

La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 185, AUGUST 2005



Rene Fernandez, Executive Chef of Azuca

The San Antonio Herb Society is delighted to have Chef Rene Fernandez of *Azuca* as the featured speaker at its August meeting. Chef Fernandez discovered he had an exceptional passion for food and the culinary arts as early as eight years of age, when he remembers becoming enamored with the “beautiful and abundant” paella he first sampled in a Spanish restaurant in Mexico City. He studied at the Culinary Institute of America, and took specialty courses in food and beverage at Cornell University. He is also a proud member of Chaine Des Rotisseurs. Fresh herbs and local ingredients have long been a part of Chef Fernandez’s repertoire, and he shares his recipes and tips with Herb Society members in this exciting and inspiring culinary program. Join us and learn how an expert chef uses herbs to contribute to his recipes and everyone’s enjoyment! The meeting will begin at 7:00 p.m. on Thursday, August 11, at the San Antonio Garden Center, corner of Funston and N. New Braunfels. For more information, call the SAHS Hotline at 210-641-8166 and leave a message, an officer will return your call. Or visit our website at www.sanantonioherbs.org.

Refreshments

Members with last names beginning **C - F** are asked to bring refreshments to the meeting. Please arrive by 6:30 p.m. so all can enjoy your dish. And don’t forget to bring your recipe for anything homemade so it can be included in the next newsletter.

Welcome New Member!

A big welcome from all of us to the following member who recently joined SAHS:
Beverly Lejeski

Upcoming SAHS Programs

September 8th: Native American Herbs by Gaye Sekula, from Austin

October 13th: Members only “Not for Profit” information, discussion, and vote

November 10th: SAHS Member’s Market, with herbal culinary & craft demonstrations (open to the public for shopping & learning, with no admission charge)

December 8th: SAHS Member’s Christmas Banquet

Tussie-Mussie To:

The energetic **Yoli Huron** for creating excitement about SAHS membership through the “Each One, Bring One” campaign!

Newsletter Deadline

Don’t hesitate to share news, ideas, recipes, remedies, or stories in our monthly newsletter. Email your September newsletter submissions to Syeira Budd at syeiraq@yahoo.com by Saturday, August 20.

August Board Meeting

This month’s board meeting will be held on August 18. If you would like to add anything to the August agenda, please contact Jane McDaniel in advance at janesirish@earthlink.net or 930-1026.

July Member’s Share Tip

2006 calendars from The Old Farmer’s Almanac can be ordered at www.almanac.com or contact The Old Farmer’s Almanac Products, P.O. Box 2137 Marion, OH 43306-8237. These calendars make great gifts and are beautiful & informative. Thanks to Diane Lewis for sharing this tip!

Inside this issue:

July Meeting Report	2	August To-Do List	4
Upcoming Community Events	2	Calendar	6
Non-Profit Pros & Contras	3	SAHS Contact List	7

We regret to announce the recent death of our long-term member Dennis Edwards. Dennis was a respected science teacher with a enviable questioning mind. He served as our web master and was a regular participant in a great number of the San Antonio Herb Society's events. We extend our deepest sympathy to his wife, Martha, and to his daughters and family.

Report on the July General meeting of the SAHS

Jane McDaniel called the meeting to order at 7pm and announced that new name tags were available. She also explained that further information about the application for Non-Profit Status would be in the August "La Yerba Buena" and asked that members read this so that at the meeting in October we could have a really useful discussion. Finally she spoke eloquently about the good the Herb Society does by supporting the Habitat for Humanity charity.

There will be 2 houses opened on August 20th and four members are needed to help direct the planting of the trees and flowers. On November 5th 17 homes will be opened so at least 34 Herb Society members will be needed. Cynthia Hodas is the Chairperson but as she was away Rosemary Kotrich explained about how the volunteers work. She suggested members might like to go to the August opening to see what was involved. Ring Cynthia Hodas - 210-824-6064 for further information.

People who brought new members during the last three months drew for a prize which Yoli Huron won. The Vice President for Programs, Diane Lewis, described some of the events and speakers for the Fall. These include:

- 1) Rene Fernandez, the chef from Azuca will speak and demonstrate cooking techniques on August 11th.
- 2) The Herb Market will be on October 15th at Aggie Park
- 3) The Founders' Day in San Pedro park is on October 22nd and probably only 8 volunteers will be needed.
- 4) The Members' Market will be on November 10th. During the "Gardening Tips for Members" part of the evening the following were much enjoyed: Diane Lewis introduced "The Farmers' Almanac" (www.almanac.com/early2006); Jane McDaniel described how to make a Rum Topp; Lyn Belisle described the herb Society Website and talked about

Cyberspace. She also described a favorite craft book: "The Complete Book of Nature Craft"; Diane Fox shared a recipe for Corn Fritters found in a doctor's surgery; Barbara Peters enthused about the Night flowering Cerus plant; Ellen Zimmerman talked about making tinctures a from herbs; Carol-lee Fisher described how the SIP program works when you can save money on your lawn watering by measuring your watering usage and having SAWS contact you weekly with instructions about watering; Al Del Rio talked about his favorite plants - Datura, Heirloom Tomatoes, Barbados Cherry. All these thrive on neglect; Jaime Gonzales described drying flowers; Patti Wilson talked about volunteer plants; Joe-Beth Kirkpatrick described her basket business; Rosemarie Morel described the benefits of olive oil; Veronica Gard talked about her mother's influence on her interest in gardening and how important it is to continue gardening all your life; finally, Martha mentioned the upcoming event sponsored by Bahai at La Villita to encourage Race Unity.

After a drawing for a number of beautiful door prizes the meeting broke up at 8.45pm

The next meeting will be on August 11th at 6:30 pm with a cooking demonstration by Azuca chef, Rene Fernandez.

Upcoming Community Events

August 20th: Habitat for Humanity project (need volunteers & tools) contact Cynthia Hodas at 210-561-2294.

October 15th, 9am-5pm: San Antonio Herb Market at Aggie Park, 6205 West Ave. at Loop 410, www.sanantonioherbmarket.org or call 210-688-9421 for info. We will have a booth. We are dividing the time into 4, two-hour shifts. We will need a minimum of six volunteers per shift. We also need people who will make samples of recipes from our cookbook. This is always a fun event and a great way to help our organization by giving two hours of your time. Chairperson: Diane Lewis at 210-495-6116.

October 22nd: Founder's Day at San Pedro Park (SAHS will have a booth). We need a chairperson for our booth. This is another fun event to meet potential new members. Contact Diane Lewis at 210-495-6116 for info or to volunteer.

November 5th: Habitat for Humanity project (need volunteers & tools) contact Cynthia Hodas at 210-561-2294.

Arguments Pro and Contra achieving a Non-Profit Status for the San Antonio Herb Society

PRO

- Prudent for financial health of Society
i.e. SAHS can receive tax-deductible donations from the community and from members, such as a dinner voucher donated by a restaurant, or services donated by an organization or individual.
i.e. SAHS can receive grants and monies from federal, state and private foundations to further its mission.
i.e. SAHS can avail of discounts on booth fees or free booths at local gardening and home shows.
i.e. SAHS can avail of free advertising on radio, t.v. and print media public service announcements, as these organizations are mandated by law to provide a percentage of their services to non-profit organizations.
- Updating of Constitution and By Laws will offer a protection for our members and officers from potential liability for the SA Herb Society's operations and activities.
- Organizations such as Starbucks, Valero Energy and SBC can deduct hours donated by their employees in volunteering for SA Herb Society projects from their tax debt, by giving each hour a monetary value; money which can be donated to a SA Herb Society project.
- We will be able to have more impact on the community with regard to education in herbal matters and dissemination of herbal knowledge. Participation in this mission will increase our membership.
- Public Service advertising rates will allow us to reach out to a greater population.

CONTRA

- Society's finances are open to scrutiny by the public.
* although our current financial accounting system complies with existing state requirements, we may have to appoint a Treasurer's helper from the membership, to ensure that our records remain clear, consistent and easily accessible.
* it will be the goal of the Board as a whole to locate gardening-related monies and to compile a list of discounted services which will benefit the SA Herb Society (i.e. lower postage rates).
- The SA Herb Society is required by law to file a report on any and all grants and discounts received which total above \$5000 annually. We propose that we file all receipts of this kind annually, as a matter of course. This entails extra duties for our Treasurer, helper and auditors.
- Our already excellent Consitution and By-Laws must be 1) changed slightly to be in line with non-profit corporate laws, and 2) generalized slightly to be in line with non-profit corporate laws. This involves an amount of extra and exacting work for the Board.
- It will be necessary to carry out an exact listing of volunteer hours and billing of those hours where appropriate.
- This is all new to us: we must knuckle down and find out how to do this.
- This is all new to us: apart from knuckling down we will have to ensure that our book-keeping remains excruciatingly exact.

San Antonio Herb Society Mission Statement

The San Antonio Herb Society is organized to bring together those who are interested in growing, using, and promoting general knowledge of herbs to the membership, and the public at large. This includes volunteer participation in public service projects such as Habitat for Humanity and the Herb Garden at the San Antonio Botanical Garden.

August To-Do List

by Brian Townsend

1st Week:

- Fertilize summer-blooming perennials lightly with 16-8-8 or 15-5-10. They will need water afterwards.
- Feed roses lightly also according to rainfall.
- Water raised beds and plantings weekly (according to rainfall, soil & plant conditions). Make sure you keep the top 6-8 inches of soil moist so that the feeder roots can pick up nourishment and water. Container roses and plants should be watered probably every other day if they are in all sun. Use the "old moisture meter" . . . your finger, to check the soil dampness. Adding extra fertilizer to container plants will not help bloom and may cause problems. When it is 100 degrees day after day, many plants will not bloom. Keep them watered and be patient.
- July/August is usually dry in San Antonio and vinca prosper. You may observe the vinca are "melting" because of aerial phytophthora, a fungal disease. There is no fungal treatment. Discard infected plants. Water plants at ground level and avoid splashing water on the foliage. Use of mulch helps greatly.
- Order wildflower seeds for planting this month or next.

Add compost to the vegetable gardens before planting tomatoes, peppers, okra and southern peas this month. Spread 2 inches of compost and till to a depth of 6 to 8 inches.

- Harvest okra every two days to maintain a crop of tender pods. Discard large, tough pods.
- Perennial plants should be cut back during the stress of the hot days. Allowing leggy, old growth to remain is doing a disservice to them, as this old growth uses up moisture. If the plant is showing new growth at it's base, the plant should be cut back to that point. Mints, as an example, should be cut back to only several inches in height. The plants (all) should be mulched to conserve moisture.
- The best tomato plants to grow here are Sunmaster, Heatwave and Merced. A good tomatoe for containers is Patio. For the former, buy the tallest, lankiest plants you can find and bury them in 1-gallon containers all the way to the first set of leaves (if these leaves are withering, take off and plant at next set of leaves). Roots will form all along the buried stem and produce a good root mass. For Patio tomatoes, buy the shortest plants.

- Tomato, eggplant and pepper plants can be transplanted into the fall garden now, but the tender plants will need protection from scorching sunlight and pests. Use special fabric products designed for the garden.
- Plant heat-loving plants such as lantana, bougainvillea, allamanda, hibiscus, mandevilla, copper plant, zinnia, portulaca and salvia.

2nd Week:

- Don't let your fall garden transplants wilt; keep them watered and mulched to establish vigorous root systems.
- Recommended fall tomato varieties are Surefire, Sun Master, Heat Wave, Celebrity, Merced and Carnival. You might want to provide some shade to tomatoes planted now. Covering the upper half of tomato cages with Grow-Web can help the tomatoes survive a hot August.
- Harvest some of your Southern peas in the green stage. Use them as you would green beans. You don't have to shell them.
- Cut back Poinsettias and pinch back subsequent growth.
- Pinch shoot tips on Mums and Asters.
- Cut back 'Texas Gold' columbines if they are looking ratty. They will put on new foliage next month. Endure August heat and consider these plants for colorful fall: Marigolds (Discovery Gold & Discovery Yellow); Zinnias; Celosias (Cockscombs); Joseph's Coat; Mexican Bush sage (Salvia leucantha); Fall aster (Blue); Chrysanthemums (garden-type); Spider lilies (reds); Belladonna lilies; Fall crocus (Sternbergia lutea); Sweet autumn clematis; Coral vine or Queen's wreath. Use mulch over the root system.
- If your pecan trees are loaded with nuts, one deep watering per month in the absence of rain will help fill out the nuts. The squirrels will thank you.
- Magnolias and other trees will drop their leaves because of the heat. Fertilizer will not help and may increase the problem. Water deeply every 2 weeks to slow leaf drop.
- Trim lantana and verbena with a string trimmer for consistent blooms.
- Southern peas, pumpkin and winter squash seeds can be planted now for harvest in fall.
- Mulch not only to conserve water, but also to keep

the roots of plants cool and to reduce weeds around trees, shrubs and in flower beds.

3rd Week:

- Even if you see Pansies for sale, please resist; they should not be planted until mid-October.
- Bougainvillea are spectacular patio plants. Place in full sun, water only when the soil dries, feed every 2 weeks, let them get rootbound and prune the tips to encourage blooms.
- Garden in the morning or in the evening when it is cool. Drink plenty of fluids and wear a hat. Gardening should be fun and not a threat to your health.
- Languishing spring-blooming perennials may be cut back and divided. Replant immediately and water them in.
- Trim leggy petunias and impatiens to encourage new blooms.
- Plant beans, lima beans, cucumbers, sweet corn and black-eyed peas for the fall harvest.
- Trim cherry sage (*Salvia greggii*) and mealy blue sage (*Salvia farinacea*) for more blooms. Cut spent blooms and a few inches of stems.
- Now is a good time to choose crape myrtles for your landscape. They are blooming, so you can be certain of the color of the blooms.

4th Week:

- Start sowing flowering winter annuals, such as Alyssum, Calendula, Larkspur, Poppy and Stock.
- Cut back mallow hibiscus plants to 8 inches to encourage a second bloom this fall.
- Once your bougainvillea is root bound, fertilize with hibiscus food every 4 weeks or use a soluble fertilizer in your water can every week for maximum bloom.
- Pittosporum may be showing dieback symptoms. In some cases, the problem is caused by a previous winter's freeze. Recognize freeze damage by cracked bark at the base of the plant. Prune the dead wood out. If undamaged wood remains, the plants may fill in. If pittosporum leaves turn brown, make sure water is penetrating to the roots. Aerate with a turning fork and water deeply.
- Tomatoes planted in the past few weeks may not have grown much with excessive heat. Mulch the plants and keep them watered so the roots will be established and plants can grow when temperatures fall in September. With rains and cooler weather, the fall vegetable should be starting shortly.

- Cooler temperatures - in the low 90's, as opposed to over 100 - will prompt blooms on hibiscus, lantana, mandevilla, allamanda, bougainvillea and other warm-weather plants. Don't forget to fertilize.
- Mulches are essential to keep the soil cool. conserve water and reduce weeds. Replenish mulch this week. Consider cocoa shell mulch, pecan shells or cedar for a more decorative look.
- Include Mari-mum marigolds and shasta daisy transplants in the landscape for bright blooms through October.
- Continue to protect young vegetable transplants from scorching afternoon sun.
- Prune autumn sage to encourage a fall bloom.
- For best selection, order bulbs from catalogs now.
- Fertilize flowering plants. Use a foliar spray to give leaves a boost. Apply in the morning or evening to prevent burning.
- Prune summer-blooming shrubs and vines as they finish flowering.
- Plan on replacing some of your turf area with pervious ground covers or perennials.
- Clean up iris beds and thin out clumps if crowded. They can be transplanted and divided from now until October.

In Our Herb Garden:

- Seed frost tolerant herb perennials indoors for later transplanting.
- Start indoor cuttings of perennial herbs to promote fall plantings.
- Use mornings to prepare garden soil for fall herb garden by adding and spading in manure, peat moss, compost, coarse sand, or a combination of these (Gardenville and Fertile Gardens Supply provide several mixes).
- Preserve your herbs by drying them in the air (upside down to draw oils back into leaves), refrigerator, or microwave, freeze in ice cube trays or as an oil paste; make herb flavored vinegars, jellies, butters, oils, honeys, pickles, relishes or mustards.

Thanks to 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*.

August 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11 SAHS Meeting	12	13	14
15	16	17	18 SAHS Board Meeting	19	20 Newsletter Deadline Habitat for Humanity Workday	21
22	23	24	25	26	27	28

September 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5 Labor Day	6	7	8 SAHS Meeting	9	10	11
12	13	14	15 SAHS Board Meeting	16	17 Newsletter Deadline	18
19	20	21	22	23	24	25
26	27	28	29	30		

SAHS Treasurer's Report June 2005

Submitted by Karen Cabral, Treasurer

05/31/05 Beginning Balance			\$6,952.81
INCOME			
Membership		\$140.00	
Membership Lists sold		\$2.00	
Cookbooks		\$20.00	
T-shirts		\$15.00	
Tote Bags		\$12.00	
EXPENSES			
Garden Center Rent	\$85.00		
Garden Center Personnel	\$25.00		
Speaker Honorarium	\$50.00		
Newsletter Printing - June	\$60.48		
Newsletter Postage - June	\$59.20		
Tools	\$7.00		
Webmaster	\$50.00		
Voicemail	\$25.78		
King William Parade Supplies	\$10.75		
Viva Botanica Plants	\$1,798.50		
TOTALS	\$2,171.71	\$189.00	
06/30/05 Ending Balance			\$4,970.10
OTHER ITEMS			
Petty Cash Balance (cash & receipts held by President)			\$50.00
Regular Savings			\$1,000.00
2-Year Certificate of Deposit			\$1,000.00
06/30/05 TOTAL ASSETS			\$7,020.10

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.

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CAROL-LEE FISHER (681-6815)

COOKING SIG
CAROL-LEE FISHER (681-6815)

HERBAL MEDICINE CABINET SIG
JEAN DUKES (566-4379)

Business Members

We thank our Business Members for their support. When you patronize their businesses, be sure to mention that you are a member of the SAHS.

**New Business Member*

Jean Dukes, RN, **Ten Days Health Ministry**
102 Firesage, Universal City, TX 78148
(210) 566-4379
10days@earthlink.net

William Vernon Scott, **South Texas Yerbero**
P.O. Box 60761, San Angelo, TX 76904
(210) 394-4320
tejasyerbero@yahoo.com

Mary Dunford, **Nature's Herb Farm**
7193 Old Talley Rd, #7, San Antonio, TX 78253
(210) 688-9421

Sil & Yoli Huron, **YoSi Sales & Service and Health by Choice**
(210) 735-9053
health4ever@barleybaby.com, www.barleybaby.com

Diane R. Lewis, **Longaberger Baskets & Pottery**
24 Silverhorn Drive, San Antonio, TX 78216
(210) 495-6116
lewisdr@swbell.net, www.longaberger.com/DianeLewis

*Nick & Leslie Vann, **Nematode Nick's (Natural Landscape Treatment)**
(210) 667-1500
nematodenick01@cs.com
Use your SAHS membership discount card for a 10% discount!

Greg Perkins, **In Home Senior Care**
5805 Callaghan Rd #205, San Antonio, TX 78232
(210) 256-2273

**Check out our new website address and note the updates in progress at:
www.sanantonioherbs.org**

The San Antonio Herb Society
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