

# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 187, OCTOBER 2005

## Members Only "Not For Profit" Meeting & Vote on October 20th

Join us on Thursday, October 20th, for a members-only meeting to discuss and vote on the proposed non-profit status of the San Antonio Herb Society. This meeting will feature Mr. Richard C. Alvarado, a non-profit expert from the Not For Profit Resource Center of San Antonio. Mr. Alvarado has extensive experience in helping organizations such as ours in the San Antonio area and beyond to achieve non-profit status. He will speak on that subject, and can surely answer any questions and concerns which our members may have. This is an exciting time for the SA Herb Society, and we will make sure that any transition is a civilized and informed one.

Be sure to bring your thoughts, questions, and vote to this very important meeting! The meeting will begin at 7:00 p.m. on Thursday, October 20 (please note that this meeting will be held on the THIRD THURSDAY OF THE MONTH), at the San Antonio Garden Center, corner of Funston and N. New Braunfels. For more information, call the SAHS Hotline at 210-641-8166 and leave a message, an officer will return your call. Or visit our website at [www.sanantonioherbs.org](http://www.sanantonioherbs.org).

### Refreshments

Members with last names beginning **M - S** 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](mailto: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:

Diana C. Bell

Lee & Cecilia Childress

Barb Ledieff

Jo Anna Wheeler

### Upcoming SAHS Programs

*November 10th:* SAHS Member's Market, with herbal culinary & craft demonstrations (open to the public for shopping & learning, with no admission charge)

*December 8th:* SAHS Member's Christmas Banquet

### October Board Meeting

This month's board meeting will be held on October 27 at Adrienne Hacker's home. If you would like to add anything to the October agenda, please contact Jane McDaniel in advance at [janesirish@earthlink.net](mailto:janesirish@earthlink.net) or 930-1026.

### Tussie-Mussies

Tussie-mussies to soon-to-be-member **Sally Ann Hnatiuk** for her generosity in procuring gardening tools for donation to Habitat for Humanity!

### San Antonio Herb Market

Producers of Texas-grown herbs and companies with related products will come together for a fabulous day of fun and education for everyone at the 14th Annual San Antonio Herb Market at Aggie Park, 6205 West Ave, on Saturday, October 15, 2005, from 9am - 5pm. Plant vendors, herbal product vendors, educational booths, and herbal food & beverages will be available. We need more volunteers to help with the SAHS booth. Please contact Diane Lewis at (210) 495-6116 or email her at [lewisdr@swbell.net](mailto:lewisdr@swbell.net). It is the largest herb event in San Antonio during the fall, so please make plans to attend and sign up for a 2-hour shift to help our organization and the market to be a success. Hope to see you there!

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## Wildlife Festival and Plant Sale

The Wildlife Festival and Plant Sale will be held at the Mitchell Lake Audubon Center, 10750 Pleasanton Road, San Antonio, TX 78221, on Saturday, October 22, from 8am - 4pm. The day will include a plant sale where festival-goers can purchase a wide array of drought-tolerant and wildlife-friendly plants -- including those used in the Mitchell Lake Audubon Center's wildscape garden for butterflies and hummingbirds -- and the San Antonio Water System's Autumn Bloom Giveaway. The first 800 people to attend the giveaway will receive a complimentary, small watersaver plant. Additional activities include hayrides; plant and wildlife-oriented lectures; a raptors show; birding tours and nature walks at Mitchell Lake; a nature store; and a raffle. There will be an all-inclusive activity fee for the festival, which will include the hayrides, nature walks and bird tours, lectures, and raptor show. Prices are \$5 per person, or \$15 for a family of 4 or more. Children under 5 are free. Raffle tickets are \$5 per ticket, or 6 for \$25. All proceeds from the festival will benefit conservation and education programs at the Mitchell Lake Audubon Center. For more information please contact the Audubon Center at 210/628-1639, [mlac@audubon.org](mailto:mlac@audubon.org), or go to [www.tx.audubon.org/mitchell.htm](http://www.tx.audubon.org/mitchell.htm). The rain date for the event will be October 23, 2005.

## Upcoming Community Events

*October 15th, 9am-5pm:* San Antonio Herb Market at Aggie Park, 6205 West Ave. at Loop 410, [www.sanantonioherbmarket.org](http://www.sanantonioherbmarket.org) or call 210-688-9421 for info. We will have a booth. We are dividing the time into 4, two-hour shifts. We will need a minimum of six volunteers per shift. We also need people who will make samples of recipes from our cookbook. This is always a fun event and a great way to help our organization by giving two hours of your time. Chairperson: Diane Lewis at 210-495-6116.

*October 22nd:* Founder's Day at San Pedro Park (SAHS will have a booth). We need a chairperson for our booth. This is another fun event to meet potential new members. Contact Diane Lewis at 210-495-6116 for info or to volunteer.

*November 5th:* Habitat for Humanity project (need volunteers & tools) contact Cynthia Hodas at 210-561-2294.

## Minutes from the SAHS Meeting September 8, 2005

Jane McDaniel called the meeting to order at 7 p.m. She extended greetings to everyone, including many visitors, and acknowledged our newest member, Rebecca Kary.

Jane thanked Michael Belisle for the crate of tomatoes he shared, as well as all the members who brought food, drink and decoration to our open buffet before the meeting. Jane asked members to share ideas about what effort might be appropriate for the victims of the Hurricane Katrina disaster.

Announcements included reminders to sign up for Monday, September 26th, to work in the Botanical Garden's herb garden and Founder's Day at San Pedro Park on October 22nd. Diane Lewis spoke about the SA Herb Market on October 15th at Aggie Park. She urged members to volunteer for the event, and wear a SAHS t-shirt or apron; these items were on sale at the meeting. Diane also mentioned an open house at EZ Herbs in Austin. Cynthia Hodas reported that the response for tools and gloves toward the Habitat for Humanity project was very generous. Sally Ann Hnatiuk, who hopefully will become a new member soon, contributed several pairs of gloves and hand tools. Sandy Redmond from Habitat for Humanity thanked the society members who have worked on the landscaping efforts and encouraged us to get involved in the next phase, which is near Palo Alto campus. It will be November 5th; there are 17 houses and she would like 2 members per house to supervise volunteers in planting. This project is the beginning of Habitat's neighborhood that will include 300 homes built over the next 6 years.

Jane thanked Veronica Gard for her outstanding service as secretary and presented her with a gift. Veronica spoke to the members and encouraged them to serve on the board. Jane introduced Jamie Jarosek Gonzalez as Veronica's replacement for the duties of secretary.

*(Minutes cont'd on page 3)*

(Minutes cont'd from page 2)

Other announcements included the need for new members (200 would be ideal). Syeira Budd and Veronica Gard are working on a field trip to Becker Vineyards. Georgia Zugay reminded people to vote in the November 8th ballot to change the Texas Constitution. Joe-Beth Kirkpatrick asked for all test recipes be returned to her for the new Oregon publication. Albert Del Rio and another member informed us of the Mitchell Lake Audubon Center's event on October 22nd. Lyn Belisle will host the SIG Aromatherapy at her home on September 27th.

The next meeting of the Herb Society will be on October 20th. This will be a closed meeting to the membership only to discuss and vote on the changes to the constitution regarding non-profit status for the SAHS. There will be a speaker, Richard C. Alvarado, from the SA Not-for-Profit Resource Center.

Shari Kilman, an herbalist from Omni Star Farm, gave an informative talk on herbal remedies for colds, flu, and allergies. A demonstration of using an ear candle concluded this lively program.

Jane commented that all opinions expressed at meetings are not representative of the whole organization, but we are a group of individuals that do tolerate differences of opinion in an open and democratic society.

The meeting adjourned at 8:30 p.m.

Submitted by Jamie Jarosek Gonzalez  
September 12, 2005

## A Gentle Reminder

If you have information which you would like to pass on to the membership at the monthly meeting, please submit this to the President (Jane McDaniel, tel.: 210-930-1026, e-mail: janesirish@earthlink.net) at the latest the DAY BEFORE the scheduled meeting.

Information and announcements should be in line with our published mission.

Jane McDaniel

## SAHS Treasurer's Reports

Submitted by Karen Cabral, Treasurer

### July - September 2005

Please note that this issue of the newsletter contains the Treasurer's Reports for the previous three months (July, August, and September 2005).

<b>08/31/05 Beginning Balance</b>			<b>\$4,436.63</b>
<b>INCOME</b>			
Membership		\$90.00	
<b>EXPENSES</b>			
Garden Center Rent	\$85.00		
Garden Center Personnel	\$25.00		
Speaker Honorarium	\$50.00		
Newsletter - Printing	\$34.56		
Newsletter - Supplies	\$71.06		
Newsletter - Postage	\$149.20		
Newsletter - Copies	\$159.82		
Newsletter - Paper	\$18.06		
Admin. Costs - Voicemail	\$3.00		
Membership - Nametags	\$8.10		
Membership - Nametag Mailing & Postage	\$14.80		
Event Costs - Insurance for Herb Market	\$100.00		
<b>TOTALS</b>	<b>\$718.60</b>	<b>\$90.00</b>	
<b>09/30/05 Ending Balance</b>			<b>\$3,808.03</b>
<b>OTHER ITEMS</b>			
Petty Cash - President's Acct			\$50.00
Petty Cash - Sales Acct			\$32.00
Regular Savings			\$1,000.00
2-Year Certificate of Deposit			\$1,000.00
<b>08/31/05 TOTAL ASSETS</b>			<b>\$5,890.03</b>

The Treasurer's Reports for July and August are continued on page 7.

## October To-Do List

by Brian Townsend

### 1st Week:

- Keep your hummingbird feeder clean and full of sugar water. Fall is the best time to observe the colorful birds. Your feeders will not affect the birds' fall migration.
- Clean and refill birdbaths regularly. Both the native and migratory birds will be grateful.
- Plant perennial varieties of Daffodils immediately.
- Fertilize spring-blooming plants to ensure good bud set.
- If normally prolific day lilies bloomed sparsely this year, take steps this month to maximize blooms next year. Dig up the plants and separate bulb masses into smaller pieces. Replant 1' apart and 2" deep in soil you have amended with compost.
- Unless you have had a soil test that shows otherwise, use a high-phosphate material on azaleas, camellias, quince, bridal wreath, Carolina jasmine, wisteria and others.
- Watch for insects and disease on plants. The mild, wet weather encourages lush growth and attracts the pests.
- Fire ants baits applied now will reduce ants through next spring. (Try a bucket of soap sudsy water on individual mounds, the ants hate it!)
- Fall is the best time to plant shade trees. Consider bur oak, chinquapin oak, Chinese pistachio, cedar elm, Lacey oak, Monterey oak, Montezuma cypress, or Mexican sycamore.
- With our first cool spell, plant dianthus, calendulas, stock and snapdragons for cool-weather color.
- Deadhead zinnias, marigolds, salvias and other flowering plants to stimulate more blooms.
- Prepare beds for planting cool-season flowers. Well-drained soil is important, and the bed should get at least six hours of full sun for flowering.
- Quarantine container plants that are going to be brought in with house or greenhouse plants to be certain they're free of insects and diseases.
- Spray only as necessary. Watch drain holes for hiding pillbugs, slugs and even roaches.

### 2nd Week:

- Transplant hardy annuals like Bluebonnet, Flowering Kale, Snapdragon, Johnny-Jump-up, Pinks, Phlox, Violets and Ornamental Cabbage. Plant petunias, dianthus, snapdragons, alyssum and stocks this month, wait on pansies.
- Cole crops such as broccoli, cauliflower, cabbage, and brussels sprouts are tasty, nutritious and easy to grow. them this month for winter and spring production.

- Watch for worms on tomatoes. Both hornworms and pinworms may be active. Use Bt (*Bacillus thuringiensis*), malathion or carbaryl.
- Hollies and nandina are evergreen shrubs for sun or shade. They do not require a lot of water and are not bothered by pests. They also produce winter berries for wildlife.
- Paint all wounds on oak trees to prevent oak wilt.
- Garlic, parsley, radishes, turnips, rutabagas, mustard, kale and onions can be planted by seed.

### 3rd Week:

- Don't give up on tropicals just because we have had some rain and cool weather. We have at least another month of performance from bougainvillea, plumeria, mandevilla and hibiscus. Keep tropicals watered and fertilized.
- If you fertilize your houseplants on a regular basis, reduce the application by one-half from now through the winter.
- It is wildflower seeding time. Bluebonnet and other wildflower seeds can be planted now. Rake the soil before spreading the seed. Wildflowers will not grow in sod.
- For instant color and an easy-to-grow perennial, plant garden mums now in a sunny location.
- Tulip and hyacinth bulbs need to be chilled in the refrigerator for 6 to 8 weeks before you plant them. Purchase the bulbs now. Daffodils can be planted without chilling.
- Fertilize tomatoes as soon as fruit begins to set. Use a half-cup of slow-release lawn fertilizer per plant away from the base.
- Canker worms are plain gray or brown caterpillars that leave obvious black dropping and feed on petunias, roses, beans and other plants. Use Bt (such as Dipel, Thuricide or Bio-worm Killer), carbaryl or malathion to control them.
- Mulch around newly planted trees and shrubs to minimize water use and to maximize growth rate.
- Provide Christmas cactus with 12 hours of uninterrupted darkness daily and cool nights for one month to initiate flower buds.
- Start designing and building new beds for spring. Remove as much grass as possible (bermuda grass should be treated with an herbicide two weeks before project) before tilling the soil and mixing in compost and organic matter. Raise the beds to the depth you need.
- For the best selection, shop now for spring bulbs. Garden centers, catalogs, and Internet retailers offer a

variety of choices. Store bulbs that require chilling in the refrigerator away from fresh fruit.

- Collect seeds from your favorite plants and store them in a cool, dry place until next year. Label them with the plant name and the date the seeds were collected.

#### 4th Week:

- Deeply mulch subtropical perennials like: Chilean Jasmine, China Doll, Firebush, Firecracker Bush, Mandevilla, Mex. Bird-of-Paradise, Plumbago and Poinsettia.
- Hornworms are the big, green caterpillars ravaging tomatoes, eggplants, pentas, peppers and nicotiana. Use Bt or carbaryl (Sevin) as soon as you see their damage or droppings.
- If you are “blessed” with DEER, plant snapdragons, flowering kale, ornamental cabbage, nicotiana, daffodils and irises for winter and spring color.
- If lantana and hibiscus plants are infested with whiteflies, apply Orthene, Sevin, or Malathion to the underside of the leaves.
- Row cover, a lightweight fabric available at nurseries and garden centers, will help protect tender vegetables. It is sold by various names such as PlantGuard, Gro-Web and Plant Shield.
- Prepare beds for pansies. They need well-drained soil and at least a half day of full sun.
- Place blood meal in the planting holes to improve the vigor of the plants.
- Divide and replant perennials such as phlox, hollyhock, iris, day lily and shasta daisy.

#### In Our Herb Garden:

- Add compost to your garden as a winterizer and mulch.
- It's not too late to plant frost-tolerant herb annuals or perennials.
- This is the month to plant garlic cloves and onion sets. the Tx. Cooperative Extension Service recommends Texas white garlic and 1015 onions.
- Salad groupings and exotic greens should also be planted now. Examples are sorrel, arugula, salad burnet, leaf lettuces, nasturtium.
- Sow wildflower seeds.
- Plant Antique roses.

#### Top 10 Mistakes Texas Gardeners Make:

- 1) **Overwatering** - Overwatering or improper watering encourages poor root systems and wastes water, should runoff occur. It also stresses plants, making them more susceptible to disease. Roots in waterlogged soil can't breathe; consequently, plants wilt and turn yellow as their roots rot. Eventually, they die.
- 2) **Overfertilizing** - Too much of a good thing causes problems for plants as well as for gardeners. Proper

fertilizing nurtures healthy plants that are able to resist pests and environmental stresses. Too much fertilizer may trigger excessive new growth, making a plant more susceptible to disease. That abundant new growth also requires more water and more mowing or pruning.

3) **Misusing pesticides** - A wise gardener knows an insect-free landscape is impossible. The goal is to control the “bad guys” of the insect world and encourage the “good guys”. The key is to identify the pest and use an appropriate pesticide. Study your alternatives, and only use them as a last resort, as many are nonselective, so the beneficial insects may be affected, too.

4) **Improperly identifying a plant problem** - Before you choose your weapon, you must know who the enemy is. Put your sleuthing skills to work to determine whether the problem is caused by an insect, disease or environmental factor.

5) **Using plants that are unproductive and/or poorly adapted to your area** - There are reasons that dogwoods and azaleas flourish in East Texas, but not in the Hill Country. Climate, rainfall, soil types and temperatures divide Texas into gardening “zones”, and a smart gardener learns to appreciate what grows well in his/her own backyard.

6) **Planting in the wrong place** - When placing a plant in your landscape, consider its mature size and its need for sunlight or shade.

7) **Failing to prepare soil before planting** - No matter what type of soil you have, your success depends on whether you amend the soil. Healthy soil is alive with nutrients and microorganisms, and produces healthy plants with few problems.

8) **Failing to use mulch** - This layer of organic or inorganic material on top of the soil can work wonders. It helps soil retain moisture, moderates soil temperature, keeps weed populations down, and makes hand-weeding easier.

9) **Planting at the wrong time** - Timing is important when growing vegetables. Not only must you learn which are warm-weather crops and which are cool-weather ones (don't plant broccoli in late spring, for example), you also must consider location (South Texas gardeners plant tomatoes later than gardeners in North Texas).

10) **Failing to think long-term** - Train yourself to plant with a vision of how your landscape will look in five years.

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*.

# October 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10 Columbus Day Observed	11	12	13	14	15 SA Herb Market	16
17	18	19	20 SAHS Meeting	21	22 Wildlife Festival & Plant Sale Founder's Day	23
24	25	26	27 SAHS Board Meeting	28	29 Newsletter Deadline	30 Daylight Savings Time Ends
31 Halloween						

# November 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5 Habitat for Human- ity Landscaping Day	6
7	8	9	10 SAHS Member's Market	11	12	13
14	15	16	17 SAHS Board Meeting	18	19 Newsletter Deadline	20
21	22	23	24 Thanksgiving	25	26	27
28	29	30				

07/31/05 Beginning Balance			\$4,922.48
<b>INCOME</b>			
Membership		\$40.00	
<b>EXPENSES</b>			
Garden Center Rent	\$85.00		
Garden Center Personnel	\$25.00		
Speaker Honorarium	\$50.00		
Newsletter - Printing	\$154.43		
Newsletter - Supplies	\$118.40		
Newsletter - Postage	\$53.94		
Webmaster	\$14.39		
Admin. Costs - Supplies	\$24.69		
Event Costs - Liability Insurance for Herb Market	\$100.00		
<b>TOTALS</b>	<b>\$625.85</b>	<b>\$40.00</b>	
08/31/05 Ending Balance			\$4,336.63
<b>OTHER ITEMS</b>			
Petty Cash - President's Acct			\$50.00
Petty Cash - Sales Acct			\$32.00
Regular Savings			\$1,000.00
2-Year Certificate of Deposit			\$1,000.00
<b>08/31/05 TOTAL ASSETS</b>			<b>\$6,418.63</b>

06/30/05 Beginning Balance			\$4,995.10
<b>INCOME</b>			
Cookbooks		\$200.00	
Resource Guides		\$102.00	
Basil Booklets		\$3.00	
Tote Bags		\$18.00	
Voided check 1275		\$25.00	
<b>EXPENSES</b>			
Garden Center Rent	\$85.00		
Garden Center Personnel	\$25.00		
Tool Purchase	\$14.14		
Admin. Costs - Nametags	\$242.93		
Event Costs - Spring Fling	\$21.55		
<b>TOTALS</b>	<b>\$388.62</b>	<b>\$316.00</b>	
07/31/05 Ending Balance			\$4,922.48
<b>OTHER ITEMS</b>			
Petty Cash - President's Acct			\$50.00
Petty Cash - Sales Acct			\$32.00
Regular Savings			\$1,000.00
2-Year Certificate of Deposit			\$1,000.00
<b>07/31/05 TOTAL ASSETS</b>			<b>\$7,004.48</b>

## OFFICERS & CONTACTS

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**CINDY BROWN & ADRIENNE HACKER** - HOSPITALITY COMMITTEE

## SIG LEADERS

**AROMATHERAPY SIG**  
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)

**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*

Jean Dukes, RN, **Ten Days Health Ministry**  
102 Firesage, Universal City, TX 78148  
(210) 566-4379  
10days@earthlink.net

William Vernon Scott, **South Texas Yerbero**  
P.O. Box 60761, San Angelo, TX 76904  
(210) 394-4320  
tejasyerbero@yahoo.com

Mary Dunford, **Nature's Herb Farm**  
7193 Old Talley Rd, #7, San Antonio, TX 78253  
(210) 688-9421

Sil & Yoli Huron, **YoSi Sales & Service and Health by Choice**  
(210) 735-9053  
health4ever@barleybaby.com, www.barleybaby.com

Diane R. Lewis, **Longaberger Baskets & Pottery**  
24 Silverhorn Drive, San Antonio, TX 78216  
(210) 495-6116  
lewisdr@swbell.net, www.longaberger.com/DianeLewis

\*Nick & Leslie Vann, **Nematode Nick's (Natural Landscape Treatment)**  
(210) 667-1500  
nematodenick01@cs.com  
*Use your SAHS membership discount card for a 10% discount!*

Greg Perkins, **In Home Senior Care**  
5805 Callaghan Rd #205, San Antonio, TX 78232  
(210) 256-2273

**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.

The San Antonio Herb Society  
P.O. Box 100806  
San Antonio, TX 78201  
Phone: (210) 641-8166  
Website: www.sanantonioherbs.org