

# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 189, DECEMBER 2005

## Annual Holiday Banquet on December 8th

Our holiday banquet will be a lovely evening filled with music, beautiful atmosphere, great food, and fellowship. We will have our traditional gift exchange. Members who choose to participate should bring a wrapped herb-related gift, purchased or handmade, but please don't spend over \$10. The gifts can be anonymous, or you can attach your name if you like.

Please note that the Garden Center no longer allows our members to bring alcoholic drinks onto the premises for self-pouring. We have hired a licensed "pouder" to serve those who wish to bring their own bottles of wine and to serve wine that the SAHS has purchased for the banquet. There will be a small charge for this service. Please read the article on page 2 for more information about this change in policy.

Members are asked to bring a potluck dish according to the assignments below. Please increase your recipe to serve at least 12 people, since 80 people will want a taste of it. Type up a copy of your recipe and bring it with the dish or email recipe to syeiraq@yahoo.com, these will be shared in our newsletter. Include your name and the source of the recipe if appropriate. If you are not a cook or too busy to cook, please go to the store, pick up a prepared raw vegetable, fruit, or cheese plate, or other prepared item and bring that to the banquet. Nobody will think less of you for it!

If your last name begins with:

**A - D:** Salad (green, fruit, pasta, or potato)

**E - H:** Dessert

**I - P:** Appetizers (hors d'oeuvres, dips, cheese, crackers)

**Q - Z:** Side Dish (casseroles, vegetables, rice, beans)

**Please note:** The holiday banquet is for our members and significant others only, so please leave the youngsters at home. Also, while selling of items is encouraged at most meetings, it is not allowed at the banquet. We will have some "Herb Calendars" for sale if you missed getting yours in November at our Member's Market.

The banquet takes place on Thursday, December 8, at 6:30pm at the San Antonio Garden Center at the corner of Funston and N. New Braunfels. For additional information visit our website at [www.sanantonioherbs.org](http://www.sanantonioherbs.org) or call the SAHS Hotline at 641-8166 and follow the instructions to leave a message, an officer will return your call.

## Check in regularly at [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

When was the last time you checked out our extremely resourceful and great-looking website? It was redesigned earlier this year by Lyn Belisle and she keeps it updated with event information, photos, recipes, and more. Check it out today and why not email the link to friends near and far so they can see all the great things we're up to?!

Inside this issue:			
Change to Holiday Banquet	2	Advertising Available	3
Upcoming Events & News	2	December To-Do List	4
Tussie-Mussies	2	November Meeting Recipes	5
Habitat for Humanity Report	3	Treasurer's Report	6
New SIG Forming	3	Membership Renewal Form	7

## Change coming to Holiday Banquet

The Garden Center of San Antonio – where we hold our monthly meetings – has informed us that, effective immediately, no alcoholic drinks may be brought onto the premises for self-pouring. Their bylaws stipulate that a licensed “pourer”, i.e. licensed and therefore insured bartender do the honneurs. To hire a licensed bartender we must pay a minimum fee per evening of \$50. As we do not want to forgo the joy of a good bottle of wine imbibed during the Christmas and Spring/Summer banquets, your Board has discussed various means of doing just that, and come up with a two-part solution. The San Antonio Herb Society will provide a choice of two wines (red and white, Cabernet Sauvignon/Merlot and Pinot Grigio/Pinot Noir/good white Chardonnay) at \$3 per glass. For those members who would prefer to bring a choice wine from their own collection, SAHS will charge a bottle cover fee of \$2 per bottle. You must label your own wine with your own name, hand it to the bartender or one of his/her helpers as you enter the banquet room, and allow the bartender to do the pouring. We will provide the glasses – no plastic cups for wine!! The same ruling applies for beer, although the Society will not provide beer on site; there will be a cover charge of \$2 per six-pack or gourmet bottle of beer brought to the banquet. Included in our drinks planning for this year’s December banquet are both a non-alcoholic herbal tea and eggnog.

This is a new development in our relationship with the Garden Center. With goodwill and understanding I think we can continue to fully enjoy our Christmas Banquet. See you all there!

Jane McDaniel

## 2006 Membership Renewal

Make sure to renew your membership for 2006 by completing the form on page 7 and submitting your payment at this month’s banquet or dropping it in the mail. You won’t want to miss out on the interesting programs being planned for next year! Some of the programs lined up so far are: Herbal Vinegars with Janet Miller (January); Spring Gardening in South Texas with Calvin Finch (February); Cooking with Chef Robert Riddle (March); and our usual banquets, field trips, and much more.

## Tussie-Mussies

Tussie-mussies to all those who donated tools and/or time to help create beautiful new gardens for 17 new Habitat for Humanity homes. Adrienne Hacker did a wonderful job coordinating the following volunteers: Ann Eames, Joe-Beth Kirkpatrick, Diane Lewis, Rob Lewis, Jamie Jarosek Gonzalez, Mary Andersen, Veronica Gard, Rosemary Michel, Georgia Zugay, Carolee Fisher, Rosemary Kotrich, and Cynthia Hodas. Thank you!

## December Board Meeting

This month’s board meeting will be held on December 15 at Jane McDaniel’s home. If you would like to add anything to the December agenda, please contact Jane McDaniel in advance at [janesirish@earthlink.net](mailto:janesirish@earthlink.net) or 930-1026.

## January 2006 Program

Janet Miller, Master Gardener and past President of the San Antonio Herb Society, will present “Herbal Vinegars” at our meeting on January 12th. Herbal vinegars are a great way to preserve your herbs. Find out what herbs to plant this spring to have a bountiful harvest to use in herbal vinegars for gifts & great cuisine.

## January Home Show Event

SAHS will have a booth at the Show Technology 4th Annual San Antonio Home & Landscape Show at the Henry B. Gonzalez Convention Center, Friday - Sunday, January 6th - 8th. Those who took part last year had lots of fun and signed up many new SAHS members. We will sell our cookbook and other products to raise funds. There will be lovely gardening displays and gardening related speakers, including HGTV’s Paul James and others, with an emphasis on organics. Our member, Diane Lewis, will speak on “Herbal Quick Tips”. Additional volunteers are needed to help with our booth. Volunteers should call Diane Lewis at (210) 495-6116 or look for the sign up sheet at the December 8th banquet. There are volunteer opportunities on all three days.

## A Habitat Adventure

We got off to a grand start at the new Palo Alto housing development. Seventeen Homes were near completion on November 5th and our volunteers arrived eager and ready to lay out the landscape for each house. Our group attacked each lot with some directing the plantings and layouts while others just grabbed a shovel and dug alongside the house sponsors.

I want to thank Rosemary Kotrich for making the lovely original "house" cards and Cynthia Hodas and Joyce Efron for assembling the tool pouches and bringing some sparkle to my rosemary signs. A special thanks to Sally Ann Hnatiuk for donating a barrel load of tools and gloves for this and future Habitat plantings.

A hats off to all those who donated tools.

A rousing "cheer" to all of you who gave up your Saturday morning to help personalize the new Habitat homes. Cheers to Ann Eames, Joe-Beth Kirkpatrick, Diane Lewis, Rob Lewis, Jamie Jarosek Gonzalez, Mary Andersen, Veronica Gard, Rosemary Michel, Georgia Zugay, Carol-lee Fisher, Rosemary Kotrich, and Cynthia Hodas.

Adrienne Hacker

## Advertise in La Yerba Buena!

Do you have a special skill that you'd like the public to know about? Do you represent a good product and would like everyone to know that? La Yerba Buena will be accepting texts from members and their spouses/partners advertising professional, technical skills or specific products or items which are available for sale. This would be in a form similar to the Classifieds Ads in the SA Express-News. It will cost a minimal amount - \$12 per year for a small, two- to three-liner, and \$24 per year for a four- to eight-liner text. It is planned to include the texts in each monthly issue of La Yerba Buena. So, if you want to get the word out, increase your business, or just make some room in your garage by clearing some of that stuff you've been saving forever, avail of this excellent opportunity! Contact Syeira Budd at syeiraq@yahoo.com or 271-9986 for more info.

## New SIG Forming

There has been some interest in starting another Herbal Crafts Special Interest Group. For the past eight years several members of the San Antonio Herb Society have met as the Lotions and Potions group. It's time to get another group going. If you are crafty, or just want to learn to do little projects, give it a try. The group decides when to meet, where to meet, and what to do. The way Lotions and Potions has worked over the years has been to have each member pick a month and a craft. This person learns about the craft, gathers all the needed supplies, and leads the actual workshop. Twelve members mean each person is responsible for only one month a year, and gets to be a student for 11 months. It's great fun, and a wonderful way to get to know your fellow Herb Society members better. Everyone has a talent – share yours and learn some new skills.

Some things Lotions and Potions have made over the years:

- Soap, both lye soap and melt and pour types
- Homemade Incense cones
- Handmade paper
- Pressed flowers on candles
- Hypertufa troughs
- Herbal Jellies, Herbal wines & marinades
- Mozzarella cheese
- Stencil painted flowerpots
- Bath salts, lotions, creams
- Flax eye masks, dream pillows
- Teas mixed with gathered herbs
- Natural dyed t-shirts
- Cut-away quilted t-shirts

If you are interested in joining/forming another group, call Rebecca Kary at 210-200-8512, or email her at cckrnm@gmail.com. Members from Lotions and Potions will be willing to help launch another group and get it started.

## SAHS trip to Becker Vineyards

A delightful time was enjoyed by those who spent time tasting wine and touring Becker Vineyards on November 16th. Thank you to Henry Taub and Diane Lewis for providing the transportation and to Veronica Gard for organizing the trip.

## December To-Do List

by Brian Townsend

### 1st Week:

- First week typically for freezes!!! 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 placed directly against leaves in a freeze can actually conduct heat away from leaves and cause freeze-burn.)
- It is a good time to plant shrubs and trees. If planting shrubs, cut the tops back 1/3 to 1/2 to compensate for root lost in digging and replanting. Shrubs that provide winter berries for birds include pyracantha, ligustrum, holly and nandina.
- Pansies planted now will provide color all winter (Violas, also called Johnny-jump-ups, are perfect borders for pansy beds). They do best in full sun.
- Apply snail & slug bait or beer traps to protect pansies, bluebonnets, chives, day lilies and other plants for which the creatures have a fondness.
- Be prepared to cover tomato cages with blankets and plastic when the first freeze is predicted. You often can get 2 or 3 weeks of good weather if tomatoes make it through the first freeze.
- Cut back lantana and salvia after the tops freeze.
- Move plumerias into your garage or storage area for the winter. Remove leaves from stems and either remove the plant from the soil or just move the plant, pot and all. Do not water through winter.

### 2nd Week:

- If temperatures below 24 degrees (40 to 32 degrees for some cold-tender plants) are forecasted, provide mulch, then water all landscape plants (especially St. Augustine lawns) deeply, 12 to 24 hours before temperatures fall below freezing.
- Don't let poinsettias dry out. Place three ice cubes per day on the soil to keep the plants moist.
- Many of the hibiscus, plumeria, bougainvillea and other tropicals should have quit blooming for the year. They can be moved into freeze-protected storage.
- Spinach is available in area nurseries as transplants. It will provide nutritious greens for salads all winter and spring.
- Watch pansies and other cool-weather annuals until they become established. Sunny, hot weather (and yes, we can still get hot too) will make them wilt. Water frequently until they develop a root system.
- Continue to set out pansies, violas, stock,

snapdragons, dianthus and flowering kale.

- Don't forget tulip and hyacinth bulbs in the refrigerator. Plant after they have received six to eight weeks of chilling.

### 3rd Week:

- Never water frozen leaves. Watering will kill, not thaw them.
- Pick broccoli, radishes and other winter vegetables when young for highest quality and best production.
- Don't worry about being a "neatnik" in your lawn. Mow leaves but let them decompose on the lawn. Birds, squirrels and deer will clean up acorns and pecans. (If you must, rake the leaves from your yard and compost them. The compost will be ready in time for spring gardening.)
- Plant sweet peas in a sunny location with a trellis. The fragrant flowers are great for cutting.
- Add manure to gardens now for the spring planting.
- Fertilize cool-season flowers such as pansies, kale and dianthus to give better blooms.
- Plant spring-flowering bulbs.

### 4th Week:

- Keep poinsettias moist, away from drafts (hot and cold), and place them in a bright room for maximum bloom length. Again, do not overwater, but keep evenly moist.
- Plant tulip and hyacinth bulbs now (after their 6-week cooling). Lay chicken wire over the area until leaves emerge to prevent squirrels from eating the bulbs.
- Apply manure to your vegetable garden if you didn't plant Elbon (cereal) rye earlier.
- Continue to plant spinach, English peas, snap peas and snow peas.
- Kalanchoes do not need as much water as poinsettias. The soil can dry to 2 or 3 inches before watering.
- Fertilize actively growing cool-weather plants such as pansies and broccoli with a cup of slow-release lawn fertilizer per 100 sq.ft. of garden. Don't overwater pansies. Don't water bluebonnets.
- After severe icy condition occur, prune any broken tree branches (paint wounds on oaks immediately), cut back tops of ice-withered perennials, and remove annuals killed by frost.
- Deadhead old roses (just under spent bloom).



**In Our Herb Garden:**

- Now is the time to plant a number of spring-producing herbs, including garlic, dill, cilantro, fennel and parsley (This is a surprise to newcomers to San Antonio, and to newcomers to herb growing, since in other parts of the country these are planted in the spring.)
- Replenish winter mulch as needed.
- Should a freeze-warning occur, water plants thoroughly (12 to 24, but no more than 48 hours prior to) to protect roots.
- Cut back tender perennials that freeze and need to be trimmed before reemerging in the spring. Examples are Mexican mint marigold, chives, tarragon, lemon verbena and lovage.
- Plants seeds of California poppies, nasturtiums and sweet peas.

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*.

**November Meeting Recipes**

Thanks to those members who provided the following recipes!

**Oregano/Garlic Cheddar Sticks**

6 slices wheat bread  
 6 slices (1/4") extra sharp cheddar cheese  
 minced oregano  
 chopped parsley  
 1 tablespoon red chili sauce  
 2 tablespoon soy sauce  
 1/2 teaspoon Worcestershire sauce  
 1 teaspoon minced garlic  
 1 teaspoon minced onion  
 Combine last 5 ingredients in a small bowl for sauce, allow to stand 1 hour. Toast bread to dark brown, set aside. Toast should be dry. Preheat oven to 350 degrees. Cut cheddar into long 1/4" strips and lay 3-4 strips sideways across each slice of toast. Spread sauce on cheese (approx. 1 teaspoon per slice of toast). Sprinkle oregano and parsley on top. Place on cookie sheet in oven for 3-5 minutes or long enough to melt cheese. Allow to cool. Slice each piece of toast top to bottom (across strips of cheese) into 4-6 long sticks. Serve at room temperature.

**Tomato Pesto Pepita Spread/Dip** (Johnnie Hill)

8 pieces sun-dried tomatoes  
 1/2 cup basil pesto  
 3/4 cup roasted pepitas (hulled)  
 2 - 8 oz. packages cream cheese

Add first three ingredients to food processor. Process until chopped thoroughly. Add cream cheese to ingredients in the processor and mix until well blended. Serve with crusty artisan bread, bagels or crackers. If you want a dip instead of a spread, add a couple tablespoons of olive oil to the food processor with the initial ingredients. Serve with cold crisp vegetables such as celery sticks, carrot sticks, jicama sticks and bell peppers.

**Cranberry Oat Bars** (Karen Cabral)

1-1/2 cups old-fashioned rolled oats  
 1-1/4 sticks (10 tablespoons) unsalted butter, softened  
 1 cup packed light brown sugar  
 2 large eggs  
 2 tablespoons whole milk  
 2 teaspoons vanilla  
 1 cup all-purpose flour  
 1/2 teaspoon freshly grated nutmeg  
 1/2 teaspoon salt  
 1/2 teaspoon baking soda  
 1-1/2 cups pecans (6 oz.), chopped  
 1-1/3 cups dried cranberries, chopped

Put oven rack in middle position and preheat oven to 350 degrees. Generously butter a 9-inch square baking pan. Toast oats in another baking pan, stirring occasionally, until pale golden, about 12 minutes. Beat butter and sugar with an electric mixer until fluffy. Beat in eggs, milk, and vanilla. Whisk together flour, nutmeg, salt, and baking soda, then beat into butter mixture until incorporated. Stir in oats, pecans, and cranberries. Spread in buttered pan. Bake until golden and a wooden pick inserted comes out clean, 30 to 35 minutes. Cool in pan 20 minutes, then cut into bars. Makes 24 bars.

## SAHS Treasurer's Report November 2005

Submitted by Karen Cabral, Treasurer

10/31/05 Beginning Balance			\$4,481.85
<b>INCOME</b>			
Cookbooks		\$136.00	
Oregano Booklets		\$33.00	
T-shirts		\$30.00	
Aprons		\$17.00	
Calendars		\$150.00	
Tote Bags		\$24.00	
Notecard Sets		\$4.00	
<b>EXPENSES</b>			
Garden Center Rent	\$85.00		
Garden Center Personnel	\$33.00		
Speaker Honorarium	\$50.00		
Newsletter - Printing	\$94.06		
Newsletter - Postage	\$71.78		
Newsletter - Paper	\$18.08		
Admin. Costs - Name Tags	\$32.40		
Admin. Costs - Printing	\$87.49		
Event Costs - Home & Landscape Show	\$30.00		
Event Costs - Xmas Banquet	\$77.85		
<b>TOTALS</b>	<b>\$529.66</b>	<b>\$394.00</b>	
11/30/05 Ending Balance			\$4,346.19
<b>OTHER ITEMS</b>			
Petty Cash - President's Acct			\$50.00
Petty Cash - Sales Acct			\$32.00
Regular Savings			\$1,021.65
2-Year Certificate of Deposit			\$1,000.00
<b>11/30/05 TOTAL ASSETS</b>			<b>\$6,449.84</b>

### January Newsletter Deadline

All members are invited to share news, ideas, recipes, remedies, or stories in our monthly newsletter. Email your January newsletter submissions to Syeira Budd at syeiraq@yahoo.com by Saturday, December 17th.

## OFFICERS & CONTACTS

**JANE McDANIEL** - PRESIDENT  
(930-1026, JANESIRISH@EARTHLINK.NET)

**DIANE LEWIS** - VICE-PRESIDENT, PROGRAMS  
(495-6116, LEWISDR@SWBELL.NET)

**SYEIRA BUDD** - VICE-PRESIDENT, MEMBERSHIP & NEWSLETTER  
(271-9986, SYEIRAQ@YAHOO.COM)

**JAMIE JAROSEK GONZALEZ** - SECRETARY  
(930-8678, JAMIEJG@SBCGLOBAL.NET)

**KAREN CABRAL** - TREASURER  
(492-5359, KARCAB@EARTHLINK.NET)

**ESTELLE KELLY** - PUBLICITY/PR  
(422-1424, ETIGGEREK@YAHOO.COM)

**BRIAN TOWNSEND** - HISTORIAN  
(349-4678, BRIANDT@JUNO.COM)

**ADRIENNE HACKER** - BOARD MEMBER-AT-LARGE  
(829-8433, HACKLA@AOL.COM)

**YOLI HURON** - BOARD MEMBER-AT-LARGE  
(735-9053, HEALTH4EVER@BARLEYBABY.COM)

**VERONICA GARD** - BOARD MEMBER-AT-LARGE  
(499-4118, VGARDSHAZAM@YAHOO.COM)

**PATTY WILSON** - T-SHIRTS & RECIPE BOOKS  
(647-0838, DWILSON@SATX.RR.COM)

**CINDY BROWN & ADRIENNE HACKER** - HOSPITALITY COMMITTEE

## SIG LEADERS

**AROMATHERAPY SIG**  
LYN BELISLE (826-6860)

**LOTIONS & POTIONS SIG**  
JACKIE COMPERE (491-0163)

**MAD HATTERS SIG**  
BARBARA PETERS (930-1337)

**MEDICINAL SIG**  
CAROL-LEE FISHER (681-6815)

**COOKING SIG**  
CAROL-LEE FISHER (681-6815)

**HERBAL MEDICINE CABINET SIG**  
JEAN DUKES (566-4379)

**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.



San Antonio Herb Society
Membership Application/Renewal
January - December 2006



- New Member - How did you hear about us? □ Newspaper □ Radio □ Television □ Flier
□ Referred by: \_\_\_\_\_
□ Other: \_\_\_\_\_

□ Renewal - Member since: \_\_\_\_\_

Membership Category: □ Single (\$20) □ Dual (\$30) □ Business (\$40)
(Make check payable to San Antonio Herb Society and mail with application to PO Box 100806, San Antonio, TX 78201)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Street: \_\_\_\_\_ Fax: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Occupation: \_\_\_\_\_ Is this a new address? □ Yes □ No

PLEASE INDICATE YOUR INTEREST IN THE FOLLOWING

TOPICS FOR FUTURE PROGRAMS:

- Gardening tips (soil preparation, irrigation, etc.) □ Medicinal uses, sources
□ Propagation tips (seeds, rooting cuttings, etc.) □ Aromatherapy
□ Container gardening □ Historical gardens, historical uses
□ Specialty gardens □ Making vinegars or oils
□ Scented geraniums □ Fantasy gardens (fairy gardens, etc.)
□ Craft how-to's, demonstrations □ Members' Market (make & sell hand-crafted
□ Cooking and meals items for your own profit)
□ Harvesting, drying, storing □ Other: \_\_\_\_\_

FIELD TRIPS:

- Festival Hill, Round Top □ Wildflower Center in Austin
□ Botanicas □ Other: \_\_\_\_\_

Which do you prefer? □ Weekdays □ Weekends Are you willing to be a driver? □ Yes □ No

SPECIAL INTEREST GROUPS:

- Cooking SIG (potlucks & socializing) □ Garden Design SIG
□ Gourmet SIG (visits to local restaurants) □ Aromatherapy SIG
□ Lotions & Potions SIG & Herbal Scouts SIG (making □ Mad Hatter's SIG (formal tea parties)
herbal household items) □ Herbal Crafts SIG
□ Vegetarian SIG □ Medicinal SIG

VOLUNTEER OPPORTUNITIES:

- Banquet Committee (help arrange the May or December Herbal Banquets)
□ Hospitality Committee (decorate refreshment table, make tea, etc.)
□ Greeter (greet people at the door at each meeting)
□ Organization Committees for Viva! Botanica and/or Herb Market
□ Work in booth at: □ Viva! Botanica (April) □ Herb Market (October)
□ Serve on committee for revision of Resource Guide and/or cookbook
□ Serve as club officer on Board of Directors
□ Contribute articles to the newsletter
□ Be a speaker at one of our meetings on an area of your expertise. Your topic: \_\_\_\_\_
□ Work at Habitat for Humanity landscaping days
□ Upkeep of the Herb Garden at the San Antonio Botanical Garden
What other gardening organizations do you belong to? \_\_\_\_\_

**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

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

\*Johnnie Hill, **RE/MAX North - San Antonio**  
 21720 Hardy Oak, #112, San Antonio, TX 78258  
 (210) 867-2820  
 hillteam@satx.rr.com

\*Barry & Kim A. Krost, **Integrative Healing Institute**  
 7979 Broadway, Suite 107, San Antonio, TX 78209  
 (210) 829-1106  
 naturalreflexes@aol.com

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

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

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

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

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!*

**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.

The San Antonio Herb Society  
 P.O. Box 100806  
 San Antonio, TX 78201  
 Phone: (210) 641-8166  
 Website: www.sanantonioherbs.org