



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 192, MARCH 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.

“Creative Ideas for Using Culinary Herbs” with Chef Robert Riddle on March 16th (please note that the meeting will be held on the 3rd Thursday)



Please join us on March 16th for a great program featuring “Creative Ideas for Using Culinary Herbs” presented by Chef Robert Riddle. Chef Riddle is a graduate of the Culinary Institute of America. He interned in Denver, CO, and then gained valuable experience as a Sous Chef for a 5-Diamond hotel in Maui, Hawaii. Following this he worked in Vail, CO, and St. John, USVI, before securing a position as the Executive Chef of a prestigious cruise ship in Northern Europe. While he was in Russia, he was attacked by the Russian mafia and spent a month in a Russian hospital before being cleared to come back to the USA. He does not recommend the food or the stay there! He was chef at L'Etoile in San Antonio before opening a catering company. In 2004, he opened San Remo Ristorante in Castle Hills with a silent partner, but closed it in October, 2005. He first came to San Antonio to put his now “ex-wife” through law school, but stayed because he loves

San Antonio! He recently married an amazing woman named Cynthia and has a nine-year-old stepson. Chef Riddle will share with us some of his favorite ways to use herbs in food preparation and tell us about his catering business and his new restaurant that is “in the works”. Please note that the meeting takes place on the **third Thursday, March 16th**, 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 more details about our meetings, visit our very informative and attractive website at www.sanantonioherbs.org or call the SAHS Hotline at 641-8166 (follow the instructions to leave a message & an officer will return your call).

Refreshments

Members with last names beginning **G - K** are asked to bring refreshments to the meeting. Please arrive by 6:30 p.m. so all can enjoy your dish. And don't forget to leave a copy of your recipe with Syeira Budd at the membership table (or email it to syeiraq@yahoo.com) so it can be included in the next newsletter.

Welcome New Members!

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

- Gary & Susie Cooper
- Marguerite Hartill
- Rosalie Iltis
- Fredericksburg Herb Farm (returning Business Member)

March Board Meeting

This month's board meeting will be held on March 23rd at Estelle Kelly's home. If you would like to add anything to the March agenda, please contact Jane McDaniel in advance at janesirish@earthlink.net or 930-1026.

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Calling all SAHS-ers: Now's YOUR Chance!

SAHS will participate in the SA Botanical Society's Spring Plant Sale. **Saturday, March 18th, 9am-5pm**, is the day to block off on your calendar. Just ONE day to raise much needed SAHS operating funds for 2006. 1,000 plants plus hanging baskets have been ordered. With a little enthusiasm and dedication, we can realize almost \$1,000.

Think about this: Make a list of the plants YOU'LL need this spring. How about taking orders for a friend, neighbor, co-worker, or fellow church member? Our hanging baskets will be dedicated to those wonderful scented pelargoniums, the Herb of the Year for 2006.

Setup is Friday the 17th from noon until 4pm (6 people are needed). We'll begin the sale day on Saturday at 8:30am and go until cleanup is done around 6pm. Volunteers need to be available for 3 hour shifts (30 people are needed). Better yet, why not plan to help out for most of the day? You can take a couple of hours out in the middle of the day and tour the Gardens and refresh. Plus, by doing that in your SAHS nametag and shirt or apron, you help advertise our efforts!

Please bring plastic grocery bags for our customers' treasures. Bring your favorite reference book. Bring your water bottle and running shoes!

Contact Joe-Beth at (210) 590-9744 or (830) 460-0251 or auntjoby@earthlink.net to volunteer. This is gonna be fun!

Great Opportunity

Do you enjoy entertaining but don't have the time or space to do it at home? Then consider filling the short term role of chairperson for the very popular San Antonio Herb Society 2006 Member's Herbal Potluck Banquet on June 8th. The beauty of this role is that there are guides and a "formula" to make it easy, but you can add your own creative touch. Other members pitch in to provide the decorations, music, food & beverages, etc. It is a great opportunity to *give back* to our organization and to *do your part* to help contribute to its success. It is also a fun and an easy way to *get to know other members*, especially if you are a new member. If you think that you might be interested, or still have questions about this role, please contact the Programs Vice President, Diane Lewis at (210) 495-6116 to discuss it as soon as possible.

Thank You for Renewing

Thanks to each of you for your valued membership. We currently have 129 members who have paid membership dues for 2006. We hope to have some more renewals come in this month and to gain plenty of new members throughout the year!

SAHS Field Trips 2006

Several fun and exciting field trips are being planned for this spring:

Sandy Oaks Olive Orchard & Gift Shop (March 19)

You signed up and we make it happen - Sunday, March 19th, marks the day when the San Antonio Herb Society takes a trip out to the Winokur Olive Orchard, near Elmendorf, south of San Antonio. We will meet with Sandy Winokur, owner and manager of the orchard, at the barn on the premises at 2 p.m., for a tour of the orchard and some fascinating facts about growing olives in South Texas - where the climate is similar to Tuscany. There will be a chance to visit Sandy's Olive Gift Shop after the tour, and, if you bring picnic baskets, we can picnic right there, amongst the olive trees.

How to get to the Winokur Olive Orchard: Take Ih 37 S, to exit #120 (Hardy Road.) Turn left onto Hardy Road, go about 0.5 miles, turn left onto Mathis Road (merges with Hardy Road at that point); go another 0.5 miles and look for the sign "Winokur Olive Orchard" and gate to the orchard on the left. As Sandy Winokur puts it, "you will see three rock houses in a field"..... proceed to the barn and gift shop, close to the three rock houses. We'll meet there at 2 p.m. Those who signed up as being interested in this field trip are: Sally Ann Hnatiuk, Jamie Jarosek Gonzalez, Sandra Lyssy, Rose Mary Michel, Madeline Roll Taub, Sondra Laxson, Veronica Gard, Joe-Beth Kirkpatrick, Diana Bell, Diana Fox, Mary Andersen, Judy Ahley, Rosemary Kotrich, Jinnie Perkins, Jean Dukes, Lorraine Jennings, Karen Cabral, Kathy Bruce, Jane McDaniel, Yoli Huron, Carol Gillis, Diane Lewis, Estelle Kelly, and Randy Mass. Get in touch with your SAHS friend(s), if you'd like to carpool. See you there!

Herb Forum at Round Top Texas (March 24-26)

Contact Diane Lewis at 495-6116 as soon as possible, space is limited, minimum cost \$180 includes two night stay, 3 meals and 1 tea.

Field trips in the early planning stage follow:

Fredericksburg Herb Farm

Hill Country Lavender Farm

Look for the field trip clipboard at the monthly meetings and sign up to be called with information on specific trips as information becomes available. If you have suggestions for other destinations, call Diane Lewis at 495-6116 or Jane McDaniel at 930-1026.

April Newsletter Deadline

All members are invited to share news, ideas, recipes, remedies, or stories in our monthly newsletter. Email your April newsletter submissions to Syeira Budd at syeiraq@yahoo.com by Saturday, March 25th.

February Meeting Recipes

Thanks to all members who brought food to the February meeting, and an extra thank you to those who provided recipes!

Sun-Dried Tomato Cheese Spread

(Lorna Peters Dressler)

1/2 cup sun-dried tomatoes packed in oil, drained
 8 ounces cream cheese, softened
 1/2 cup unsalted butter, softened
 1/2 cup grated Parmesan cheese
 1 to 2 tablespoons oil from the sun-dried tomato jar
 1 tablespoon fresh basil, chopped (or 1 teaspoon dried)

Process all ingredients on "pulse" in food processor or blender for 7 to 8 seconds (or to consistency you want). Cover and refrigerate. Spread on crackers.

Makes 1 cup.

Anise Seed Borrachio Cookies

2 tablespoons anise seed
 3 tablespoons rum
 1 1/4 cup butter
 3/4 cup white sugar
 1 1/2 teaspoons vanilla extract
 2 1/2 cups all-purpose flour
 1 egg
 1/2 teaspoon salt
 1 teaspoon baking powder
 1 1/2 teaspoons ground cloves

Place the anise seeds in a small bowl with the rum. Set aside to marinate overnight.

In a medium bowl, cream together the butter, sugar and vanilla until smooth. Stir in the anise seed and rum. Mix in the egg. Combine the flour, salt, baking powder and cloves; stir into the butter mixture until well blended. Cover and refrigerate until chilled, about 1 hour.

Preheat the oven to 350 degrees. On a lightly floured surface, roll the dough out to 1/8 inch thickness. cut into desired shapes using cookie cutters. Place cookies on a greased cookie sheet.

Bake for 10 minutes in the preheated oven, or until golden brown at the edges. Cool for a few minutes on baking sheets before moving to wire racks to cool completely.

Basil Brownies

(Jackie Compere)

Add 1 to 2 tablespoons chopped fresh basil to package of Ghirardelli Triple Chocolate Brownie mix.

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.

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

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5805 Callaghan, Suite 100, San Antonio, TX 78228
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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* is accepting texts from members and their spouses/partners advertising professional, technical skills or specific products or items which are available for sale. It costs a minimal amount:

\$12 per year for a two- to three-liner text
 \$24 per year for a four- to eight-liner text

Your text will be featured in each monthly issue of *La Yerba Buena* for a year. Contact Syeira Budd at syeiraq@yahoo.com or 271-9986 for more info.

SAHS Board Special Sub-Committee Recommendations on the question of whether the Herb Society should apply for Non Profit Status

What's involved?

Years ago it was an expensive and cumbersome process to become a nonprofit. It required hiring a specialized law firm and paying thousands of dollars for their time and expertise. The Internet changed everything. Today you can go online, hire a legal service for as little as \$99.00 to file for you or, with the help of the Texas Attorney General's office, you can do-it-yourself for a fee of \$25.00.

That's right, by completing a 2-page form and enclosing a \$25.00 fee we can fulfill step #1 and become a registered Texas Non Profit Corporation.

Why bother?

Nonprofit organizations have been around for a long time and because they are beneficial in nature, the state grants them special privileges. The number one reason that small groups like the Herb Society should be a nonprofit is that it is prudent. It enables small groups to participate and compete for monies sponsored by state and private foundations, and is necessary to improve the financial health of the group so that it can continue to promote knowledge and benefits of herbs and maximize its members 'fun factor.'

We need the ability to attract donations and new funds.

Why do we need new funds?

It's expensive to run the Herb Society.

Fixed Expenses: Just to provide the basics - a place to meet, a speaker to listen to, refreshments to enjoy, a newsletter to read, etc., average approx. \$750.00 a month.

Revenues: Dues from members, sales of cookbooks, T-shirts, plants, etc., brings in approx. \$650.00 per month. A deficit exists and will continue to exist unless we a) increase membership b) decrease costs c) find new sources of income. Going nonprofit will not magically deliver to us a "bag of money" but it should open up new means to maximize our income.

Immediate benefits:

Lower postage rates.

Discounts on printing and copying from major retailers (ex. Office Depot), as a certified nonprofit lower rates at trade shows.

Discounts on purchases for banquets and refreshments from retailers.

Non Profit *continued on page 7*

Spring Planting

We are blessed in San Antonio with a myriad of talented professional nurserymen. In the throes of this Spring's gardening demands, and determined to get ahead – for once! – I've dug out Mark Fanick's excellent Gardening Calendar, and am using it as I put out vegetable transplants, and seeds. Here's what Mark Fanick, of Fanick's Garden Center (1025 Holmgreen Road, 648-1303, one of San Antonio's oldest nurseries) recommends for Spring:

Asparagus, crowns	Nov 15-March 1
Beans, bush and pole	March 4-May 5
Beans, Pinto	March 5-May 1
Beans, Lima bush	March 5-April 25
Beans, Lima pole	March 5-April 20
Beets	Feb 1-March 20
Broccoli, transplants	Feb 1-March 15
Brussel Sprouts	not recommended for Spring
Cabbage, transplants	Jan 15-March 1
Cabbage, Chinese, transplants	Feb 15-March 15
Cantaloupe	March 15-July 1
Carrots	Feb 1-March 1
Cauliflower, transplants	Feb 1-March 15
Chard, Swiss	Feb-April 15
Collards	Feb 1-March 25
Corn, sweet	Feb 25-June 15
Cucumbers	March 5-April 15
Eggplant, transplants	March 15-May 10
Garlic	not recommended for Spring
Kale	Feb 1-April 1
Leeks	Feb 1-May 1
Lettuce, leaf types only	Feb 1- May 1
Mustard	Feb 1-May 1
Okra	April 1-August 15
Onions, sets/transplants	Feb 1-March 1
Parsley	Feb 1-May 15
Parsnips	Feb 1-March 15
Peas, English edible pod	Jan 1-Feb 15
Peas, Southern	March 20-July 10
Pepper, sweet and hot, transplants	March 15-May 10
Potatoes, Irish seed	Feb 1- March 15
Pumpkin	April 1-June 15
Radish	Jan 20-May 20
Rutabaga	not recommended for Spring
Spinach	March 1-June 1
Squash	March 10-June 10
Tomato, transplants	March 15-May 10
(tomato transplants should be first planted in gallon pots to develop deep roots, then planted out into ground after 5/10)	
Turnip	Jan 15-May 20
Watermelons	March 1-July 1

Fall planting dates to follow in the June issue of Yerba Buena. Happy planting!!!

Jane McDaniel

March To-Do List

by Brian Townsend

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

"I have found, through years of practice, that people garden in order to make something grow; to interact with nature; to share, to find sanctuary, to heal, to honor the earth, to leave a mark. Through gardening, we feel whole as we make our own personal work of art upon our land." – Julie Moir Messervy, *The Inward Garden*

1st Week:

- The first of March is typically the last frost date, but we have gotten nipped as late as the first week of April.
- Still time to mow/cut well established Asian Jasmine, liriope and mondo grass, feed with a slow-release lawn food (never use a weed & feed).
- Harvest spinach, leaf lettuce, collards and other greens one leaf at a time as you need them for salads.
- To revitalize your lawn, aerate and top-dress your lawn now with a 1/2 inch of compost.
- Divide summer and fall blooming perennials, including cannas, mallows, fall asters, mums and perennial salvias.
- Prune the tallest, thinnest canes of nandina to 2" to encourage thicker bushes.

2nd Week:

- Feed deciduous trees and shrubs as they resume growth.
- Watch for sophora caterpillars on Texas mountain laurel. Use *Bacillus thuringiensis* (Bt) or malathion to control them.
- Geraniums, dianthus and petunias (salvia plants can be set out too) are good color plants for the sun during this transition from cool weather to hot.
- Cut off any fruits set on Daffodils, Irises and other bulbs (and fertilize if not already done so).
- Prune crape myrtles in mid to late March for shaping. Do not cut their tops off.
- Sow sweet corn, snap and lima beans and cucumber seeds. Plant watermelons, squash, seed potatoes, carrots and all types of beans.
- Finish pruning evergreen shrubs. Wait on spring-flowering shrubs.
- Apply slow-release fertilizers to landscape plants (not lawns) to gear up for the growing season.

3rd Week:

- Spring is an exciting time for backyard bird watching as some of our familiar friends migrate home and join those who stayed all winter. Watch for beautiful *warblers* as they secretly journey through our yards during the first few weeks of May. Grab your binoculars, and you may catch a glimpse of one flitting about tree branches or checking out your birdbath mister... Keep an eye out for nest-building and nestling-feeding behaviors as *bluebirds*, *wrens*, *chickadees* and *woodpeckers* take to the nest and raise their young.

- Oust Aphids! Consider adding nasturtiums (aphid's favorite snack!) to your flower bed. When the nasturtiums get attacked, just yank them out and destroy them, leaving your other plants in fine shape.
- Revitalize leggy salvia, pomegranate, crape myrtle, vitex, ceniza and other shrubs by removing the old stem at ground level. Leave three to eight young stems.
- Begonias can be set out in the landscape. Bronze-leafed, pink-flowered begonias will do well in full sun.
- Pansies, stocks, calendulas and other cool-weather blooms decline quickly if they dry out. Keep them well-watered.
- Plant warm-season annuals and vegetables such as tomatoes, peppers, petunias and Dahlberg daisies, but protect the plants if frost (or hail storm) is predicted.

4th Week:

- Goldfinches are changing to their breeding plumage now. Keep providing thistle and sunflower seeds for another month before they head north.
- Consider geraniums for a splash of color on the patio or balcony. They can handle full sun until temperatures increase. Then move them to a location with less sun.
- Cold-sensitive plants can be placed on the patio now (check weather forecast). Be prepared to protect them if a late freeze threatens.
- The first set of potted tomatoes can be placed in the garden now. Place GrowWeb on the cages for protection from wind and cool nights.
- Wait to fertilize your lawn until you have mowed real grass twice. Fertilizing too early only benefits the weeds.
- Add more mulch around hardy perennials, shrubs, and trees if it is now less than four inches deep. Keep mulch away from base of tree trunk.

In Our Herb Garden:

- March 15 is the average last frost date for our Zone 8 (b).
- Thin annual seedlings planted in February.
- Plant transplants of annual or perennial herbs and label cultivars for identification. Examples to plant are parsley, French thyme (which does better in S.A.'s hot months than English thyme), oreganos, and Mexican mint marigold.
- Plant basil seed, which needs warm soil (day/night temps. above 60 degs.).
- Plant ginger roots shallow in area where they will receive afternoon shade. For edible ginger, purchase firm roots from the produce section of your local grocery store.

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.

2006 Calendar of Spring Garden and Herbal Events in SAT area

March 9 - 11, Thu-Sat: **Annual Spring Plant Sale at the SA Garden Center** (SAHS will not be manning the herb booth this year, see March 18th)

March 18, Sat 9am-5pm: **Spring Plant Sale event at Botanical Garden** (*need volunteers* for our booth)
Great time to buy herbs & get them established before hot weather. Contact chairperson: Joe-Beth Kirkpatrick

March 25, Sat 9am-5pm: **Encino Park Herb Market** (SAHS will not have a booth this year but we recommend the event to those who have not attended, take hwy 281 to just north of loop 1604, turn right into Encino Park subdivision)

April 21 - 23, Fri-Sun: **Fredericksburg Herb Farm Herb Fest**, Fredericksburg: (*need volunteers* for SAHS booth)
SAHS sells cookbooks and promotes SAHS membership, a great event with speakers, vendors, food, & beautiful gardens. Contact chairperson: Syeira Budd

May 13, Sat 9am-5pm: **Festival of Flowers at Alzafar Shriner's Temple** (*need volunteers* for SAHS booth)
SAHS sells cookbooks and promotes SAHS membership, shows demo of the "Uses of Herbs in Everyday Products".

May 20 - 21, Sat-Sun: **Lavender Festival at Becker Vineyards**, Fredericksburg/Stonewall (*need chairperson & volunteers, if we want to participate*)

June 10 - 11, Sat-Sun: **Blanco Lavender Festival**, 7 local farms & town of Blanco participate (*need chairperson & volunteers, if we want to participate*)

Looking Ahead to Fall 2006 Garden and Herbal Events

October 21, Sat 9am-5pm: **15th Annual San Antonio Herb Market at Aggie Park**, Loop 410/West Avenue (*need volunteers* for SAHS booth)

SAHS sells cookbooks and promotes SAHS membership, shows demo of the "Uses of Herbs in Everyday Products".
Contact chairperson: Diane Lewis at 495-6116.

November 4, Sat: **Fall Garden Fair at Botanical Gardens**, organizers are Bexar County Master Gardeners, rain date is following Sunday (*need chairperson & volunteers, if we want to participate*)

SAHS sells cookbooks, promotes SAHS membership, shows demo "Uses of Herbs in Everyday Products".

November 12, Sun 1-6pm: **Rio Cibolo Wine Festival**, Rio Cibolo Ranch, IH 10 E outside loop 1604 (*need chairperson & volunteers, if we want to participate*)

SAHS sells cookbooks, promotes SAHS membership, shows demo "Uses of Herbs in Everyday Products".

SAHS February Meeting Minutes

Our February meeting was called to order on February 9, 2006, at 7p.m. by President Jane McDaniel. Tickets were handed out to each member as they arrived.

Jane explained that a committee to discuss the Non-Profit Application met last Thursday. This ad hoc committee elected a president, Rebecca Kary, and a secretary. Rebecca reported that the group recommended that SAHS should apply for a non-profit status. Among the points discussed, she cited the benefits of discounted rates and non tax status. A resolution was available for members to review at the side table. One point that was clarified was that a non-profit status would not require membership to have mandatory service hours, and it would not change any part of the Constitution.

Vice President Diane Lewis announced the details of a field trip to the Austin Herb Society's Feb. 25th event with herbalist Susan Belsinger. Jane announced that there was no update on a specific time for the Winokur Olive Orchard nor the details of the King William Parade participation in April. The herb hat competition is during the April meeting. The board decided to move the members' banquet to June in order to have the May meeting open to the public. Adrienne Hacker reported on the rainy start of the successful Habitat for Humanity planting in January, thanking the participants and asking for more people to get involved for the next dates on March 11th and May 20th. Joe-Beth Kirkpatrick announced that the San Antonio Botanical Gardens Plant Sale is Saturday, March 18th. This is the largest fund raiser for SAHS, and this year it will be one day only, so everyone is encouraged to spread the word to neighbors and friends to buy lots of top quality herbs from our booth. Volunteers are needed for the 17th and 18th.

Other announcements included invitations to attend the Fair Oaks Craft Fair, to work in the SA Botanical Garden's herbal garden and to volunteer in the SABot's Childrens' Gardening program, which is a successful 25 year old project. Helga Anderson has agreed to assist historian Brian Townsend by taking photos at our meetings.

Jane called all the members that had drawn red tickets to the front of the room and declared them the nominating committee for the society's next officers and members-at-large who will be elected in May. The nominations are to be made at the April meeting. The nominating committee is: Kay Allison, Sondra Laxson, Mimi Moffat, Jinnie Perkins, and Madeline Roll Taub.

Diane introduced our guest, Dr. Calvin Finch. He focused on gardening in San Antonio with water conservation as the important factor during the current drought. He also

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Minutes *continued from page 6*

provided everyone attending with a comprehensive gardening guide published by SAWS.

The meeting was adjourned; our next meeting is scheduled for Thursday, March 16th.

Submitted by Jamie Jarosek Gonzalez, Secretary.

Non Profit *continued from page 4*

Additional benefits:

Additional free advertising from print, radio and television announcements we have not been able to apply for which will reach out to more potential members.

Volunteer donations- many large corporations like Valero, Sam's, and Starbucks, will provide a monetary donation to support a nonprofit organizations where their employees volunteer.

Total costs to SAHS in order to become a nonprofit organization:

\$25.00 fee to the Texas Attorney General's Office
To become a 501(c) 3, a final \$175.00 one time fee to the IRS. **Total one time payment \$200.00.**

Future Benefits:

The ability to receive tax deductible donations from both the community at large and members for services or freebies donated.

The ability to solicit tax free donations.

The ability to participate in the vast array of private and governmental funds available.

What being a nonprofit organization will NOT demand:

That members of SAHS must volunteer regularly. Many members of SAHS appreciate the group because it is a pleasant social group, where they have made good friends. That does not have to change, friendships and ties which have grown and developed over years form one of the backbones of the society.

Volunteering is a purely optional part of being a SAHS member. Some people enjoy working in the community on such projects as Habitat, if this is not your interest no one is going to insist that you become such a Volunteer.

IN NEXT MONTH'S ISSUE:

Scented Pelargoniums with Bill Varney, owner of the Fredericksburg Herb Farm, at our April meeting

SAHS participates in the King William Parade

April To-Do List

Update from the Nominating Committee

And more!

OFFICERS & CONTACTS

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CINDY BROWN & ADRIENNE HACKER - HOSPITALITY COMMITTEE

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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 CRAFTS SIG
REBECCA KARY (200-8512)

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.

**New Business Member*

Marisela Mata, CNHP, & Arturo De La Garza, **Good Herbs Health Center**
3912 McPherson, Laredo, TX 78041
(956) 724-9486
goodherbs@rio.bravo.net

Sandy Winokur, **Sandy Oaks Olive Orchard**
P.O. Box 869, Elmendorf, TX 78112
(210) 621-0044
saundra@sandyoaks.com

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

***Fredericksburg Herb Farm**
407 Whitney Street, Fredericksburg, TX 78624
(830) 997-8615
rhartmann@fredericksburgherbfarm.com,
www.fredericksburgherbfarm.com
Use your SAHS membership discount card for a 10% discount!

Johnnie Hill, **RE/MAX North - San Antonio**
21720 Hardy Oak, #112, San Antonio, TX 78258
(210) 867-2820
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