



La Yerba Buena

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THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 196, JULY 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.



Members Share in the Round on July 13th

Our July meeting, "Sharing in the Round", will showcase the knowledge and exemplary talents of our members. Bring your favorite **HERB**: book, catalog, craft, idea, formula, fresh cut, dried, or potted plant, recipe, tip, tool, or web site. Converse for just a minute or two on your favorite herbal subject. Suggested topics: herbs for aromatherapy, beauty, bath, spa, beverages, cordials, vinegars, tea blends, cooking, crafting, medicine, gardening, lore, shops, pest control, or surprise us with your own unique presentation.

If you plan on passing out recipes or instructions, please remember to bring at least 50 copies. Otherwise, please bring one extra copy for publication in the next SAHS newsletter or e-mail your information directly to Syeira Budd at syeiraq@yahoo.com.

Those who share will be entered in a special drawing and be rewarded at the end of the meeting. Start planning now, so we will all have a blast. Refreshments and social time begins 6:30 p.m., presentations at 7 p.m. Any

questions, call Carol-Lee (681-6815) or Adrienne (829-8433). The meeting will take place at the San Antonio Garden Center at the corner of Funston and N. New Braunfels. For more details about our organization and photos of recent events, visit our web site at www.sanantonioherbs.org. You are invited to call our hotline number at 641-8166 for additional information (follow the instructions to leave a message, an officer will return your call).

Refreshments

Members with last names beginning **A - C** are asked to bring refreshments to this month's meeting. Please arrive by 6:30 p.m. so all can enjoy your dish. And don't forget to bring a copy of your recipe, or e-mail it to Syeira Budd at syeiraq@yahoo.com, for publication in the next newsletter.

July Board Meeting

This month's Board meeting will be held on **Thursday, July 6th**, at Mimi Moffat's home. If you would like to add anything to the July agenda, please contact Carol-lee Fisher in advance at carolleefi@netzero.net or 681-6815.

Next Herbal Crafts SIG Meeting: Hypertufa Containers

When: Saturday, July 15, at 10:00 a.m.

Topic: Hypertufa garden containers

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

Welcome, New Members!

A big welcome to our newest members:

Horacio & Diane Lopez

August Newsletter Deadline

All members are invited to share news, ideas, recipes, remedies, or stories in our monthly newsletter. E-mail your August newsletter submissions to Syeira Budd at syeiraq@yahoo.com by **Saturday, July 8th**.

Inside this issue:

Banquet Song Lyrics	2	July To-Do List	6
Fine Dining in San Antonio	2	Calendar of Garden & Herbal Events	7
June Herbal Banquet Recipes	2	SAHS Contact Directory	7
Member Advertisements	3	SAHS Business Member Directory	8

Herbal Song Lyrics

Thank you to **Jean Dukes, Diana Bell, Diane Lewis,** and **Lorraine Jennings** for providing us with some of the most unique banquet entertainment we've ever had! Here are the lyrics to a few of their unforgettable songs:

Come With Me to the Herb Society

(to the tune of *Come With Me to Scarborough Fair*)

Words by Jean Dukes

Come with me to the Herb Society
Parsley, Sage, Rosemary and Thyme
Remember it's the second Thursday
Six thirty, and you'll be on time.

Tell your friends and family too,
Garlic, Dill, Cilantro and Chives
We talk about all aspects of herbs,
Come to learn and you'll become wise.

Lotions and Potions and Aromatherapy
Tea Tree, Mint, Patchouli and Rue
Medicinal, Cooking and Gardening SIGS
Study groups and Mad Hatters too.

Speakers, fun, and really great food,
Yarrow, Neem, Verbena and Bay
You'll make new friends and learn so much too
Keep on coming and soon you will say:

Come with me to the Herb Society

Come with me to the Herb Society

My Favorite Herbs

Words by Jean Dukes & Diana Bell

Raindrops on basil and dewdrops on parsley
Honeybees, butterflies flying around me
Dried herbs surrounded with raffia strings
These are a few of my favorite things.

Cinnamon, ginger and fresh leaves of spearmint,
Lavender, catnip and oil of peppermint,
Chamomile, skullcap and clove buds from trees,
These are a few of my favorite teas.

Cute little ladybugs munching on marjoram,
Rosemary, dill weed and scented geranium,
Fennel, cilantro and saffron on rice,
These are a few of the SPICES OF LIFE!

CHORUS:

When the bugs bite
When the bees sting
When I'm feeling sad
I simply remember my favorite herbs
And then I don't feel.... So bad.

Song Lyrics cont'd on page 5

Fine Dining in San Antonio

Where else in San Antonio can you sit admiring the colors and the feel of the Serengeti, relax in an aquatic wonderland full of lily pads and magical frogs, dine along with "Martha", or amidst a field of herbal essences? Where else but the San Antonio Herb Society's banquet in June!

What a delight! The table decorations were magical and the food was exquisite. This is my fourth banquet and I'm just amazed each time at the dedication to detail from our volunteers and the wonderful dishes prepared with so much love and care. Special thanks to Rosemary Michel for the buffet table decorations; to all the wonderful members who decorated the individual tables; and to the SAHS minstrels, composed of Jean Dukes, Diane Lewis, Diana Bell and Lorraine Jennings, for the cabaret style entertainment.

Adrienne Hacker

Herbal Banquet Recipes

Thank you to everyone who brought food, and a special thanks to those who provided the following recipes.

Spirited Rosemary Almonds

3 cups whole almonds
3/4 cup light brown sugar (packed)
1/4 cup Amaretto
1/4 cup Tequila
2 tablespoons water
1/3 cup fresh rosemary, chopped
2 teaspoons coarse salt or 1 teaspoon table salt
1/2 teaspoon cayenne pepper

Preheat oven to 375 degrees. Place almonds in a single layer on baking sheet and toast in the preheated oven until golden and fragrant (15–20 minutes). Remove and cool.

Heat the brown sugar, Amaretto, Tequila and water to a boil in a small saucepan over medium heat. Boil for 12–15 minutes. Remove from heat, add chopped rosemary, cayenne pepper and salt. Cover and let rest for 5 minutes. Meanwhile, butter a baking sheet.

Place almonds in a bowl, stir syrup and add to almonds. Mix until almonds are completely coated. Spread almonds out onto buttered baking sheet and separate while still warm.

Cool and serve or store in an airtight container.

Watermelon Salad

(Joyce Efron)

4 cups cubes watermelon (seedless)
1 bag H-E-B Fresh Express "Riviera" lettuce mix
Chopped fresh chives
Emeril's Raspberry Balsamic Dressing

Mix above & toss. Serve immediately.

Sally Ann's Spinach Salad

(Sally Ann Hnatiuk)

Salad:

2 bags spinach
 1 can bean sprouts
 1 can sliced water chestnuts
 1 jar Baco-Bits

Dressing (make 1 day ahead):

1 cup oil
 1/2 cup vinegar
 1 tablespoon Worcestershire sauce
 3/4 cup brown sugar
 1/3 cup catsup
 1 finely chopped onion

Chill sprouts & chestnuts – drain. Mix all salad ingredients together with dressing.

Tropical Fruit Salad

(Monica Hubbard)

1 cup mandarin oranges, drained
 1 cup crushed pineapple, drained
 1 cup flaked coconut
 1 cup miniature marshmallows
 8 oz. carton of sour cream
 1/2 cup maraschino cherries

Mix all ingredients together & serve.

Recipes cont'd on page 4**TAI CHI WITH HORACIO LOPEZ****225-2743****www.BodyMindWeb.net***Developing strong roots through exercise.***MAKING THE RIGHT CHOICE**

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Jane McDaniel

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National Irish Storytelling Champion 2006, 2005, 2004
 Member National Storytelling Network, Tejas
 Storytelling Association and San Antonio Storytellers
 Association

Recipes *cont'd from page 3*

Pasta Salad with Roasted Broccoli

(Marguerite Hartill)

2 lbs (2 heads) broccoli
 3 garlic cloves (halved lengthwise, skin on)
 2 tablespoons olive oil
 Coarse salt and ground pepper
 8 oz. penne pasta
 1–2 tablespoons fresh lemon juice
 1 red pepper
 1/2 cup olives (your choice – green, kalamata, manzanilla)
 1/2 cup walnuts (or pecans)

Preheat oven to 450 degrees. Trim broccoli stems and cut into florets. Cut red pepper into slices. Place pepper & broccoli in baking pan with garlic & 1 tablespoon of oil. Season with salt and pepper & mix together. Roast for 15–20 minutes (just until it gets tender and begins to brown).

Cook pasta in large pot of boiling salted water, according to package instructions. Drain pasta, reserving 1/4 cup cooking water. Rinse under cold water until cool, and drain. Return pasta to pot.

Remove skin from roasted garlic. In a small bowl, mash garlic until it forms a paste. Whisk in lemon juice and remaining oil. Season with salt & pepper. Pour mixture over pasta. Toss in broccoli, red pepper, olives, and walnuts. Add some reserved cooking water, if needed.

Serve at room temperature or chilled.

Coconut Curry Rice

(Syeira Budd)

2 cups brown rice, rinsed and drained
 1 can (14 ounces) unsweetened coconut milk
 2 cups filtered water
 1 tablespoon curry powder
 1 teaspoon sea salt
 1/2 teaspoon ground red pepper
 1/2 cup raisins*

Combine the rice, coconut milk, water, curry powder, salt, and pepper in a 4 quart pot and stir well. Place over medium-high heat, cover, and bring to a boil. When rice begins to boil, turn the heat down to low and allow to simmer for 45 to 50 minutes.

When rice is cooked through, add the raisins and stir to incorporate. Then cover and allow to sit for 10 minutes.

Serve hot or cold.

*Also tasty with the addition of diced Granny Smith apples, shredded carrots, slivered almonds, or whatever combination you want to try.

Garlic Cheese Grits

(Jackie Compere)

3 cups water
 1 cup quick grits
 1/4 teaspoon salt
 1 teaspoon – 1 tablespoon chopped garlic
 1 ounce Velveeta
 4 ounces cheddar (or Monterey Jack)
 3 tablespoons butter
 1 egg (or 1/4 cup egg substitute)
 3/4 cup milk

Bring water to boil. Stir in grits & salt. Reduce heat to low, cover & cook 4 minutes, stirring often. Remove from heat. Add garlic, cheeses & butter. Stir until cheeses are completely melted. Put egg in 1 cup measure; beat with fork or whisk. Add milk to 1 cup measurement. Mix well, then add to hot mixture. Pour into sprayed (Pam) pan.

Bake 1 hour at 350 degrees until lightly browned on top. Great with barbecue.

Sweet Carrots au Naturelle

(Jean Dukes, from *The American Vegetarian Cookbook* by Marilyn Diamond)

1 pound of carrots (approximately 6-7 medium), peeled
 1-2 tablespoons olive oil
 3 tablespoons chopped fresh basil or 1 tablespoon dried
 Sea salt
 Pepper
 2 tablespoons 100% pure maple syrup

Preheat oven to 375 degrees. Grate carrots or cut into julienne pieces. Place carrots in casserole dish with a cover. Toss with oil, basil, maple syrup, salt & pepper to taste. Bake 1 hour, covered stirring occasionally, until carrots are tender.

Crab Stuffed Peppers

(Cathy Stein, adapted from *Christmas with Southern Living*)

Combine in a mixing bowl:
 1-1/2 lbs. crabmeat, drained & flaked
 2 finely chopped green onions
 3 diced & seeded Roma tomatoes
 2 tablespoons minced basil
 1/2 cup mayonnaise
 Juice of 1 lime
 1/2 teaspoon Adobo sauce from chipotle peppers

Cut 3 bell peppers in 3/4" chunks. Spoon the crabmeat mixture onto the pepper pieces and garnish with cilantro, parsley or strips of basil. Arrange on a bed of red leaf lettuce.

Pineapple Casserole

(Lorna Peters Dressler)

1 cup sugar
 6 tablespoons all-purpose flour
 2 cups grated sharp cheddar
 2 (20-ounce) cans pineapple chunks, drained, and 6
 tablespoons pineapple juice reserved
 1 cup cracker crumbs (recommended: Ritz)
 8 tablespoons (1 stick) butter, melted, plus extra for
 greasing pan

Preheat the oven to 350 degrees. Grease a medium-size
 casserole dish with butter. In a large bowl, stir together
 the sugar and flour. Gradually stir in the cheese. Add the
 drained pineapple chunks, and stir until ingredients are well
 combined. Pour the mixture into the prepared casserole
 dish.

In another medium bowl, combine the cracker crumbs,
 melted butter, and reserved pineapple juice, stirring with a
 rubber spatula until evenly blended. Spread crumb mixture
 on top of pineapple mixture. Bake for 25 to 30 minutes, or
 until golden brown.

Chicken Casserole

(Josephine Cormack)

Mix the following 4 ingredients together:

1 large can of chicken, do not drain
 1 can cream of chicken
 8 oz. sour cream
 4 oz. short noodles

Place following ingredients on top of noodles:

1 stick margarine
 1 sleeve crushed Ritz crackers
 1 tablespoon poppy seeds

Bake at 350 degrees for 35 minutes.

Lemon Dessert

(MaryEllen McCormick)

1-1/2 cups flour
 1/2 cup margarine (I used butter)
 1/2 cup chopped nuts
 8 oz. cream cheese
 1 cup confectioners sugar
 1 large container Cool Whip (I used Kraft Cool Whip, Extra
 Creamy)
 2 small boxes lemon instant pudding
 3 cups milk

Mix with beater until crumbled: flour, margarine and nuts.
 Pat on bottom of 13"x9" pan. Bake at 375 degrees for 15
 minutes. Cool.

Mix cream cheese, confectioners sugar and 1 cup Cool
 Whip. Spread over cooled crust.

Mix pudding with milk. Beat until smooth and spread over
 cream cheese mixture. Spread remaining Cool Whip over
 the top and sprinkle with nuts.

Refrigerate at least two hours before serving.

Song Lyrics *cont'd from page 2***Garlic Song**

By Ruthie Gorton

You can hear Charlie King
 perform "The Garlic Song" at
[www.garlicseedfoundation.info/
 song.htm](http://www.garlicseedfoundation.info/song.htm)



There are spices and vegetables that you can grow
 To rejoice in the harvest each fall
 Though they all have their qualities, this you should know
 That the garlic is king of them all

You may use it with poultry, with fish, or red meat
 Or to spice up a vegetable stew
 In fact it enhances each dish that you eat
 And it serves as a medicine, too

Since Biblical times in all parts of the earth
 It has cured countless sufferings and ills
 If we understood just what the garlic is worth
 We would throw out our poisonous pills

Egyptians, Phoenicians, Vikings and Greeks
 Babylonians, Danes, and Chinese
 On their voyages took enough garlic for weeks
 And their enemies died on the breeze

In Bulgaria's mountains and Russia's wide plains
 People live to a hundred years old
 For it's juice of the garlic that flows in their veins
 Oh it's worth twice its weight in pure gold

With selenium, germanium, allicin too
 It can fight many kinds of disease
 So if you have arthritis, bronchitis, or flu
 Just say, "Peel me a garlic clove, please!"

They plant garlic in gardens to keep away worms
 And any bad things that hurt plants
 If you're one of those people concerned about germs
 You can drop one or two in your pants

There are spices and vegetables that you can grow
 Of all colors and shapes large and small
 By the weight of this evidence now you must know
 That the garlic is king of them all

July To-Do List

by Brian Townsend

Check out Brian's unedited to-do lists on our web site at www.sanantonioherbs.org/todo.htm.

In his garden every man may be his own artist without apology or explanation.

Here is one spot where each may experience the "romance of possibility."

-Louise Beebe Wilder

1ST WEEK:

- If tomatoes are infested with spider mites, harvest the remaining fruit and pull up and discard the plants to the compost pile.
- Enjoy firebush, esperanza, poinciana, salvia, crape myrtle and zinnias blooming all over San Antonio!
- Select day lily varieties this month as the plants reach their peak bloom.
- Seeds from many spring-blooming flowers are mature and can be harvested, stored and then planted later this fall in your landscape.
- July is a good month to prune oaks and avoid oak wilt threat. Paint pruning wounds immediately to be safe.
- As spring-planted vegetable plants play out, add them to your compost pile as long as they are not diseased or pest-infested.

2ND WEEK:

- For hot-weather nematode control, plant Mari-Mum mari-golds.
- Lawn clippings left on the lawn decompose to provide nutrients and organic material. Do not waste landfill space by bagging clippings.
- Hummingbirds will be bringing their young to sugar-water feeders now. Keep feeders clean, dumping old solution once a week (twice a week if in the sun and the temperatures are in the 90's) into a shallow pan for butterflies.
- Plant crape myrtles while in bloom to ensure selection of color (also be sure of the variety's mature height).
- As vegetable beds become vacant, till and cover with a black (or clear) plastic cover to control weeds and nematodes until fall planting.
- Fertilize bougainvillea and plumeria to keep them blooming through the summer.

3RD WEEK:

- Don't waste water. Water most plants deeply on the day before they would have wilted.
- Plant Asters, Firebush, perennial garden Mums, Salvias, Marigolds (spider mites are less problematic in the fall), etc. for fall bloom in sunny sites.
- A birdbath or other source of water will help birds, bees and other critters survive a drought condition.
- If you need more summer color in your landscape, use periwinkle, moss rose, firebush, lantana and esperanza in

sunny spots. Use firespike, coleus, caladiums or impatiens in the shade.

- Bear with trees and shrubs with yellowing leaves. They are reacting to hot, dry weather and will recover in milder conditions.
- Spray iron sulfate on plants with chlorotic leaves (yellow leaves with green veins).
- Continue to prune fall-blooming perennials through August.

4TH WEEK:

- It is time to plant your fall vegetable garden (or start in shelter if the temperature is hovering around 100 deg.). Put in a simple drip irrigation system for efficient watering. Kits are easy to use. A soaker hose is a simple method to install drip irrigation in vegetable gardens and flower beds. But don't turn the faucet on full blast. A quarter turn of the spigot is all you need.
- Check the moisture level of your compost pile.
- Prune dead or diseased wood from trees and shrubs. Hold off on major pruning until midwinter to avoid stimulating tender new growth.
- Select and order spring-flowering bulbs so they will arrive in time for planting. Check with the extension service for proper chilling and planting times.
- Plant tomatoes now for your fall garden. Use heat-setting varieties such as Surefire and Sun Master. Now is the time to plant cabbage, eggplant, peppers and squash.

IN OUR HERB GARDEN:

- This is a maintenance month: continue to avoid drought stress, to check and replace mulch layers, and to pinch back blossoms.
- Trim back mints to ensure a continuous supply of young, tender leaves. Continue to cut them back throughout the summer (keep them off the ground!!!).
- Do not try to cure heat stress by spraying haphazardly during the mid-day. DO NOT OVERWATER.
- Enjoy harvesting dill, cilantro, basil and other annuals that go to seed in the heat. Feed basil after harvesting.
- Note on saving seeds: ideal storage conditions are 45 degrees (F) and humidity below 50%. Store freshly harvested seeds in brown paper bags until thoroughly dry. Try not to store for more than 1 year. Parsley seeds especially should be fresh each sowing season.
- Till, compost and prepare fall garden area.

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*.

Calendar of Upcoming Garden & Herbal Events

WHAT: The Herb Association of Texas (HAT) Annual Conference: "Celebrating the Herbal Harvest: a Focus on Culinary Herbs"

WHEN: Friday-Saturday, September 22-23

WHERE: San Antonio Antique Rose Emporium

MORE INFO & REGISTRATION: Visit www.texasherbs.org, e-mail info@texasherbs.org, or call SAHS member Beth Patterson at 830-257-8256.

WHAT: 15th Annual SA Herb Market at Aggie Park

WHEN: Saturday, October 21, 9am-5pm

WHERE: Loop 410/West Avenue

MORE INFO: Visit www.sanantonioherbmarket.org

SAHS INFO: Need volunteers for SAHS booth. SAHS sells cookbooks and promotes SAHS membership, shows demo of the "Uses of Herbs in Everyday Products".

WHAT: Fall Garden Fair (organized by Bexar County Master Gardeners)

WHEN: Saturday, November 4 (rain date is November 5)

WHERE: SA Botanical Garden

MORE INFO: Visit www.sabot.org

SAHS INFO: Need chairperson & volunteers, if we want to participate. SAHS sells cookbooks, promotes SAHS membership, shows demo "Uses of Herbs in Everyday Products".

WHAT: Rio Cibolo Wine Festival

WHEN: Sunday, November 12, 1-6pm

WHERE: Rio Cibolo Ranch, IH 10 E outside loop 1604

MORE INFO: Visit www.riociboloranch.com

SAHS INFO: Need chairperson & volunteers, if we want to participate. SAHS sells cookbooks, promotes SAHS membership, shows demo "Uses of Herbs in Everyday Products".

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Event Info • Photos • Recipes www.sanantonioherbs.org Event Info • Photos • Recipes

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The San Antonio Herb Society