

La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 190, JANUARY 2006

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.

“Making Herbal Vinegars” with Janet Miller on January 12th

Please join us in January as our past SAHS president Janet Miller shares with us a creative, informative, and practical presentation on “Making Herbal Vinegars”. Janet is a Bexar County Master Gardener who is active in adult and children’s education programs, including training other Master Gardeners and teaching at the San Antonio Botanical Garden’s children’s garden. She is also a registered RN nurse educator for the San Antonio Health Science Center’s School of Nursing. Janet will tell us which herbs are the best to plant this spring for a fall harvest to use for vinegars and how much to plant. She will teach us which vinegars make the best herbal vinegars and which herbs go best with each type of vinegar. Tricks and helpful hints for making herbal vinegars and ideas and suggestions for great gifts, culinary, and other uses will be shared. The meeting takes place on Thursday, January 12th at the San Antonio Garden Center at the corner of Funston and N. New Braunfels. Refreshments and social time begin at 6:30 p.m. and the meeting follows at 7 p.m. It promises to be an interesting and fun evening, hope to see you there! For additional information visit our website at 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.

2006 Membership Renewal: New Year, Great New Programs

Thanks to each of you for your valued membership. We grew to 172 memberships in 2005! Let’s grow to 200 this year! Some of the programs and activities lined up for 2006 so far are: Spring Gardening in South Texas with Calvin Finch (February); Cooking with Chef Robert Riddle (March); participation in the King William Parade; two festive banquets; vendor booths at local gardening and herb events; field trips; and much more. Please make sure to renew your membership for 2006 by completing the form on page 7 and submitting your payment at this month’s meeting or dropping it in the mail.

Welcome New Members!

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

Elizabeth Flynn
Estelle Kelly (also our new Publicity Officer!)

Tussie-Mussies

Tussie-mussies to our three indispensable Board-Members-at-Large: Veronica Gard for organizing a fabulous trip to Becker Vineyards; Adrienne Hacker for leading our November Habitat for Humanity volunteers; and Yoli Huron for her energetic work with membership. We couldn’t do it without you!

January Board Meeting

This month’s board meeting will be held on January 19th at Jamie Jarosek Gonzalez’s home. If you would like to add anything to the January agenda, please contact Jane McDaniel in advance at janesirish@earthlink.net or 930-1026.

Inside this issue:

January Home Show Event	2	December Meeting Minutes	3
New SIG Forming	2	Holiday Banquet Recipes	3
Austin Herb Society Seminar	2	January To-Do List	5
Advertising Available	3	Membership Renewal Form	7

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. 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".

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.

Austin Herb Society Seminar

The Austin Herb Society (AHS) announces that their Spring Seminar, *The Art of Flavor: Using Herbs in Both Savory and Sweet Recipes* will feature noted culinary educator, food writer and photographer, Susan Belsinger. Susan will give two demonstrations from 9:00AM until 12:00PM on Saturday, February 25, 2006 at Zilker Botanical Garden, 2200 Barton Springs Road, Austin, Texas 78746. The first will be *Cooking Under the Influence: Using the Mediterranean Herbs* followed by *Not Just Desserts: Sweet Herbal Recipes*. Susan will prepare and provide samples of two or three recipes in each category. The seminar, which is open to the public, costs \$25 for AHS members and \$30 for non-members. Light refreshments will be served. More information and a registration form is available at www.austinherbsociety.org.

February Newsletter Deadline

All members are invited to share news, ideas, recipes, remedies, or stories in our monthly newsletter. Email your February newsletter submissions to Syeira Budd at syeiraq@yahoo.com by Saturday, January 21st.

Grow Your Business in 2006 with an Ad 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.

Minutes from the SAHS Meeting on December 8, 2005

The meeting was called to order on December 8, 2005, at 7:15pm by President Jane McDaniel. The announcements included:

-Explanations of a policy change regarding wine being served by a professional and that donations for the wine would be accepted.

-There is still a need for more volunteers at the Home and Garden Show in early January.

-The Silver Star Awards were given to those who have held membership in the Society for at least 10 years: Kathleen Bruce, Stan Drezek, Barbara Hauck, Cynthia Hodas, Kate Klein, Jane McDaniel, Anne Morris, and Patty Wilson.

-Volunteers were acknowledged as vital, important members to the Society. Joe-Beth Kirkpatrick and Diane Lewis were the two volunteers who contributed the most time in 2005. The next group included Patty Wilson, Adrienne Hacker, Mary Lee Estess, Barbara Hauck, Georgia Zugay, Rosemary Kotrich, and Yoli Huron. There were also 89 other volunteers who were acknowledged in writing.

-Jane thanked all of the board members for their work throughout the term.

-Several new members were given nametags.

-Jane gave many thanks and praise to everyone that contributed to planning and decorating for the Holiday Banquet, especially Diane Lewis, Rosemary Kotrich, Adrienne Hacker, and members of the hospitality committee.

The meeting was adjourned and the festivities began. A delicious meal was served, and entertainment was provided by harpist Robin Hogue. A gift exchange followed the meal.

Submitted by Jamie Jarosek Gonzalez

Habitat for Humanity Thanks SAHS for Volunteering

Dear San Antonio Herb Society,
I wanted to thank everyone for their support in providing gardening tips, tools & their personal experience to our homeowners. Your partnership with our mission is truly a blessing!

Sandy Redmond

Holiday Banquet Photos

Did you take photos of our festive Holiday banquet? If you have photos to share, please email them to Syeira Budd at syeiraq@yahoo.com or mail them to SAHS, P.O. Box 100806, San Antonio, TX 78201.

Holiday Banquet Meeting Recipes

Thanks to those members who provided the following recipes!

Braised Cranberry-Orange Sauce (Karen Cabral)

Preheat oven to 350 degrees.

4 cups fresh cranberries

2 cups sugar

1/2 teaspoon cinnamon

1 - 13 oz. jar orange marmalade

1 cup chopped toasted pecans

2 tablespoons lemon juice

Wash & drain cranberries. Combine sugar & cinnamon in bowl. Add cranberries, stirring well. Place mixture in 9" pan, cover, bake 45 minutes. Add marmalade, nuts, lemon juice. Stir well. Cool. Store in refrigerator up to 4 days. Serve warm or cold. This is good with ham as well as turkey.

Broccoli & Tortellini Salad (Lorna Peters Dressler)

6 slices bacon

20 ounces fresh cheese-filled tortellini

1/2 cup mayonnaise

1/2 cup white sugar

2 teaspoons cider vinegar

3 heads fresh broccoli, cut into florets

1 cup raisins

1 cup sunflower seeds

1 red onion, finely chopped

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble & set aside. Bring a large pot of lightly salted water to a boil. Cook tortellini in boiling water for 8 to 10 minutes or until al dente. Drain, & rinse under cold water. In a small bowl, mix together mayonnaise, sugar & vinegar to make the dressing. In a large bowl, combine broccoli, tortellini, bacon, raisins, sunflower seeds & red onion. Pour dressing over salad, & toss.

(Recipes continued on page 4)

(Recipes continued from page 3)

Cajun Dill Dip (Jane McDaniel)

2/3 cup each mayonnaise & sour cream (can use lite)
 1 medium onion slice (1/4" thick)
 4 parsley sprigs w/out stems or 2 teaspoons dried parsley
 1 tablespoon dried dill weed or 3 tablespoons chopped fresh dill
 1 teaspoon bean seasoning or 1 tablespoon Louisiana hot sauce (Crystal brand)

Process all ingredients in a food blender (fitted with a steel blade). Put into a bowl & refrigerate at least 2 hours - improves if chilled & refrigerated up to 2 days. Makes 1 to 1-1/2 cups. Serve with wheat crackers or crudites.

Persimmon Salad (Syeira Budd)

1/4 cup sliced almonds
 1/4 cup red currant jelly
 2 tablespoons cider vinegar
 1 tablespoon extra virgin olive oil
 2 teaspoons dijon mustard
 1/4 teaspoon salt
 4 fuyu persimmons (about 1 lb. total), cored & cut into 8 wedges each
 8 cups salad mix (mesclun, arugula, spinach, etc.)
 8 oz. feta cheese, crumbled

In small skillet, toast almonds over low heat, tossing frequently, for 5 minutes or until golden brown. Remove from pan to stop cooking; set aside. In small saucepan, combine jelly, vinegar, & 2 tablespoons of water and cook over low heat until jelly has melted. Remove from heat, whisk in oil, mustard, & salt. Transfer dressing to large bowl. Add persimmons, salad mix, & feta cheese and toss gently to combine. Serve sprinkled with toasted almonds.

Berry-Sage Thumbprints (Cynthia Hodas)

2 cups all-purpose flour
 2/3 cup yellow cornmeal
 1-1/2 teaspoon dried sage, crushed
 1/4 teaspoon baking powder
 1 cup butter, softened
 1 cup packed brown sugar
 2 egg yolks
 2 teaspoons finely shredded lemon peel
 1-1/2 teaspoons vanilla

3/4 cup preserves of choice (blackberry, red raspberry)

Preheat oven to 350 degrees. In a medium bowl, combine flour, cornmeal, sage & baking powder. Set aside. In a large mixing bowl, beat butter on medium for 30 seconds. Add brown sugar, beat until combined. Beat in egg yolks, lemon peel & vanilla. Beat in the flour mixture or stir until combined. Shape dough into 3/4" balls. Place on ungreased cookie sheet. Lightly press thumb in center & fill with preserves. Bake 10 minutes or until bottoms are lightly browned.

Pineapple Angel Food Cake (Diana Fox)

Dairy-free, lo-cal, two ingredients cake!

1 angel food cake mix
 1 can (20 oz.) crushed pineapple in natural juice

Preheat oven to 350 degrees. Combine the two ingredients by hand in a large bowl. Mix with electric mixer on medium for 1 minute. Pour into ungreased 9"x13" pan, full-size angel food cake pan, or large tube pan (bigger than 10"). Bake in the middle of oven for 38-48 minutes. Do not under cook. Cool 1-1/2 hours. Icing is up to you. Also great for strawberry shortcake (substitute 2 cups mashed strawberries & 1/2 cup water for pineapple).

Applesauce Cake (Jamie Jarosek Gonzalez)

Preheat oven to 350 degrees. Lightly grease 8"x12" baking pan.

Make applesauce mixture:

1-1/2 cups applesauce
 2 large or 3 small eggs

Combine:

2-3/4 cups flour
 2 cups sugar
 1/4 teaspoon baking powder
 1-1/2 teaspoon baking soda
 1-1/2 teaspoon salt
 1 teaspoon cinnamon
 1/2 teaspoon cloves and a pinch more
 1/2 teaspoon allspice
 1/2 cup shortening or oil
 1 cup walnuts or pecans (optional)
 1 cup raisins pureed with 1/2 cup water

Blend for a few minutes before adding applesauce mixture. Bake 40-45 minutes.

January To-Do List

by Brian Townsend

1st Week:

- Cut off the frozen tops of lantanas, firebush, poinciana, esperanza and other root-hardy plants and perennials at any time. If the brown foliage and stems don't bother you, leave them as cover, until early spring, for birds as foliage for shelter and to search out food.
- Don't be too quick to toss plants that appear frost damaged. If the cold was not severe, the stems might not be damaged.
- Pruning of all trees (including fruit trees) and bushes can begin now. Dress pruning wounds on oaks immediately (paint cuts with latex paint, not pruning paint). Prune back all shrub branches within one foot of the house. Texas Cooperative Extension publications explain proper pruning techniques. Call (210) 467-6575.
- This is a good time to relocate small trees and shrubs, remembering to remove at least half of the top growth to compensate for root loss. It is still a good time to plant new trees and shrubs to allow roots to develop before hot weather arrives.
- Midwinter is a good time to plant fruit trees and pecans (grapes and berries also). If you are in heavy clay soil, use an 8'x8' raised bed for fruit trees. If you have enough room for a pecan, consider the Pawnee variety. It matures early, is aphid resistant and makes an attractive tree.
- Enjoy blooming alyssum, dianthus and pansies.
- Plant tulip, daffodil and hyacinth bulbs no later than the first part of this month. Anemone and ranunculus bulbs later this month. Finish planting spring flowering narcissus bulbs.
- Take advantage of bad weather (or holiday, any reason will do!) to study Texas A&M's Plant Answers web site at <http://aggie-horticulture.tamu.edu/> (or more locally, www.plantanswers.com).

2nd Week:

- Have soil tested for pH level in lawn and raised beds. Add acidifying iron supplements to acid-loving plants and replenish their pine bark or pine needle mulch.
- Spray dormant oil on roses, fruit trees, pecans and ornamentals such euonymus when we have 2 consecutive days of temperatures over 45 degrees. The oil is an effective control for scale, phylloxera and

other wintering insects.

- Plant tulips now for early spring bloom.
- It is time to replant sweet peas and English peas if the cold weather destroyed the seedlings. Deer also love the seedlings.
- Prepare garden beds for spring planting by working in organic matter.
- Celebrate the New Year by planting a tree, or maybe "sponsoring" one! Stop by and visit that tree to see if it is doing better than your resolutions!
- Clean flower beds of frost-damaged perennials.
- Control winter weeds with regular mowing or removing them (especially the roots, any parts remaining will resprout) completely by hand or with a weeding tool.

3rd Week:

- Go after "Christmas tree" mulch at the Bitters Rd. Brush Site.
- Start tomatoes, peppers and warm-weather seeds now so they will be ready for 1 gal. containers in early March. They can be started indoors or in a green house or a cold frame.
- Harvest Brussels sprouts from the bottom of the stalks as they mature. You will have the healthful greens through late spring.
- Be careful not to overwater bluebonnets. They are sensitive to soggy conditions.
- Watch for caterpillars on cabbage, Texas mountain laurel and bluebonnets. They can strip plants quickly. Spray with *Organospray*, Bt., *Sevin* or *Malathion*.
- Prune mondograss and liriopse back to maintain symmetry in the foliage and to remove tattered leaves that survived the previous summer. You don't have to prune the grasses every year, but, if they need a trim, it's fine to cut. Use sharp shears (probably the best choice), a well-sharpened mower or a strong line trimmer to cut through their fibrous leaves. Don't let your cutting device tear the leaves or pull them loose. Finish the trimming before the new growth starts to emerge in late winter.
- Nandina are pruned unlike almost any other plant. Your ultimate goal should be to have plants that are full and compact clear to the ground. Even in dwarf forms, their tendency is to grow tall and lanky. You

(To-Do continued on page 6)

(To-Do continued from page 5)

should remove the tallest canes at the ground late each winter. As an example, if a plant has 10 stalks, cut the tallest 4 or 5 stems within an inch or two of the soil line. That way, as they resprout and grow, the new foliage will fill in lower voids.

4th Week:

- Cauliflower that is not covered will turn yellow. Secure the leaves over the head with rubber bands or clothespins for pure white heads.
- Onion plants are available at area nurseries. Plant them 3" apart and harvest every other plant for green onions. Large bulbs will be ready to harvest in May.
- For shady, sheltered areas or containers, consider primula and cyclamen for winter color.
- Bunny Bloom larkspurs should be available now in nurseries. Plant them in full sun or in a location that receives morning sun.
- Work compost or manure into beds in preparation for spring vegetable planting.
- Transplant asparagus, onions, cabbage and shallots. Protect them against temperature below 32 degrees.

In Our Herb Garden:

- Plan spring herb garden, consider location, space, size, shape and plant groupings.
- Plan companion planting.
- Review seed catalogs and visit with herb growers as to new varieties and then order seeds.
- Keep in mind as you read and plan that many herb books, and even seed packets, are written for growing conditions other than ours (we are zone 8b, and we even have our own microclimates).
- Start seeds of perennials and later annuals in a cold frame or greenhouse.
- Temperature extremes (abnormally high day/night, then a hard freeze) during winter months may cause new growth for perennials and resultant freezing. Mulch should help protect plants. Wait until the ground warms to remove frost victims.
- Spruce up the garden. Remove fall debris (and compost it).

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*.

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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)

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

FIELD TRIPS:

- Festival Hill, Round Top
□ Botanicas
□ Herb Festivals in nearby cities
□ Wildflower Center in Austin
□ Other: _____

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

SPECIAL INTEREST GROUPS:

- Cooking SIG (potlucks & socializing)
□ Gourmet SIG (visits to local restaurants)
□ Lotions & Potions SIG & Herbal Scouts SIG (making herbal household items)
□ Vegetarian SIG
□ Garden Design SIG
□ Aromatherapy SIG
□ Mad Hatter's SIG (formal tea parties)
□ Herbal Crafts 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
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lewisdr@swbell.net, www.longaberger.com/DianeLewis

Greg Perkins, **In Home Senior Care**
5805 Callaghan Rd #205, San Antonio, TX 78232
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William Vernon Scott, **South Texas Yerbero**
P.O. Box 60761, San Angelo, TX 76904
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health4ever@barleybaby.com, www.barleybaby.com

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nematodenick01@cs.com
Use your SAHS membership discount card for a 10% discount!

www.sanantonioherbs.org

Our website was redesigned last year by Lyn Belisle and she keeps it updated with event information, photos, recipes, and more. Check it out today!

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