindex.htm



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

In Home Senior Care
Greg & Jinnie Perkins
(210) 265-2273

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

**Longaberger Baskets & Pottery and
Landscaping & Horticulture Instructor/Designer**
Diane R. Lewis
(210) 495-6116
lewisdr@swbell.net www.longaberger.com/DianeLewis

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

Nematode Nick's (Natural Landscape Treatment)
Nick & Leslie Vann
(210) 667-1500
nematodenick01@cs.com

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

**Ten Days Health Ministry
Natural Health Counseling & Essential Oils**
Jean Dukes, RN, CNHP, Certified Aromatherapist
(210) 566-4379
10days@earhtlink.net

Florame Aromatherapie (20% off to SAHS members)
(210) 821-4100
info@usa-florame.com www.florame.com

www.sanantonioherbs.org



PLEASE SEND TO:

**Welcome,
New SAHS Members!**
Sharon Brown
Karen Rottinghaus
Tinie Riggs
Melissa Riggs
Rukhsana Siddiqi (Mona)
Everything Roses Plant Nursery

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