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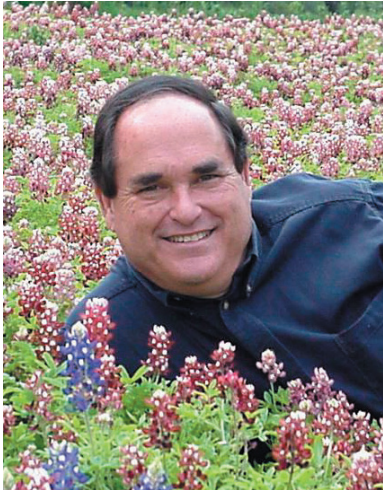
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THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 199, OCTOBER 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.



October will be bountiful at the Herb Society

Learn the Do's and Don'ts of growing and propagating Herbs from the plant experts

For **one night only**, see Dr. Jerry Parsons and Mary Dunford appear exclusively at the San Antonio Herb Society on **Thursday, October 12th, 2006**. Together they will take you step by step through the growing, maintaining and propagation of herbs.

Dr. Parsons is, according to a past *Texas Gardener Magazine*, a pioneer in the area of "edutainment". As a Bexar County Extension horticulture specialist and Texas A&M Professor, he has cultivated quite a following in south Texas through his numerous newspaper columns and radio shows for a quarter of a century. He has been either the director of or the force behind such exciting ventures as:

- Introduction of numerous hybrid tomatoes (Celebrity, Merced, 444 to name a few).
- The father of the Texas Superstar tm plants (like Blue Shade rueilla and Laura Bush Petunia).
- Credited with introducing the satsuma citrus to Texas gardeners.

Mary Dunford is the founder of Nature's Herb Farm in San Antonio, an expert on growing herbs, and a founding member of the San Antonio Herb Society. In celebration of the upcoming Aggie Park Herb Market, Nature's Herb Farm will have plants available for purchase and to practice your new propagation skills.

Having an herb garden or just a love for plants provides joy. However, that enjoyment doesn't always come cheaply because plants must be purchased. It is often with economy in mind that gardeners start to propagate their own plants. Lots of plants can be propagated quickly with little more than a few seed trays, pruning shears and a good potting mix.

So, mark your calendars for October 12, the meeting begins with a reception at 6:30 p.m. and the presentation at 7 p.m. 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.

Refreshments

Members with last names beginning **N - Z** are asked to bring refreshments to this month's meeting. Please arrive by 6:30 p.m. so all can enjoy your dish. Please e-mail your recipe to seyeraq@yahoo.com for publication in the next newsletter.

The Talk of the Town Will Visit SAHS in November

Brian and Elise Montgomery, whose successful TEXAS FARM TO TABLE CAFE is the talk of the town, will join us on November 9th. Located in the former Pearl Brewery complex, they specialize in using fresh ingredients, strive to be environmentally responsible, and their food is delicious! They will share ideas for the creative use of herbs in holiday cooking. This year we will also have a silent auction in support of the Herb Society.

Welcome New Members!

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

Carmen Classy
 Diane Gordon
 Diane Lopez
 Bertha Mangels
 Linda Melenzyer

Inside this issue:

Calendar of Garden & Herbal Events	2	Brian Townsend's October To-Do List	4
Sept. Meeting Recipe	3	Sept. Meeting Minutes	5
Holiday Silent Auction	4	Treasurer's Report	5

Calendar of Upcoming Garden & Herbal Events

E-mail event listings to syeiraq@yahoo.com.

WHAT: Fall Wildlife Festival & Plant Sale: Free family fun, SAWS Autumn Bloom Giveaway, and more!

WHEN: Saturday, October 14, 9am-4pm

WHERE: Mitchell Lake Audubon Center

MORE INFO: Visit www.tx.audubon.org/mitchell.htm

WHAT: National Herb Day

WHEN: Saturday, October 14

WHERE: Celebrated across the nation!

MORE INFO: Visit www.herbdays.org

WHAT: Native Plant Society of Texas Annual Symposium: "Convergence and Diversity: Native Plants of South Central Texas", Teacher, Master Gardener and Naturalist CE Credit

WHEN: Thursday-Sunday, October 19-22

WHERE: Marriott Northwest Hotel, San Antonio

MORE INFO & REGISTRATION: Call 733-0034 or visit www.npsot.org. The San Antonio Native Plant Society meets on the fourth Tuesday of each month at 7pm at the Lions Field Adult Center, Broadway at East Mulberry.

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". Contact Diane Lewis at 495-6116 to volunteer.

WHAT: 3rd Annual San Antonio Founders Day

WHEN: Saturday, October 21, 11am-4pm

WHERE: Water Pavilion at San Pedro Park

MORE INFO: Visit www.sanantoniofoundersday.org

SAHS INFO: Need 3 volunteers to sell plants at SAHS booth.

Contact Adrienne Hacker at 829-8433 to volunteer.

WHAT: Practical Herbology 101 w/ Dr. Phil Fritchey - course presented by the National Association of Certified Natural Health Professionals

WHEN: Saturday & Sunday, October 21-22, 8am-5pm

COST: \$200

MORE INFO: Contact Jean Dukes at 566-4379

WHAT: Habitat for Humanity Planting

WHEN: Saturday, October 28, 8-11am

WHERE: Palo Alto Development

MORE INFO: Visit www.habitatsa.org

SAHS INFO: Need 10 volunteers to assist with plantings and share garden knowledge with new homeowners.

Need volunteers to donate herb plants. Contact Rose Mary Michel at 655-6281 or Sally Ann Hnatiuk at mustang_sally6@msn.com to volunteer.

WHAT: "Herbal Quick Tips & Tidbits" with Diane Lewis, Former VP of SAHS and Instructor for NEISD Community Education

WHEN: Saturday, October 28, 9am-noon

WHERE: San Antonio Botanical Garden

MORE INFO: Tuition is \$31 to NEISD in advance. Visit www.communityed.neisd.net or call 657-8866. An additional food fee of \$5 is payable to the instructor on the day of the class.

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: Herb Society of America South Central Fall Gathering

WHEN: Friday-Sunday, November 10-12

WHERE: Cibolo Nature Center, Boerne

MORE INFO: Contact Mary Doebbeling at (817) 517-6558, e-mail ourthymegarden@yahoo.com, or visit

www.herbsociety.org/cal_southcen.php

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.

September Meeting Recipe

Thanks to **Sandra Lyssy** for providing this recipe for the tasty cobbler she brought to the September meeting!

Quick and Easy Cobbler

1 cup plus 2 tablespoons self-rising flour or favorite baking mix

1 plus 2/3 cups sugar

1/2 cup milk

1/2 cup (1 stick) butter or margarine

3 cups fresh fruit or 1 (15-ounce) can

Stir together 1 cup of the flour, 1 cup of the sugar, and the milk for the batter.

Preheat oven to 350 degrees. Melt butter in a 13 x 9-inch baking dish. Toss together fruit, the remaining 2/3 cup sugar, and the remaining 2 tablespoons flour. Pour batter into the baking dish. Spoon fruit mixture over the top. Do not stir. Bake for 30 to 40 minutes, or until batter is golden and the fruit is bubbly. Serve warm with ice cream.

Support Our Silent Auction

On November 9th, as part of our regular meeting, we are going to have a Holiday Silent Auction to raise needed operating funds for our group. But in order for it to be successful, we need the participation of everyone. With the holidays in mind, please search out "good as new" ornaments, gift items, artwork or crafts, etc. with a minimum value of \$10.00, and bring them with you to the Oct. 12th meeting. The Silent Auction will be only as successful as you make it -- it takes exciting merchandise to encourage bidding. There will be a table set aside to receive your items, and someone will get the information and value from you.

We also need help in soliciting some items for the auction -- restaurant dinner certificates, beauty parlor or spa services, gift baskets, and other items. And how about services from our members? Some homemade goodies, herbal vinegar in fancy containers, specialty bread, a catered meal in your home...the list is only limited by your imagination! Share your talents for the benefit of the Herb Society.

According to Lorraine Jennings, who is coordinating this event, "This is a first time endeavor. We need your help, support, and merchandise! Together we can make this the most exciting Silent Auction ever! And the Herb Society really needs the funds that will be raised. Let's have 100% participation!"

Tie a string around your finger to remind you to bring some items with you on October 12th.

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Storytelling Association and San Antonio Storytellers
Association

Brian Townsend's October To-Do List

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

One day, the gardener realizes that what she is doing out there is actually teaching herself to garden by performing a series of experiments. This is a pivotal moment.

-Margaret Roach

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.
- Plant perennial varieties of Daffodils immediately.
- Fertilize spring-blooming plants to ensure good bud set.
- Get compost bins ready to handle the leaves that will fall soon. Contact the Extension office at (210) 467-6575 for information about composting.
- Watch for insects and disease on plants. The mild, wet weather encourages lush growth and attracts the pests.

2ND WEEK:

- Transplant hardy annuals like Bluebonnet, Flowering Kale, Snapdragon, Johnny-Jump-up, Pinks, Phlox, Violas 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. Plant them this month for winter and spring production.
- Garlic, parsley, radishes, turnips, rutabagas, mustard, kale and onions can be planted by seed.
- Hollies and nandinas 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.

3RD WEEK:

- Keep an eye out for the Orionids Meteor Showers. Check out dates when it's due.
- 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.
- 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.

4TH WEEK:

- Deeply mulch subtropical perennials like: Chilean Jasmine, China Doll, Firebush, Firecracker Bush, Mandevilla, Mex. Bird-of-Paradise, Plumbago and Poinsetta.
- Defoliate Indian-named hybrid crepe myrtles if they aren't

showing signs of colorful fall foliage.

- It is time to preserve gourds. Wash the gourds in warm, soapy water with a touch of disinfectant. Rinse the gourds, then store them for three weeks in a dark closet to set the color. You can varnish the gourds or use them as natural decorations.

- Time change, time to fall back. You lose a lot of evening daylight for the next couple of months, so get as much outside stuff done as possible and save the inside stuff for next week. Also, this is a good time to check your smoke alarm and change the battery.

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 Tex. Coop. Ext. Svc. 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.

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*.

Gardening Naturally with Bruce Deuley

Bruce Deuley's recipes and tips proved to be quite popular at his presentation in September! For more information about him and the tips he shared with us, visit www.deuleysown.com. Here is his recipe for a natural pest repellent.

Garlic Pepper Tea

- 1 head garlic
- 2 habanero peppers

Fill blender with water until half full. Puree until soupy. Strain (can use pantyhose or muslin filter, etc.). Mix juice with additional water to make a 1 gallon container of concentrate.

Use 1 1/2 cups of concentrate to 1 gallon of water. Spray on plants, grass, etc.

November Newsletter Deadline

All members are invited to share news, ideas, recipes, remedies, or stories in our monthly newsletter. E-mail your November newsletter submissions to Syeira Budd at syeiraq@yahoo.com by **Saturday, October 14**.

Meeting Minutes - Sept. 14, 2006

Chaired by Adrienne Hacker

Speaker: Bruce Deuley, expert in organic garden methods

Events: Several member volunteer opportunities were identified and sign-up sheets passed: Replanting Herb Garden at the SA Botanical Gardens (Note: Work is generally done by 11:00 am); Fall Wildlife Festival & Plant Sale at Mitchell Lake, 14 Oct (Note: Will be offering a raffle with top prize \$3,000 of landscaping); 15th Annual SA Herb Market at Aggie Park, 21 Oct (Note: Will need about 6 volunteers per shift, 2 hour shifts. Can work split shifts. This is one of the Society's best events for signing up new members.); 3rd Annual San Antonio Founder's Day, 21 Oct (Note: Will need 6 volunteers in total and will be sell plants.); and Habitat for Humanity Planting, 28 Oct (Note: Trying to get 4-8 volunteers. Work goes very quickly and will be able to car pool.).

Two future events were identified but require Chairperson if SAHS is participate: Fall Garden Fair, 4 Nov, and Cibolo Wine Festival, 12 Nov.

Several events that members could participate in (for fee) were identified: NEISD Continuing Education Class, "Herbal Tips and Tidbits" – class is given by Diane Lewis; Herb Association of Texas Annual Conference; Gardens by Moonlight at SA Botanical Gardens; and Native Plant Society Annual Symposium.

August 2006 Treasurer's Report

Submitted by Adrienne Hacker

DESCRIPTION	INCOME	EXPENSES	
07/31/06 Bank Balance			\$3,736.76
Admin: Phone Bill		\$8.39	
Newsletter: Printing		\$184.89	
Newsletter: Postage		\$62.40	
Meeting Space: June-Aug.		\$255.00	
Meetings: Attendant - Aug.		\$25.00	
August Speaker		\$35.00	
T-Shirt Balance		\$107.75	
Special Events		\$25.00	
Web Site		\$30.00	
TOTALS		\$733.43	
08/31/06 Bank Balance			\$3,003.33
OTHER ITEMS			
Savings Acct			\$1,009.02
2-Year CD (matures 02/24/07)			\$1,000.00
08/31/06 TOTAL ASSETS			\$5,012.35

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The San Antonio Herb Society