



# La Yerba Buena

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THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 203, FEBRUARY 2007

## 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.

## Marjie Christopher to Present Program on Herbal Crafts at February 8<sup>th</sup> Meeting

We are in for a real treat at our February meeting! Former Co-President Marjie Christopher will excite us with herbal arrangements and decorations that bring a new dimension to the joy of exploring the fanciful world of herbs. Highly creative, Marjie has appeared before many San Antonio groups and awakened a new passion for herbs. The San Antonio Herb Society welcomes her home, and we look forward to an evening of fun and learning.



For those of you who don't know Marjie, she is a Master Gardener, Master Naturalist, member of the Audubon Society, the American Herb Society, and a docent at the San Antonio Botanical Gardens. The landscape at her home in far north San Antonio is certified as a wildscape and wildlife habitat.

Since 1987 she has owned and operated Rio Cibolo Ranch, a 130-acre working longhorn cattle ranch and pecan orchard. The ranch amenities include Cibolo Orchard, Creekside Gardens, and Lily Gardens. These gardens were developed under Marjie's watchful eye, and include herbs, edible plants and fruit trees. Her love of cooking led to the development of the Rio Cibolo Ranch "A Little Bit of Texas" Cooking School. Lectures

and demonstrations by Guest Chefs and Wine Experts feature the preparation of Southwestern, Mexican, Texan and Herbal cuisine. Marjie has written two cookbooks: one on "A Little Bit of Texas"- and the other on Texas pecans, "The Whole Story, Bits and Pieces".

This program is a must- on your February calendar, so put a circle around February 8<sup>th</sup>, and come learn something new about the use of herbs from Marjie Christopher. And bring a friend! We hope to see the Garden Center overflowing with herb enthusiasts as we continue our journey in exploring the wonderful world of herbs.

The program will begin at 7:00 p.m. (with refreshments served beginning at 6:30 p.m.) at the San Antonio Garden Center, corner of Funston and N. New Braunfels. For additional information, visit our web site at [www.sanantonioherbs.org](http://www.sanantonioherbs.org).

Lorraine Jennings  
Program Chairperson

## Refreshments

Members with last names beginning with E - K are asked to bring refreshments to this month's meeting. Please arrive by 6:30 p.m. so all can enjoy your dish. Don't forget to e-mail your recipe to [syeiraq@yahoo.com](mailto:syeiraq@yahoo.com) for publication in the next newsletter.

## March Newsletter Deadline

All members are invited to share news, ideas, recipes, remedies, stories, or photos in our monthly newsletter. E-mail your March newsletter submissions to Syeira Budd at [syeiraq@yahoo.com](mailto:syeiraq@yahoo.com) by **Saturday, February 10.**

## Welcome, New Members!

A big welcome from all of us to the following members who recently joined SAHS:

Paul Brinkmann  
Marty & Patty Godfrey

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## Relax with Massage

*"The human body is a machine which winds its own springs."*

-Julian Offroy De La Mettrie

What is massage? Massage is an ancient form of healing, used for thousands of years to offer relief from pain, to restore good spirits, provide comfort, boost energy, and to rejuvenate muscles.

It is a relaxing experience for giver and receiver. Massage uses touch to bring about emotional and physical changes, and to create a feeling of wholeness in the mind and body.

Oils are necessary lubricants to prevent massage strokes from causing friction against the surface of the skin. They contain nutrients that are beneficial to the skin and tissue, and treat physical ailments.

To help rid your body of toxins and impurities and for total physical and spiritual relaxation try this recipe for Massage Oil:

### Lavender & Clary Sage Massage Oil



1/3 cup Sweet Almond Oil

1/3 cup Avocado Oil

8 drops Lavender Essential Oil

8 drops Clary Sage Essential Oil

Blend oils together and put into bottle. When applying massage oil it is best to warm it in your hands first, then massage onto the body of the recipient.

FYI – Did you know it takes 5,000 pounds of rose petals – as many as 100 million – to produce one pound of rose oil.

*William K. Varney  
Fredericksburg Herb Farm*

## Many Uses of Herbs Explored at January Meeting

What a wonderful night it was for Herb Society attendees. People were truly caught up in "Exploring the Wonderful World of Herbs" -- and the energy it created was felt throughout the room. We learned something new, were reminded of something we had forgotten, were challenged to try a new aspect of herbs, and renewed our interest in the versatility of herbs.



*Mike Belisle shares herbal cooking tips*

Many thanks to the knowledgeable and energetic Herb Society members who gave led the presentations: **Mary Dunford & Sherry Cardenas** (Growing Herbs), **Mike Belisle & Janet Miller** (Cooking with Herbs), **Monica Hubbard & Beth Patterson** (Herbal Crafts), **Carol-lee Fisher & Diane Lewis** (Medicinal Herbs), and **Lyn Belisle & Jackie Compere** (Aromatherapy)!

Our February meeting with Marjie Christopher will also be exciting, and you won't want to miss it. Your Board is dedicated to revitalizing interest and enthusiasm in herbs, and one way is by presenting stimulating programs. We urge each member not only to attend, but to bring a guest! One of the primary goals of the Herb Society is to educate others to the use of herbs. We hope to see you (and your guests) in February -- and enjoy another herbal evening together.

*Lorraine Jennings  
Program Chairperson*

## Upcoming Herbal Crafts SIG Meetings

*Meetings Held 3rd Saturday of the Month at 10:00 a.m.:*

**February 17, 2007**

Topic: Bath salts

**March 17, 2007**

Topic: Ointment for sore muscles, or some St. Patrick's Day surprise

**April 21, 2007**

Topic: Hypertufa pots

Contact Rebecca Kary for details: 210-200-8512.

## Habitat for Humanity Work Day on March 10

We have a work day scheduled for March 10, 2007. There will be 10 homes needing assistance with their plantings. This means we need at least 5-6 people, more will make the work go even faster. We also need plant donations. Suggestions are rosemary, rue, aloe, thyme and cilantro in 4" or 6" pots. Please sign up at the February or March meeting and come on out to work. We will car pool from the Quarry parking lot. You don't need any special skills or knowledge just a smile and willingness to work and have fun.

Contact Sally Ann Hnatiuk at (830) 980-5645 for more information.

## Aromatherapy/ Essential Oil Study Group Organized

Come join this informative new group led by herbalist Carol-lee Fisher where we will learn about the wonderful uses of essential oils. Topics the first year will include therapeutic uses of essential oils, instruction for creating skin care products, and a materia medica of commonly used oils.

We will be meeting monthly in members' homes for 2 hours. Our first three meetings will focus on creating an essential oil "first-aid kit."

The group will be limited to 10 people, so call today: Carol-lee Fisher at (210) 681-6815

## Attention All Herb Gardeners

The SAHS Herb Garden Tour will be held this fall. Herb gardeners, now is the time to plan your new beds, decide what herbs need to stay or go, choose new varieties of herbs to grow in the upcoming year, and in general get your garden ready to be part of the upcoming fall tour.

Your garden does not need to be exotic or look like it belongs in a magazine. What is best are gardens that people enjoy being in or gardens about which some could say, "I could do this." I personally love theme gardens and shade gardens. Of course, what we are primarily looking for is gardens that have lots of herbs in them—either grouped together or mixed in with plants.

Get started now! You have plenty of time to encourage your garden to be at its best in time for the SAHS Herb Garden Tour in the fall.

To be on the tour, you can pick up an application at the February meeting, or look for an application on our website ([www.sanantonioherbs.org](http://www.sanantonioherbs.org)) in a couple of weeks. Call Carol-lee Fisher at (210) 681-6815 to volunteer to be on the planning committee or if you have any questions.

*Carol-lee Fisher*

## Third Annual Rockport Herb Festival

This year's Rockport Herb Festival, presented by the Rockport Herb & Rose Study Group, will provide an array of herb programs, herb cooking demonstrations, a food court, herb booths with lots of herb information and products for sale, and a plant sale which will include lots of different herbs, roses, heirlooms, orchids, bromeliads, tropicals, palms, garden art and pottery. Mark your calendar to be at the Rockport-Fulton High School Commons on **Saturday, April 7**, for a wonderful herb experience.

The event is free and open to the public.

Visit [www.rockportherbs.com](http://www.rockportherbs.com) or call (361) 729-6037 for more information.

## Fredericksburg Herb Festival

Be sure to plan a trip to the Fredericksburg Herb Farm for their 13th Annual Herb Fest on April 20, 21, & 22. Fine food, wine, shopping, gardening & cooking classes, live music, art, and entertainment will be available for you to enjoy.

Visit [www.fredericksburgherbfarm.com](http://www.fredericksburgherbfarm.com) for more information.

## Take a Trip With the SA Botanical Garden

The San Antonio Botanical Garden is sponsoring two upcoming trips, both of which will feature spectacular gardens:

### Dallas Blooms Spring Trip

*April 11-13, 2007*

Experience Central and North Texas Gardens and cultural sites in the height of spring! The itinerary includes tours of the Lady Bird Johnson Wildflower Center in Austin, Dallas Arboretum and the Fort Worth Botanic Garden, as well as art highlights including the Dallas Museum of Art and the Modern Art Museum of Fort Worth.

### Italy's Villas and Gardens

*September 4-15, 2007*

Escorted by Bob Brackman, the Director of the SA Botanical Garden, you will visit special gardens, famous museums, the important cities of Florence and Rome, plus the Lake District, and the small villages which make Italy so charming. Feast on fabulous Italian cuisine and enjoy la dolce vita.

For more information on the above tours, contact Marianne Martz of Fuller Travel at (210) 828-6311 or [marianne@fullertvl.com](mailto:marianne@fullertvl.com).

## Baskets For Sale

Large collection of decorative basketry. Over 60 items include animals and birds as well as containers of all sizes. All are "recycled" and have been cleaned and refurbished. Collection will be on display at the February SAHS meeting. Asking \$150.00 for the lot. Call Joe-Beth at 210-590-9744.

## Children's Herbal Craft Corner

This month's craft is a **Valentine Kissing Ball**. Like mistletoe, it encourages a kiss from all who pass by and adds a fragrant touch to a room or the car.



### Materials:

Small Styrofoam ball  
Poster Paint-red or pink (optional)  
½ inch ribbon in red, pink, or white  
Glue

Scissors

Toothpick

Assorted Fresh Herbs such as: Rosemary, Bay Leaf, Tarragon, Lemon Verbena, Mint

### Instructions:

1. Paint the Styrofoam ball if you choose. Let dry.
2. Measure the ribbon to go around one side of the Styrofoam ball, overlapping slightly. Cut. Measure a second length of ribbon the same length with extra to form a loop (about 2 inches more). Cut.
3. Glue the ribbon onto the painted Styrofoam Ball so that the first forms a full circle and overlaps at the top. The second is glued down and around the opposite side overlap and secure down but leave the 2 extra inches free. Let dry. (It will look like a globe that has been quartered.)

4. When the ribbon is dry on the Styrofoam for a loop with the end of the ribbon and secure with glue.

5. Now it is time to insert the herbs. Punch small holes in the Styrofoam and then gently press the herbs into the holes. You may put a dab of glue on the stem before placing it in the hole.

You are now ready to encourage a little Valentine romance.

*Estelle Kelly*

## January Meeting Recipes

Many thanks to the members who shared the following recipes for the dishes they shared at the January meeting!

### Michael Belisle's Shrimp and Pasta Salad

1 pound medium shrimp, peeled, deveined, and boiled just until pink  
 1 pkg. med or large shell macaroni (16 oz.) cooked according to package directions  
 2-3 boiled eggs, sliced or coarsely chopped  
 2-3 chopped green onions including tops  
 1 cup green grapes, halved  
 2-3 ribs celery, chopped  
 3/4 cup mayonnaise (Hellman's)  
 1 tablespoon dried dillweed  
 1/2 tablespoon lemon pepper seasoning  
 salt and pepper to taste

Combine the boiled and peeled shrimp, cooked pasta, chopped eggs, grapes, chopped celery, chopped onions, dill and spices. Stir in mayonnaise to moisten. Add more if needed. Chill overnight. Serves 8.

*Michael says the secret to this recipe is not to add anything else to it or leave anything out. My sister-in-law put peas and pickles in it once when she made it, and then she wondered why it didn't taste as good!*

### Curried Artichoke Rice Salad

(Lorna Peters Dressler)

1 (8 oz) pkg chicken flavored vermicelli rice mix  
 1 (6 oz) pkg fried rice mix w/ almonds  
 1/2 cup chopped green pepper  
 1/2 cup choopped green onion  
 1/2 cup chopped pimento stuffed olives  
 2 (6 oz) jars marinated artichoke hearts, drained & sliced  
 1/2 cup mayonnaise  
 1 teaspoon curry powder

Prepare the rice mixes according to package directions. Cool. Combine all the rest - toss lightly and chill.

Makes 12 servings.

### Yummers

(Alice McDaniel)

1 cup grated cheese  
 1 cup crushed cereal (Rice Krispies are best)  
 1/4 cup butter  
 1/2 cup flour  
 pinch dried basil, oregano, or thyme

Mix all ingredients in a bowl and then form into balls. Put on cookie sheet at 375 degrees for 10 minutes.

Yum!!!

### Herb Garden Dressing

(Monica Hubbard)

1 cup dried oregano  
 1 cup dried basil  
 1/2 cup dried marjoram  
 1/2 cup dried dill weed  
 1/2 cup dried mint leaves  
 1/2 cup onion powder  
 2 tablespoons dry mustard  
 1 teaspoon salt  
 1 tablespoon black pepper

Mix ingredients together. Keep in a sealed jar. Use as needed.



### Salad Dressing

(Monica Hubbard)

2 tablespoons of Herb Garden Dressing mixture  
 1 1/2 cup extra virgin olive oil  
 1/2 cup cider vinegar

Mix thoroughly and allow to stand for 1 hour or so. Mix again before using.

## Online Herb & Garden Resources

Do you have a good online herbal/garden resource that you'd like to share? E-mail your online resources to [syeiraq@yahoo.com](mailto:syeiraq@yahoo.com) for publication in a future newsletter.

Thanks to Lyn Belisle for sharing the following sources for herbal news, tips, and free stuff!

### Texas Gardener's Seeds Newsletter

Sign up to receive this weekly newsletter for Texas Gardeners at [www.texasgardener.com/newsletters](http://www.texasgardener.com/newsletters).

### All About Thyme: A Weekly Calendar of Times & Seasonings

Sign up to receive this weekly celebration of herbs, spices, and the changing seasons from Susan Wittig Albert, author of the China Bayles mystery novels and past SAHS presenter, at [www.abouthyme.com/dayletters](http://www.abouthyme.com/dayletters).

### Free Herbal Expedition Kit

Celestial Seasonings is offering an Herbal Expedition Kit that will take you from plant to tea, allowing you to exercise your green thumb and include your very own home-grown herbs in delicious and healthful recipes, and learn about the health and wellness benefits of herb and herb teas. Visit [www.herbaledexpedition.com/kit](http://www.herbaledexpedition.com/kit) to sign up while supplies last!

## 2007 Homeowner's Watersaver Landscape Contest

The Gardening Volunteers of South Texas (GVST), San Antonio River Authority, San Antonio Water System, Edwards Aquifer Authority, San Antonio Botanical Garden, and San Antonio Parks and Recreation Natural Areas want to recognize outstanding xeriscapes: creative landscapes that use less water. The contest is for residents of Bexar County who exercise low water usage principles in their home landscape design areas.

All entries must be postmarked by March 31, 2007. For more information on how to enter, call (210) 522-9220.

## Brian Townsend's February To-Do

Read Brian's unedited January to-do list on our web site at [www.sanantonioherbs.org/todo.htm](http://www.sanantonioherbs.org/todo.htm).

*"There is a psychological distinction between cutting back and pruning.  
Pruning is supposed to be for the welfare of the tree or shrub;  
Cutting back is for the satisfaction of the cutter."  
– Christopher Lloyd, *The Well-Tempered Garden* (1973)*

### 1ST WEEK:

- It is time to place (repair / replace) all of your birdhouses. Titmice, chickadees, wrens, woodpeckers, owls and martins soon will be looking for nesting boxes. Also watch out for visiting red-winged blackbirds.
- Till composted organic matter and shredded cereal (Elbon) rye into veg. garden soil.
- Unless you have a large garden that takes a long time to prune, be patient and wait until mid-month (or end of month) to start cutting. Sharpen and oil tools ahead of time.
- Plant gladiolus now and every 2 or 3 weeks for an extended show of blooms.
- Plant your spring crop of broccoli, cabbage cauliflower, carrots and asparagus over the next month, the earlier the better. For the highest quality broccoli, harvest before the heads begin to bloom. Secondary heads will allow a second harvest several weeks after the large head is cut.
- Potatoes, English peas, onions, radishes, sweet peas and pansies can be planted now.
- "Scalp" lawn to remove winter-browned stubble. Drop mower one or two settings. Wear quality respirator, goggles.

### 2ND WEEK:

- Red-winged Black birds are visiting the feeders; they will get into just about everything!
- Apply dormant oil to pecan and fruit tree trunks, also hollies, euonymus and other shrubs to control scale, phylloxera and other pests and larvae. Remember to re-apply dormant oil on the roses before buds open.
- Perennials planted now will bloom in spring.
- Plant nasturtium, cosmos, sweet pea, coreopsis and Mexican poppy seeds.
- Prepare beds and gardens for spring planting.
- Fertilize pansies with 1/2 lbs. of ammonium sulfate per 100 sq.ft. of bed area. Repeat the application every 4 to 6 weeks.
- Browse catalogs and select flower and vegetable varieties now before the rush of spring planting.

### 3RD WEEK:

- Spring pruning of your roses can begin (if weather is decent, if not, you can wait till first of March). Look in the S.A. Rose Society's pamphlet "How to Grow Roses", and "A Year in the Rose Garden".
- Geraniums and gerbera daisies make great container plants in late winter. Be prepared to protect the flowering from late freezes.
- Sow marigold and periwinkle seeds in flats or containers for garden planting in spring.
- Plant tomatoes in containers now and into March. Varieties good for this area: "Merced, Bingo" and "Celebrity".
- Stubborn weeds? Try *vinegar*! For my safe, natural "Wild Weed Wipeout Tonic", mix 1tbsp. of vinegar (use 9% or higher for around here); 1tbsp. baby shampoo; 1 tbsp. of gin; 1 qt. of warm water. Combine all of these ingredients in a bucket, then pour into a hand held sprayer. Drench the weeds to the point of run-off.

### 4TH WEEK:

- Remove winterkilled foliage from Bermudagrass, Zoysia, and Buffalograss lawns. Use clippings as a mulch under shrubs. Prune peach and plum trees to an open vase shape. Pears and apples should be pruned to a modified central leader. The extension service will supply pruning diagrams (send a stamped, self-addressed envelope, long with the types of fruit trees, to: Pruning Diagrams, Texas Cooperative Extension Service, 3355 Cherry Ridge, Suite 208, S.A., TX., 78213).
  - Columbine and bluebonnet seedlings planted now will bloom this spring.
  - Late February into early March is a good time to plant tomatoes in containers. Suggested varieties include Merced, Bingo and Celebrity.
  - Mulching tomatoes and peppers will conserve water and help the plants set blooms.
- Fertilize cabbage, cauliflower and broccoli.
- Apply a light application of fertilizer to established pansy plantings.
  - Use a high-nitrogen fertilizer to pecans in South Texas late in month.

(February To-Do continued on page 6)

(February To-Do continued from page 5)

**IN OUR HERB GARDEN:**

• Prepare soil for planting so that it is friable and workable. Till or fork well, adding compost and/or coarse sand for drainage. Gardenville & Fertile Gardens

are good sources for compost, soils, and sand.

• Plant seeds of cool season annuals when soil temp. reaches 45 F. These include cilantro, dill, nasturtium, parsley, chervil and onions from transplants. To have a continuing crop of popular dill and cilantro, many S.A. gardeners plant them every several weeks throughout the spring months as hot summer weather causes early maturation.

• Prune and clear debris from mature perennials (examples are Mexican mint marigold, sorrel, chives, or lemon verbena). Frost victims (or sections thereof) should be removed when it is warm enough to recognize evident losses. Beware of removing discouraging looking plants that are simply still dormant. Frostbitten tops can offer some protection; don't prune too soon! Watch for new growth before cutting back dead wood.

• Late in the month divide roots of invasive or overgrown herbs (examples are chives, mints, oregano and yarrow).

• Prune shrub roses after Feb. 14th. Shape overgrown rosemary and sage.

*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.*



**Minutes of the San Antonio Herb Society January 11<sup>th</sup>, 2007**

The meeting was called to order at 7:00 p.m. by President Carol-Lee Fisher. Treasurer Jean Dukes gave the Treasurer's Report. Lorraine Jennings announced an exciting program for the February meeting. Our speaker will be Marjie Christopher. In addition to being a past president of the San Antonio Herb Society, Margie is a Master Gardener, Master Naturalist, Member of the Audubon Society, the American Herb Society, and a Docent at the San Antonio Botanical Gardens. Flyers publicizing the event were distributed and members were encouraged to share them with non-members.

The program, Wonderful World of Herbs, began at 7:10. Five tables were set up in the meeting area and five different aspects of creative uses of herbs were demonstrated. Topics and presenters were:

Table One: Growing Herbs  
Mary Dunford & Sherry Cardenas

Table Two: Cooking with Herbs  
Mike Belisle & Janet Miller

Table Three: Herbal Crafts  
Monica Hubbard & Beth Patterson

Table Four: Medicinal Herbs  
Carol-lee Fisher & Diane Lewis

Table Five: Aromatherapy  
Lyn Belisle & Jackie Compere

Those attending choose one of the tables and enjoyed a twelve-minute demonstration about the topics, including hands-on activities and food samples made with herbs. After each presentation, the groups rotated to the next table until all five had been visited. Each table had approximately eight to fifteen members in each visiting group, and everyone expressed great enthusiasm for the format, which was designed by Vice President for Programs Lorraine Jennings.

The meeting was adjourned on schedule at 8:30 p.m.

Respectfully Submitted,  
Lyn Belisle, Secretary

**December 2006 Treasurer's Report**

Submitted by Jean Dukes

CHECKING ACCOUNT BEGINNING BALANCE	\$4,588.76	Comments
INCOME		
Membership Dues	\$340.00	deposited 12/26/06
EXPENSES		
Newsletter		Total: \$278.91
Printing	(\$167.81)	
Postage	(\$78.00)	
Paper	(\$33.10)	
Garden Center Fee	(\$85.00)	
Attendant Fee	(\$25.00)	
Special Event Fees	(\$61.00)	Mitchell Lake booth fee
Other	(\$12.06)	photo expenses
	(\$132.00)	annual P.O. Box rental fee
CHECKING ACCOUNT ENDING BALANCE	\$4,334.79	
2-year CD	\$1,000.00	matures 12/24/07
Savings Account	\$1,011.56	
<b>TOTAL ASSETS</b>	<b>\$6,346.35</b>	

### WOULD YOU LIKE TO HAVE MORE ENERGY & IMPROVE YOUR HEALTH?

Call Jean Dukes @ (210) 213-4454 for a free health consultation. Jean worked as an RN for 20 years and now does Natural Health counseling through her Ten Days Health Ministry.

### Karen Cabral, M.A., LPC, LMFT, CTS

*Licensed Professional Counselor  
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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 that you are a member of the SAHS.

- Jean Dukes, RN, **Ten Days Health Ministry (Natural Health Counseling)**  
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
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(830) 997-8615  
www.fredericksburgherbfarm.com
- Johnnie Hill, **RE/MAX North - San Antonio**  
21720 Hardy Oak, #112, San Antonio, TX 78258  
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hillteam@satx.rr.com
- Sil & Yoli Huron, CNHP, **BarleyBaby.Com (Nutritional & Whole Foods)**  
2127 Santa Monica St, San Antonio, TX 78201  
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health4ever@barleybaby.com, www.barleybaby.com
- Barry & Kim A. Krost, **Integrative Healing Institute**  
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- Diane R. Lewis, **Longaberger Baskets & Pottery and Landscaping & Horticulture Instructor/Designer**  
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- Marisela Mata, CNHP, **Good Herbs Health Center**  
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goodherbs@rio.bravo.net
- Greg & Jinnie Perkins, **In Home Senior Care**  
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(210) 256-2273
- Kate Smith, **Uncommonly Yours**, Specializing in Uncommon Gift Ideas  
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(210) 499-4214  
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- Nick & Leslie Vann, **Nematode Nick's (Natural Landscape Treatment)**  
(210) 667-1500  
nematodenick01@cs.com
- Sandy Winokur, **Sandy Oaks Olive Orchard**  
P.O. Box 869, Elmendorf, TX 78112  
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