

# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 186, SEPTEMBER 2005

## Herbs and Remedies for Colds, Flu, and Allergies

Join us on September 8 as Ms. Shari Kilman of OmniStar Farm returns by popular demand to share and demonstrate her knowledge about "Herbs and Remedies for Colds, Flu, and Allergies". Ms. Kilman is a working herbalist, grower, and teacher, and has owned and operated OmniStar Farm in Boerne for 26 years. She fell in love with herbs early in life as her full-blooded Sioux grandmother taught her how to heal herself using the herbs of the land. Ms. Kilman is a member of the American Herb Guild and has studied at the Rocky Mountain Center for Botanical Studies and Dr. Christopher's School of Natural Healing. She has also studied with top herbalists David Hoffman, Michael Tierra, and others.

Come share this rare opportunity to learn from this very experienced herbalist and ask questions. The meeting will begin at 7:00 p.m. on Thursday, September 8, 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 **G - L** 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 bring your recipe for anything homemade so it can be included in the next newsletter.

### Welcome New Member!

A big welcome from all of us to the following member who recently joined SAHS:  
Rebecca Kary

### Upcoming SAHS Programs

*October 20th:* Members only "Not for Profit" information, discussion, and vote (please note that this meeting will be held on the 3rd Thursday of the month)

*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

### September Board Meeting

This month's board meeting will be held on September 15 at Adrienne Hacker's home. If you would like to add anything to the September agenda, please contact Jane McDaniel in advance at [janesirish@earthlink.net](mailto:janesirish@earthlink.net) or 930-1026.

### Newsletter Deadline

Don't hesitate to share news, ideas, recipes, remedies, or stories in our monthly newsletter. Email your October newsletter submissions to Syeira Budd at [syeiraq@yahoo.com](mailto:syeiraq@yahoo.com) by Saturday, September 17.

### 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!

#### Inside this issue:

Meet the Board	2	September To-Do List	4
Upcoming Community Events	2	Calendar	6
Preserving a Legacy	3	October Meeting	7

## Wildlife Festival and Plant Sale **Meet the Board: Karen Cabral**

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.

*Karen Cabral is our current Treasurer. Please read her profile below to learn more about her!*

I have been a member of the San Antonio Herb Society since 1996. I read about it in the paper and attended the very next meeting. Cooking is one of my passions and I wanted to learn more about growing and using fresh culinary herbs.

Gardening is another of my interests. This love began when I was a little girl. My paternal grandfather was a widower and lived with my family. He had a huge garden in which he grew everything from gooseberries to mushrooms. Some of my best memories are of the hours I spent with him planting, harvesting, and working in his greenhouse.

My grandfather was also instrumental in my learning to cook and bake. He had been a cook for the CCC Camps during the 1930's and he really knew his way around the kitchen. He taught me how to make piecrust and knead bread. We carried lunch to school in those days and I always had sandwiches made from homemade bread.

My mother was first generation German and also an excellent cook. She, my grandfather, and I spent many hours every summer "putting up" the produce from the garden---canning, freezing, and making jams and jellies.

Nowdays I don't do much in the freezing and canning departments. I am a marriage and family therapist in private practice and that keeps me very busy. Nevertheless, I still love to cook and entertain when I can. I have a flourishing herb garden and love being able to have totally fresh herbs nearly every month of the year.

### Aromatherapy SIG

There will be an organizational meeting of the Aromatherapy SIG on Tuesday, September 27th, to plan the programs, topics and strategies for the coming year. Lyn Belisle will host the meeting at her house at 7:00 p.m. The address is 119 Robinhood (78209). For more information, please email Lyn at [belisle@satx.rr.com](mailto:belisle@satx.rr.com) or at [lyn.belisle@trinity.edu](mailto:lyn.belisle@trinity.edu). You may also call for directions or further details at 826-6860.

## Preserving a Legacy

A job I do every two years is that of clearing my bedside table: during a recent foray into the last two years' bedside reading, I found my copy of Gerard's Herbal. And now I can't put it down. Written in the 15th (14th?) Century, it is chock a block full with straightforward descriptions of herbs and their uses in all aspects of our daily lives. Fran Rich recently sold off part of her extensive collection of herb books and one of those which I garnered was the 50 Year Anthology of The Herbalist Almanac, which has a fascinating chapter on Parkinson's Theatrum Botanicum. Parkinson lived in 16th Century England, a practicing apothecary who maintained a botanical garden with many rare plants. He published his books – Theatrum Botanicum and Paradisus – in the 17th Century, both very comprehensive tomes, with the added value of providing a glimpse into the everyday lives of people a few hundred years ago.

Centuries ago people did not know about vitamins and minerals, but instinctively knew that certain greens contained more health building and strength giving properties than others. People were instinctively aware of the healing effects of chlorophyll as most of their remedies for cuts and wounds consisted of fresh green herbs. Before the days of aspirin in pill form, sleeping pills and powerful stimulants, every family had its own store of botanical recipes. Such harmless herbs as cool mints, soothing lavender, feverfew and aloes were used for simple headache. For sedatives people made a pillow of hops, hung anise seed in a bag over the bed, or placed the fragrant rosemary beneath their pillows. For stimulant, or "to make the heart merrie", folks brewed herbal teas or smelled frequently of sweet herbs.

Doesn't seem to me to be much different, today. I must admit it's been a long time since I put a bag of hops beneath my pillow – but I do remember what a calming experience it was to drive through the hop country of southern Germany, just before the harvest, and to see the 20 ft. high hops seemingly floating in the breeze. And rosemary! Who can deny that rosemary can be used in so many ways? We are still using savory seeds and sweet herbs in food to add variety to simple menus. In this day and age of pre-packaged, chemically generated "supplements", we certainly should not forget the age-old wisdom silently handed down by our grandmothers and grandfathers.

Because I am a bookworm, I have also spent hours enjoying David Stuart's two books, "The Plants That Shaped Our Gardens", and "Dangerous Garden – the quest for plants to change our lives". Stuart tells the fascinating story of botanical medicine, revealing how many plants have both a light and a dark side, soothing and poisonous. They can heal or kill, calm or enslave us – plants once believed to be cure-alls are now considered too dangerous for use. Others, so valuable that they sowed the wealth of empires, are merely spices on the kitchen shelf. Yew, a favorite Roman poison, is now a cancer cure. How could I know, as a child, that the delicious rhubarb, which my mother used in her pies, was once thought to cure syphilis? Read about adventurers' travels to the East in search of Oriental spices! Or the travels of Englishmen John Tradescant (Senior and Junior) to Turkey and the Orient and the New World, to find new plants. Think how dangerous an occupation it was to own rare Dutch tulip bulbs, and how valuable a commodity it was. And so it goes....

I agree with Stuart when he concludes that plant prospecting today may prove essential to protecting botanical diversity and preserving plant species rapidly disappearing from the wild. Long shaped by plants, our gardens may now prove crucial to preserving the plants themselves. We who are fascinated by herbs and their uses have a vital inheritance to preserve.

Jane McDaniel

## Garlic Bulbs Available

[www.GourmetGarlicGardens.com](http://www.GourmetGarlicGardens.com)

Thanks to Anne Schiller of the Gardening Volunteers of S.TX. for this tasty snippet of information: garlic gardener Bob Anderson, of Bangs, TX. (near Brownwood) has a huge variety of garlic bulbs for fall planting, available now for sale. He sells bulbs either for planting or cooking/eating via his web site at [www.GourmetGarlicGardens.com](http://www.GourmetGarlicGardens.com). This site has tips on growing garlic in addition to a host of fascinating garlic lore. Check it out!

# September To-Do List

by Brian Townsend

## 1st Week:

- Sow seeds of winter annuals and wildflowers in full sun.
- Plant perennials like Asters and Garden Mums for fall color.
- Order spring bulbs for later planting. Most require a six-week stay in the refrigerator before planting.
- A superior ficus plant, "Midnight," may be available in nurseries and garden centers. It has darker green leaves and a compact crown, and resists leaf drop.
- It is not too late to get fall tomatoes in the ground. Surefire is the quickest to mature, but Heatwave, Sun Master and Merced also are good choices.
- Finish pruning cold-tender shrubs now to avoid having new growth killed back by first frosts.
- For summer-planted trees and shrubs, make sure you water the root ball (outer edge). Roots are confined to that area for the first few months.
- Prepare garden soil now for fall vegetable transplants by adding 2" of compost and tilling to a depth of 6" to 8".
- If your yard needs more trees, research recommended varieties, mature size and heights so you can plant in fall.
- A practical tip shared by a gardening friend that makes a good rule of thumb with plants you like: Don't give up on a new plant until you've tried it in three different spots.
- Prune perennials such as butterfly weed, cigar plant, four-o'clocks and Ruellia that bloom well into fall.

## 2nd Week:

- Fall is for planting. Plant garden mums and fall marigolds (choose mums in full bloom, but select marigolds that are not yet blooming).
- Plant hardy trees, shrubs, vines and groundcovers from now until mid to late November.
- It is not too early to divide irises, day lilies and shasta daisies. After two or three years without dividing can reduce blooms. (Use a sharpshooter shovel to divide the clumps and transplant into full sun areas. Remove 30 to 40% of the foliage of the transplants in order to reduce stress.)
- Remove seed pods from esperanza and poinciana so they will keep blooming.
- When you water container plants, water until the moisture drips out of the drain hole to make sure a salt layer does not form.
- Cut at ground level the suckers that emerge from the

roots of peaches, plums, pears, apples, Oriental persimmon and citrus to prevent the rootstock from taking over the fruiting top (scion).

- With hot, dry weather after a cool, wet spring, many deciduous trees may lose their leaves early. Use the leaves for mulch or in compost.
- Don't be too hasty. Pansies, Johnny-Jump-Ups and Snapdragons are set out after Columbus Day. Hot weather will kill them.
- To attract butterflies, plant mist flower (eupatorium), lantana, butterfly weed (asclepias), buttonbush (cephalanthus) and indigo spires sage.
- Add compost to flower beds to boost tired flowers.
- Plant mari-mums for fall color. These large-flowered American marigolds are low maintenance.
- Prepare beds for spring-flowering bulbs by adding a generous amount of organic matter such as compost. Bulbs need good drainage so raised beds might be necessary.
- Plant Mexican mint marigold (*Tagetes lucida*) to attract butterflies.

## 3rd Week:

- Dig and divide spring or summer blooming perennials.
- Pepper sauce seems to be effective for protecting plants from both squirrels and deer. Apply weekly.
- If the temperatures are cooling, oak wilt fungal mats may appear on diseased red oaks. Paint all wounds on Spanish oaks and live oaks to prevent new infections (even if the daytime highs are hot enough to keep oak wilt from being active, play it safe by applying pruning paint to all wounds more than 1 inch across).
- Plant shade trees now to take advantage of mild fall and winter weather for root development.
- To attract hummingbirds, plant cardinal lobelia, trumpet vine, lantana, Turk's cap, autumn sage.
- Plant perennials now or plan to incorporate them into your landscape in spring.
- Control pillbugs in your veggie garden and in newly-germinated wildflowers with bait or Sevin dust.

## 4th Week:

- Fall is here! ("equinox: the time when the sun crosses the equator, making night and day of equal length in all parts of the earth.")
- Make sure your Crepe Myrtles are starting to go dormant. If not, stop watering and remove their mulch.
- Perform final pruning of hardy shrubs and vines; but

not those which bloom in spring.

- Still time to sow wildflower seeds in your landscape, as well as in waste places around your neighborhood. Good soil preparation will yield better germination. At minimum, the seeds must touch bare soil, and light must penetrate to the soil.
- The organic material in raised beds decomposes and compacts as we garden. Replenish now with compost to get ready for fall vegetables.
- Look for the Pawnee variety of pecan to mature its nuts soon, it is probably the best pecan variety for the San Antonio area because it is very productive and naturally resist aphids.
- Wait for our first cool spell before setting out plants to provide cool-weather color. Try ornamental kale for colorful, fringed foliage with inner leaves of red, white, rose and pink.
- Dianthus, calendulas, stock and snapdragons offer flowers in a wide range of hues.
- Lightly prune and fertilize geraniums and begonias for further blooming.
- Sow seeds of snapdragons, dianthus, pansies and other winter flowers in flats for planting outdoors in October.
- Mums are setting buds now. Pinch off about 1/3 of the buds to encourage larger flowers in fall. Fertilize them with a balanced fertilizer such as 20-20-20 to increase flowers and healthy foliage.

### In Our Herb Garden:

- The library at the Garden Center has an excellent horticultural collection and is available for use to any SAHS member.
- One of the best ways to water outdoor container plants is to set them in another container of water and let them absorb as much as possible. Or let water drip into the container for an hour or so until the soil is well saturated.
- Plant frost-tolerant herb transplants and seeds from now until mid-November. This may be the best time of the year to plant (or transplant) herbs! Include annuals from seeds (parsley, dill, cilantro, anise, chervil, chamomile, edible flowers and greens), annuals from transplants (parsley and chervil) and perennials from well-established transplants (chives, rosemary, sage, salad burnet and English thyme).
- Plant everlastings for spring harvesting - perennials such as bergamot, yarrow, puchellum and annuals such as statice, larkspur and strawflowers.
- Harvest basil and preserve by freezing as an oil paste.
- Re-pot container-grown perennials as needed.

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*.

## SAHS Goes To The Field

The reaction to our initial list of suggestions for field trips was overwhelmingly supportive and enthusiastic. Here are the results of this ad hoc survey, which we took at the August general meeting:

10. Tour of members' gardens (preferably April/May, 4-6 hours)
9. Visit Ladybird Johnson Wildflower Center in Austin (Spring, half-day)
8. Visit Herb Festival at Zilker Park, Austin Botanical Garden (Spring, half-day)
7. Miniature Golf at Kool Krest on Fredericksburg Road (any connection to herbs there???) (2-3 hours)
6. Visit Whole Foods new landmark store in Austin (half-day with lunch)
5. Wine Tasting (and lunch?) at Becker Vineyards, Fredericksburg (half-day)
4. Visit Blanco Lavender Farm during lavender bloom (May, late April with picnic lunch at farm, half-day)
3. Visit Mary Dunford's Herb Farm in San Antonio (2 - 3 hours, weekday or weekend)
2. Round Top Herbal Forum, overnight stay(s) with classes, workshops, fellowship (1 - 3 days, 3rd week-end in March 2006)

And the NUMBER ONE ALL TIME FAVORITE:

1. Visit Texas Olive Country: Bella Vista Ranch, near Wimberley, Hays County (3101 Mt. Sharp Road): "A Day in Tuscany" tour and lunch (May-August, half-day)

Also rans: a half-day outing to the Audubon Birding Center at Mitchell Lake on San Antonio's south side, and a visit (and workshop?) at Jenny Garcia's Glass Workshop on S. Alamo.

So it looks like we have to get cracking on organizing a tour or two - we'll be looking for chairpersons, so expect a call for help during the next few weeks. When we get closer to nailing down a date or two, we will take a vote on the more popular time of the week and/or day to go. We envision meeting in San Antonio at a central location, and car-pooling to our destination. There, did you know that many people wanted to get out and about?!!

Jane McDaniel

# September 2005

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5 Labor Day	6	7	8 SAHS Meeting	9	10	11
12	13	14	15 SAHS Board Meeting	16	17 Newsletter Deadline	18
19	20	21	22	23	24	25
26	27 Aromatherapy SIG	28	29	30		

# 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						

## October meeting could prove a turning point in SA Herb Society's history

When one looks back at the work done by the San Antonio Herb Society members over the years, the projects started and completed with bravour, one can only be proud that an organization such as ours can have such an impact on San Antonio. On our list of achievements can be noted the Garden for the Blind and the Herb Garden, at the San Antonio Botanical Garden; and in a number of freshly landscaped gardens for Habitat for Humanity projects, to name just a few. Over the years we have also carried out an ongoing and widely diversified program of educating the public on the subject of herbs, their uses and properties, and scrupulous and botanical environmental protection. This was done through our member's participation in herb markets, plant and landscape shows, and through our publications of Resource Guide, Cookbooks I and II, the Basil booklet, and the upcoming Oregano booklet. Now, we have reached a fork in the road: do we apply for non-profit status and thus make it not only easier on us to continue the good works but also open a multitude of new avenues to do just that, or do we continue to function as we have done to date?

Our October 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. During the October meeting, we will take a vote on this undertaking. For this purpose, the October meeting will be a

Members-only meeting, closed to the public, except for Mr. Alvarado, so that we can discuss this important subject, so central to our hearts, in private.

Two members have been greatly instrumental in helping us prepare for this process; they are Adrienne Hacker, who constantly gathered legal and procedural information for us from the Resource Center, and Sherry Marton, who helped in innumerable ways.

Read the information packet which Syeira Budd will be sending out to all our members in these coming weeks, and come prepared with your questions to the October meeting. This is an exciting time for the SA Herb Society, and we will make sure that any transition is a civilized and informed one. See you there!

## OFFICERS & CONTACTS

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**YOLI HURON** - BOARD MEMBER-AT-LARGE  
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**PATTY WILSON** - T-SHIRTS & RECIPE BOOKS  
(647-0838, DWILSON@SATX.RR.COM)

**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)

**HERBAL MEDICINE CABINET SIG**  
JEAN DUKES (566-4379)

**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.

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