

La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 182, MAY 2005

Annual Spring Potluck Banquet

Our May program is our annual Spring Potluck Banquet. This meeting is open only to members and their spouse, significant other, or one guest. If you're a new member please try to join us. We will have great fun, fellowship, decorations, entertainment, and delicious food. See below for information on what dish to bring. We will also vote on the new slate of officers for 2005 – 2006. The meeting is Thursday, May 12th at the San Antonio Garden Center, corner of Funston and N. New Braunfels. We will gather for appetizers at 6:30 pm, with brief business and dinner to follow. If you have any questions please call Diane Lewis, the May Banquet chairperson at 495-6116. Hope to see you there!

Notices and Announcements

Spring Potluck Banquet - HEB Central Market is preparing seasoned grilled salmon fillets, with a basil pesto sauce on the side for our main entrée. Water and tea will be provided. Members are asked to bring a potluck dish according to the assignments below. Please increase your recipe to serve at least 12 people, since 80 people will want a taste of it. Type up a copy of your recipe and bring it with the dish, these will be shared in our newsletter. If you are not a cook, or are too busy to cook, please go to the store, pick up a prepared raw vegetable, fruit, or cheese plate, or other prepared item and bring that to the banquet. Nobody will think less of you for it!

Dish Assignments - *If your last name begins with:*

A – D Side Dish or Vegetable
E – K Appetizer
L – R Salad
S – Z Dessert

June Program - You won't want to miss our June program! Well-known herbal mystery writer Susan Wittig Albert will speak to us about "Magic, Medicine, and Mystery: Herbs Through Human History" on June 9.

Upcoming Events - Mark your calendar to attend and/or volunteer at these area events:

- Viva Botanica* at San Antonio Botanical Garden on May 21-22 (SAHS booth)
- Becker Vineyards 7th Annual Lavender Festival* on May 21-22 (check out www.beckervineyards.com for more information)
- Blanco Lavender Festival* on May 21-22 (check out www.hillcountrylavender.com for more information)
- KTSA Festival of Flowers on May 28 (SAHS booth)

Hill Country Lavender Fields Trip (Blanco) - Join us for a special lavender fields trip to the Hill Country Lavender Farm in Blanco on Saturday, June 4. We will leave San Antonio at 9am and carpool to the farm where we will pick fresh lavender, picnic in the lavender fields, and shop. Please see the sign-up sheet at this month's meeting or contact Syeira Budd at 832-9931 or syeiraq@yahoo.com. More information about the farm is available at www.hillcountrylavender.com.

Membership News - All sorts of membership materials are available to you. Please contact Syeira Budd at the monthly meetings to pick up your 2005 membership discount card (good for a 10% discount at selected local nurseries), current membership contact lists (\$1.00 each), or new member welcome packets.

Newsletter Deadline - Don't hesitate to share news, ideas, recipes, remedies, or stories in our monthly newsletter. Email your June newsletter submissions to Syeira Budd at syeiraq@yahoo.com by May 22.

No Board Meeting in May - There will be no board meeting in May. The June meeting will be held on June 16 at Lyn Belisle's home. If you would like to add anything to the June agenda, please contact Jane McDaniel in advance at janesirish@earthlink.net or 930-1026.

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Welcome New Members!

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

Amalia Hensley
 Jamie Jarosek Gonzalez
 Jan Jarosek
 Roger Kelnhofer
 Elvia Ripley
 Martha Rodriguez
 Fidelia Serrata

Tussie-Mussies To:

Helga Anderson for putting together such a good-looking scrapbook for us! Check it out at the monthly meetings.

Sil & Yoli Huron and **Jean Dukes** for organizing our fantastic float for the King William Parade. A fun time was had by all!

Beth Officer for having so much enthusiasm for volunteering. She has been at nearly all of this year's volunteer events!

Gloria's Grapevine Hat

Here's the story on Gloria Mata's wonderful grapevine hat she entered into last month's hat contest.

This hat is a tribute to "my" grapevine.

My parents moved to the house I grew up in when I was three years old. A native wild grapevine, Mustang grape, as I knew it, was growing on the property. My father built an arbor and my siblings and I spent many an hour under it paying, escaping the heat and eating the grapes. Every summer my mother would make jelly from the grapes. It was a big task. We would have homemade jelly for the rest of the year.

When my mother died, my father asked the family if anyone wanted the vine. I immediately said I did. He cut the vine down to the rootball and transplanted it to my backyard. It grew to a huge vine, my husband built an arbor. The vine has been a shelter for a family of Cardinals for every year I have had it. It provides food for all types of birds. I have not made jelly as there are never enough grapes left to make some as the birds eat them all.

I am now sixty-two years old and "my grapevine" is still growing strong. My hope is that this grapevine continues for centuries.

Report on the April General Meeting of the SAHS

Report of the San Antonio Herb Society Meeting on Thursday, April 14th, 2005 at the Garden Center, submitted by Veronica Gard, Secretary.

Jane McDaniel, President, opened the proceedings at 7 pm by introducing and warmly welcoming our visitors. Janet Miller then introduced the slate of nominated officers:

President: Jane McDaniel, Vice-President in charge of programs: Diane Lewis, Vice-President in charge of membership and editor of "La Yerba Buena": Syeira Budd, Secretary: Veronica Gard, Treasurer: Karen Cabral, Publicity: Lyn Belisle, Historian: Brian Townsend, Members-at-Large: Yoli Huron and Adrienne Hacker.

There were three winners picked at random from the people who had brought guests in the last three months: Georgia Zugay, Adrienne Hacker, and Sandra Peters all chose aromatherapy books and plants donated by Adrienne Hacker as rewards for their encouragement to new members.

Jane McDaniel asked the members to fill a number of volunteer opportunities, ranging from the Fredericksburg Herb Fest, Viva Botanica on May 22-23rd, Festival of Flowers on May 28th, to tend the herb garden at the Botanical garden on April 25th, and to help decorate tables at the May Banquet on May 12th. The Potluck Food groups for the banquet were announced. If your name begins with the following letters please bring a dish for 12 as described:

A-D: Side Dish or Vegetable

E-K: Appetizer

L-R: Salad

S-Z: Dessert

The entrée will be provided by the Society.

Jane McDaniel also announced that our Website, www.sanantonioherbs.org is up and running, thanks to Lyn Belisle.

For the outing in June Syeira Budd is organizing a trip to the Hill Country Lavender Farm in Blanco on June 4th.

Diane Lewis then introduced the evening's speakers: Lyn Belisle and Dr. Bill Kurtin who gave a fascinating and enlightening talk about Aromatherapy. The main idea I have retained is Lyn's straightforward comment: "Aromatherapy is not about how something smells, it's about plants." She and Dr. Kurtin filled the hour and a half with interesting details about aromatherapy and we all took away really helpful handouts for our own use. Jane McDaniel closed the meeting at 8:55 pm.

Member Recipes

Crunchy Thai Salad

(from Jamie Oliver's "The Naked Chef...")

(Veronica Gard - April meeting)

Thai Dressing

4 Tablespoons fresh lime juice
3 Tablespoons olive oil
1 Tablespoon sesame seed oil
1 Tablespoon soy sauce
1 fresh red chili, seeded & finely sliced
1 large handful fresh cilantro & basil, chopped
Good pinch brown sugar
1 Tablespoon fresh ginger, peeled & finely chopped
1/2 clove fresh garlic, finely sliced
Mix all ingredients together.

Use any combination of the following:

sprouts; finely sliced green & red bell peppers; baby spinach; finely sliced & seeded red & green chilies; arugula; sliced scallions; peeled, grated, & sliced cucumber; finely sliced Chinese or Savoy cabbage; whole sugar snap peas; fresh herbs: mint, parsley, cilantro

Dress with the Thai dressing & sprinkle with lightly toasted sesame seeds or cashews.

Mixed Bean Salad with Sun-Dried Tomatoes

(From the 09/04 issue of *Cooking Light*)

(Janet Miller - December meeting)

1 (8-ounce) jar oil-packed sun-dried tomato halves
1/2 cup chopped fresh parsley
1/2 cup chopped fresh basil
1 (15-ounce) can red kidney beans, rinsed & drained
1 (15-ounce) can white kidney beans, rinsed & drained
1 (15-ounce) can black beans, rinsed & drained
1 (15.8-ounce) can black-eyed peas, rinsed & drained
1/2 red onion, thinly sliced
1/3 cup red wine vinegar
1/4 cup sugar
1 teaspoon salt
1/2 teaspoon dry mustard
1/4 teaspoon freshly ground black pepper

Drain sun-dried tomatoes in a sieve over a bowl, reserving oil. Place 1/4 cup reserved oil in a medium bowl. Return the remaining oil to sun-dried tomato jar; reserve for another use. Chop drained tomatoes; place in large bowl. Add parsley and next 6 ingredients (through onion) to chopped tomatoes, and stir gently to combine.

Add vinegar and remaining ingredients to 1/4 cup reserved oil, stirring with a whisk. Drizzle over bean mixture; toss gently to coat. Cover and chill.

Mandarin Spinach Salad

(Maryellen McCormick - December meeting)

10 cups torn spinach
2 (11-ounce) cans mandarin oranges, drained
4 green onions, chopped
1/2 cup slivered almonds, toasted
1/2 cup chopped celery
2/3 cup vegetable oil
1/2 cup sugar
1/4 cup vinegar
1 Tablespoon + 1 teaspoon poppy seeds
1 teaspoon prepared mustard
1/2 teaspoon salt

Combine first 5 ingredients in a salad bowl, toss gently. Cover; chill thoroughly.

Combine oil, sugar, vinegar, poppy seeds, mustard, & salt in a jar. Cover tightly; shake vigorously. Drizzle dressing over salad; toss gently.

Sheila's Golden Pepper Sauce (mild)

(Sheila Mangra - December meeting)

2 medium sweet Hungarian peppers, seeded
4 medium habanero peppers, seeded
4 pieces dried apricots
*3 Tablespoons red bell pepper, diced
*4-1/2 cup papaya, reserve 1/2 cup, diced
*2 Tablespoons society garlic, diced
*1 Tablespoon fresh parsley, diced
1 medium onion
3 cloves garlic
1 Tablespoon fresh ginger, peeled
2 Tablespoons dry mustard
1/2 teaspoon cardamom
1/2 teaspoon coriander
1-1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
2 cups herbal red wine vinegar
*Set aside red bell pepper, 1/2 cup of papaya, society garlic, and parsley.

Combine all other ingredients and simmer for 10 minutes. Cool and then puree until liquefied or you can process and cook the sauce in a Vita-Mix mixer for 5 minutes.

Storage: Use within 2 weeks, freeze in portions or process by canning.

Note: A spin-off pepper sauce recipe from Trinidad also made with papaya.

May To-Do List

by Brian Townsend

1ST WEEK:

- Do not let Amaryllis or Daylilies form fruits. Cut them off! Seed production takes food from future flowering.
- Fertilize established potted hibiscus and bougainvillea (every 4 to 6 wks. for hibiscus food and every 2 wks. for the soluble fertilizer) on your patio with granular hibiscus food or a water-soluble fertilizer.
- As outside temperatures increase, it is important to rinse and refill hummingbird feeders twice a week or more. Pour the old sugar water on a rock or in a bowl with a sponge for the butterflies (they like the fermented drink, that's why they fly like they do!).
- Prune spirea, quince and Indian hawthorn shrubs after blooming is complete, if needed.
- Onions are ready to be harvested when the tops fall over. Place the bulbs on the ground for a day or two to harden off.
- Harvest columbine seeds now. Place stalks in paper bag to collect seeds.
- Zinnia, lantana, firebush, esperanza and VIP petunia planted in full sun will add color to your landscape. Plant caladiums, coleus, begonias and firespike in the shade.
- Look for leaf spot on photinias and Indian hawthorns. rake and remove leaves from beneath the shrubs and spray with a general fungicide.
- Powdery mildew of crape myrtles, euonymus, zinnias, Cedar elms and for Early blight causing large yellow blotches on bottom leaves of tomatoes, use general purpose fungicide such as *Funginex* or *Daconil*.
- Plant okra and southern peas.
- Trim perennials of dead wood from last year. Prune suckers from crape myrtles.
- Plant selections for *shady* areas.

2ND WEEK:

- Fertilize vegetables. Side dress tomatoes, carrots, beans, squash, okra, peppers and other vegetables with 1 cup of slow-release lawn fertilizer per 10 ft. of row.
- For highest quality, harvest crookneck, zucchini and other summer squash when they are immature and tender.
- Mallow hibiscus, firebush, lantanas and other heat-loving plants have begun to grow. Give them an application of fertilizer at a rate of 1 cup per 100 sq. ft.
- Now is a good time to seed Bermuda or buffalo grass.
- Plant zinnias, marigolds and cockscomb (celosia) seeds.
- Divide and transplant plumbago, sultana and pentas.
- Remove faded petunia flowers to prevent seed set or cut back half way to encourage a fresh crop of flowers.
- Protect vegetables such as squash, eggplant, okra and tomatoes from harsh direct sunlight to keep them from burning or wilting.
- Add compost around newly planted trees and shrubs.
- Feed container-grown plants with a balanced fertilizer such as 20-20-20. Be sure to water before fertilizing.
- If you want to encourage butterflies in your garden, do not use insecticides, especially Bt products, which will kill the larvae.
- Use scissors to thin out flowers you're growing from seed. Thinning will improve the quality of the flowers and cutting scissors will not disturb roots.

3RD WEEK:

- Columbine seeds are mature. Plant them in containers in potting soil now and they will be ready to transplant in fall.
- If you like glow-in-the-dark orange blooms during the hottest part of the summer, plant poinciana (Pride of Barbados) now. It is a root-hardy shrub that grows in full sun.
- The red powdery spots on the bottoms of snapdragon leaves are rust. It is time to relegate the snaps to the compost pile.
- The sucking insects are at work. Control spider mites with kelthane. Aphids, whiteflies and lace bugs can be controlled with *Malathion* or *Organo* spray. *Orthene* works for all the sucking insects on non-food plants.
- Control leaf-rollers and other caterpillars on Cannas and other susceptible plants such as tomatoes and mountain laurels with "Bt" spray.
- Leave clippings on lawn; they nourish the grass.
- Mulch shrubs well now to help them survive the hot, dry summer to come.

4TH WEEK:

- Water lawn only when blades first show signs of wilting in the morning (when your footprints do not spring up as you walk across the grass). Add 3/4" of water to encourage a deep root system. Avoid watering in the evenings.
- Thrips are the culprits behind gnarled leaves on the new growth of pepper plants (and roses). Use *Malathion* or *Sevin* spray according to the label.
- Periwinkles (*Vinca minor*) planted now will bloom through the summer in full sun. Be careful, however, to water the plants at their base or with drip irrigation. They are susceptible to a blight caused by water on their foliage.
- Keep summer squash, peppers, tomatoes, green beans and other vegetables harvested to maximize production. To prevent birds from pecking ripening tomatoes, hang a few red or orange Christmas bulbs or decorations on the plants now while the fruit is green. The birds will check out the bulbs and, not finding anything, will lose interest and pass up the real fruit when it ripens.
- Plant esperanza and blue salvias, both are water-wise summer bloomers.
- Plant iris, spider lilies, gloriosa lilies and caladiums.

IN OUR HERB GARDEN:

- Start harvesting herbs as many perennials bloom this month.
- Plant summer everlastings (examples are globe amaranth, sweet Annie, cockscomb, salvias, tansy).
- Plant lemon grass and continue to plant basil.
- Weed and water as necessary.
- Hot rainy spells are hard on herbs as they do not like humidity. Solutions are good drainage (raised beds and a good quality soil from Gardenville, Fertile Gardens, or Living-Earth Tech.) and mulch.

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*.

My Statue of Liberty Fiesta Hat

Remember Diana Fox's terrific Statue Of Liberty hat last month? Here's something she wrote to accompany it.

In 1883, Emma Lazarus wrote about the Great Colossus, "Give me your tired, your poor, your huddled masses yearning to breathe free,..."

In 2005, I am writing,
Bring me your culinary delights,
Your herbs and spices.
Precious plants to heal,
Wild weeds to flavor
And some to perfume.
Blend the herbs of the Americas with those from
across far oceans.

Our finest gardens flourish in bright sunlight,
Our smallest gardens in pots and coffee cans and
yogurt cups.

Herbal gardens in harmony, soothing the spirit.
Herbal gardens, the blessed gift of pass-along
plants.

Lady Liberty lifts her lamp beside the golden
door.
We will sit down together, share our curries and
moles,
our gravies and cream sauces, and our gumbos
and stews.

My hat symbolizes the diversity of peoples and
their herbs swirling together in a true melting pot
of cuisines and cultures. I wear my hat with rever-
ence and gratitude as well as with joy and festivi-
ty.

Some Facts About Tetanus for Gardeners

by Jean Dukes, RN

Tetanus is a dangerous nerve ailment characterized by painful spasms of skeletal muscles. It is a result of toxins produced by the bacteria known as *Clostridium tetani*. This toxin ranks with botulism toxin as one of the most potent microbial poisons known. It acts on the central nervous system, causing muscle stiffness

and often convulsions. Due to the spasms of the muscles of the jaw, it also is commonly known as "lockjaw."

The occurrence of Tetanus is worldwide, but is frequently encountered in densely populated regions in hot, damp climates with soil rich in organic matter. It results from an infected wound, such as a puncture or laceration, like those made by nails or knives and any injury such as this is cause for alarm. The spores of the tetanus bacteria can remain dormant for years and are found primarily in animal feces and soil, especially soil contaminated with animal waste.

The tetanus bacteria are present in the digestive tract of man and many animals, causing no harm. However, they thrive and multiply when oxygen is absent such as in the case of a wound, which closes up, and cuts off the air supply. If a person contracts the bacteria, and infection occurs, and has not been previously immunized or does not immediately get immunized, the prognosis is grim.

It has been reported that some of the serious cases of tetanus each year result from injuries considered too minor to consult a physician. A simple prevention of having a tetanus booster every 10 years is all that's recommended, although there is evidence that the tetanus immunization remains highly effective for much longer than 10 years. Some experts say that a booster in high school and a second booster at age 60 provide adequate protection for life.

Tetanus is rare in the United States, with nearly all cases occurring in adults who were not vaccinated as children. About 100 cases are reported each year; 70% of these occur in people over the age of 50. Most of the people who die of tetanus infections (75%) are at least 60 years old.

When working in the garden, always wear garden gloves as a protective measure, especially if you have any kind of open wound on your hands. Any wound, as long as it breaks the skin, could potentially develop tetanus. Cases have been reported from even a splinter. If you get a skin break while gardening, clean out the wound as quickly and thoroughly as possible. Washing it with lots of clean water and soap, trying to get any obvious dirt and particulate matter out of the wound are important -- not only to prevent tetanus, but also to prevent *any* bacterial infection.

Most doctors recommend the following if you have

(continued on page 7)

May 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8 Mother's Day
9	10	11	12 SAHS Mtg. & Banquet	13	14	15
16	17	18	19	20	21 Viva Botanica Lavender Fests	22 Viva Botanica Lavender Fests Newsletter Deadline
23	24	25	26	27	28 KTSA Festival of Flowers	29
30 Memorial Day	31					

June 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4 Lavender Fields Trip	5
6	7	8	9 SAHS Meeting	10	11	12
13	14	15	16 SAHS Board Meeting	17	18	19 Father's Day Newsletter Deadline
20	21 Summer Begins	22	23	24	25	26
27	28	29	30			

SAHS Treasurer's Report**March 2005**

Submitted by Mary Lee Estess, Treasurer

02/28/05 Beginning Balance			\$3,707.53
INCOME			
Membership		\$160.00	
Cookbooks		\$320.00	
EXPENSES			
Garden Center Rent	\$85.00		
Garden Center Personnel	\$25.00		
Speaker Honorarium	\$50.00		
Newsletter Printing - February	\$203.31		
Newsletter Printing - March	\$251.33		
Newsletter Postage - March	\$62.90		
TOTALS	\$677.54	\$480.00	
03/31/05 Ending Balance			\$3,509.99
OTHER ITEMS			
Petty Cash Balance (cash & receipts held by President)			\$50.00
Regular Savings			\$1,000.00
2-Year Certificate of Deposit			\$1,000.00
03/31/05 TOTAL ASSETS			\$5,559.99
COOKBOOK REPORT			
Prior Cookbook Account Balance			+\$1,186.06
Cookbook sales posted 03/05		\$320.00	
New Cookbook Account Balance			+\$1,506.06

(Tetanus continued from page 5)

received your primary (active) immunization in the past. If the wound is clean and you have not had a tetanus booster in the past 10 years, it is recommended that you receive one. If the wound is dirty or tetanus-prone, then your doctor would likely recommend a tetanus booster if you have not had a tetanus booster shot within the last five years. Tetanus-prone wounds are those that are deeper or are contaminated with dirt or soil. If the wound you contract is in question, it is best to have the booster, as it is better to be safe and receive another booster, than sorry.

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Daniel 1:3-15

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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.

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**Check out our new website address and note the updates in progress at:
www.sanantonioherbs.org**