



La Yerba Buena

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THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 198, SEPTEMBER 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.



Organic Gardening Expert Bruce Deuley Presents "How to Make Compost Tea and Other Recipes Betty Crocker Never Gave You"

Please join us on **Thursday, September 14th**, as organic gardening and natural living expert Bruce Deuley shares "*Recipes Betty Crocker Never Gave You*" - organic formulas for home and garden, and instructions for making your own homemade compost tea. Mr. Deuley, formerly of Gardenville, is a Master-Natural Gardener, Herpetologist, and TV/Radio host. He hosted and produced *Gardening Naturally*, a popular local television program, and his current radio show, *Organic Matters*, can be heard on KAH 1310 AM on Saturdays from 10 a.m. to noon and Sundays from 7 to 9 a.m. He has also authored two books: *The Guide to Organic Gardening* and *The Never Ending Guide to Living and Gardening Naturally*.

Mr. Deuley will present formulas or recipes that can be made of products, most of which can be found in your pantry, that are not toxic in any way but will aid in your efforts to garden naturally. He will also list commercially available organic alternatives, which accomplish the same thing, for those of you who are not into making your own organic elixirs. Put this event on your calendar today - you don't want to miss this important information.

He hosts a helpful website, www.deuleysown.com, with information on these subjects. On his web site Mr. Deuley shares "The concept of feeding and caring for the soil, then allowing the soil to feed and care for the plants growing in it... in the process everything growing in that soil will benefit. So also, will you, your pets, the local wildlife and all the rest of us. This goal can be accomplished without the use of toxic chemicals, pesticides or herbicides."

The meeting will be held on Thursday, September 14th, 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. For more details about our organization and photos of recent events, visit our web site at www.sanantonioherbs.org. You are invited to call our hotline number at 641-8166 for additional information (follow the instructions to leave a message, an officer will return your call).

Refreshments

Members with last names beginning **I - M** are asked to bring refreshments to this month's meeting. Please arrive by 6:30 p.m. so all can enjoy your dish. And don't forget to bring a copy of your recipe, or e-mail it to Syeira Budd at syeiraq@yahoo.com, for publication in the next newsletter. Thank you!

September Board Meeting

This month's Board meeting will be held on **Thursday, September 21**, at Adrienne Hacker's home. If you would like to add anything to the September agenda, please contact Carol-lee Fisher in advance at carolleefi@netzero.net or 681-6815.

October Newsletter Deadline

All members are invited to share news, ideas, recipes, remedies, or stories in our monthly newsletter. E-mail your October newsletter submissions to Syeira Budd at syeiraq@yahoo.com by **Saturday, September 16**.

Inside this issue:			
Calendar of Garden & Herbal Events	2	August Meeting Recipe	4
Member Advertisements	3	Treasurer's Report	5
Brian Townsend's September To-Do List	4	SAHS Contact Directory	5

Calendar of Upcoming Garden & Herbal Events

Please contact Syeira Budd at syeiraq@yahoo.com with new event listings.

WHAT: The Herb Association of Texas (HAT) Annual Conference: "Celebrating the Herbal Harvest: a Focus on Culinary Herbs"

WHEN: Friday-Saturday, September 22-23

WHERE: San Antonio Antique Rose Emporium

MORE INFO & REGISTRATION: Read more on page 3, visit www.texasherbs.org, e-mail info@texasherbs.org, or call SAHS member Beth Patterson at 830-257-8256.

WHAT: Gardens by Moonlight: *Enjoy a romantic evening under the stars at the San Antonio Botanical Garden. You can gaze at the stars from their overlook, enjoy multicultural foods and live music.*

WHEN: Saturday, September 30, 7-11pm

WHERE: San Antonio Botanical Garden

MORE INFO: Visit www.sabot.org

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: 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".

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: Habitat for Humanity Planting

WHEN: Saturday, October 28, 8am-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. Contact Rose Mary Michel at 655-6281 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 & REGISTRATION: 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: 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. SAHS sells cookbooks, promotes SAHS membership, shows demo "Uses of Herbs in Everyday Products".

National Herb Day

HerbDay is a coordinated series of independently produced public educational events celebrating the importance of herbs and herbalism. HerbDay was conceived of by five nonprofit organizations with interests in herbs and herbalism (the HerbDay Coalition) and will raise public awareness about the significance of herbs in our lives and the many ways herbs can be used safely and creatively for health, beauty care, and culinary enjoyment. Greater familiarity with herbs will increase informed use of herbal products and build public support for maintaining personal choice in the use of botanicals.

The first HerbDay is scheduled for **October 14, 2006**. Participants in HerbDay will include individuals, businesses, and organizations that share a love and passion for herbs and herbal medicine. These include herbalists and health care providers using herbs in their practice;

authors, teachers and lecturers with expertise in herbs; herbal product manufacturers and marketers; retailers and distributors of herbal goods; botanical gardens, parks, and schools and most importantly, the people and families who love to use herbs!

For more information, visit the web site: www.herbday.org.

HAT Conference 2006

The Herb Association of Texas (HAT) will be holding their 2006 Conference in San Antonio on **September 22 & 23** at the Antique Rose Emporium. Join them for a day of herbs, cooking, edible flowers, fun and, of course, roses. This year's conference theme is *Celebrating the Herbal Harvest: A Focus on Culinary Herbs*. Featured events and speakers include:

- Behind-the-scenes tour of the SA Botanical Garden
- Cooking class with Chef Michael Flores
- Cathy Wilkinson Barash: *Edible Flowers Garden to Palate*
- Trisha Shirey: *Adventures of Herb Gardening for the Lake Austin Spa & Restaurant*
- Susan Ditz: *Lavender: Its Lure and Lore*
- Jonathan Simms: *Discover the World in a Tea Cup*
- Sandy C. Winokur of Sandy Oaks Olive Farm: *Growing Olive Trees for Fun and Profit*

Visit www.texasherbs.org, e-mail info@texasherbs.org, or call SAHS member Beth Patterson at 830-257-8256 for more information and to register.

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Jane McDaniel
Tel/FAX: 210 930 1026 e-mail: janesirish@earthlink.net
National Irish Storytelling Champion 2006, 2005, 2004
Member National Storytelling Network, Tejas
Storytelling Association and San Antonio Storytellers
Association

Brian Townsend's September To-Do List

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

*Half the interest of a garden
is the constant exercise of the imagination.*

-Mrs. C.W. Earle, Pot-Pourri from *A Surrey Garden* (1897)

1ST WEEK:

- The first wave of migrant hummingbirds should have arrived in San Antonio. Watch for ruby-throats and rufous hummingbirds in addition to the resident black chins. (Migrating hummingbirds will be busy at feeders and blooming firebush, salvia and firespike.)
- Sow seeds of winter annuals and wildflowers in full sun.
- Order spring bulbs for later planting. Most require a six-week stay in the refrigerator before planting.
- Prepare garden soil now for fall vegetable transplants by adding 2" of compost and tilling to a depth of 6" to 8".

2ND WEEK:

- This week is "Fire Ant Awareness Week", check with your local neighborhood organization or Tx. Coop. Extension Office (for Bexar Co. the number is 467-6575).
- 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.
- Add compost to flower beds to boost tired flowers.
- When you water container plants, water until the moisture drips out of the drain hole to make sure a salt layer does not form.

3RD WEEK:

- Fertilize tomatoes with 1/2 cup of lawn fertilizer per plant when the first fruit sets. Spread fertilizer over the roots of the plants.
- Pepper sauce seems to be effective for protecting plants from both squirrels and deer. Apply weekly.
- Divide perennials such as daylilies and irises. Use a sharpshooter shovel to divide the clumps and transplant into sun areas. Remove 30 to 40 % of the foliage off the transplants to reduce stress.

4TH WEEK:

- Make sure your Crepe Myrtles are starting to go dormant. If not, stop watering and remove their mulch.
- 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.

- Root prune established plants you intend to move this winter to allow them time to establish new roots within the soil balls that will be lifted. Do not cut taproots at this time.

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 statices, 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*.

August Meeting Recipe

Thanks to **Carol Hamling** for providing this recipe for the delicious shortbread she brought to the August meeting!

Scarborough Fair Shortbread

- 1 cup all-purpose flour
- 1/4 cup sugar
- 1/8 teaspoon salt
- 1/2 teaspoon finely chopped fresh sage (or rosemary)
- 1/2 teaspoon finely chopped fresh thyme
- 1 egg white, lightly beaten

Reserve fresh herb leaves to put on top of shortbread.
Preheat oven to 375 degrees.

Stir together flour, sugar, salt and chopped herbs in a bowl, then add butter and stir with a fork until well blended. Divide dough in half and pat each half into a 6 1/2 to 7 inch round on an ungreased baking sheet. Crimp edges of rounds and cut into 8 wedges with a sharp knife. Lightly brush with egg white and arrange 1 leaf of each herb on each wedge. Sprinkle with 1/2 tablespoon sugar (for all, not each). Prick each wedge with a fork.

Bake until golden, 12-16 minutes. Recut wedges while shortbread is hot, then cool on wire rack. Decorate with reserved herbs.

May 2006 - July 2006 Treasurer's Report Submitted by Mimi Moffat

DESCRIPTION	INCOME	EXPENSES	
04/28/06 Bank Balance			\$4,982.93
Admin: Postage		\$7.80	
Admin: PO BOx (6 months)		\$66.00	
Admin: Voice Mail		\$28.78	
Apron	\$12.00		
Bank Charges		\$16.00	
Cookbooks	\$40.00		
Gifts to Outgoing Board		\$219.91	
KW Parade: Hay		\$47.60	
Membership: Dues	\$250.00		
Membership: Name Tags		\$85.42	
Membership: List	\$1.00		
Meetings: Attendant		\$25.00	
Meetings: Meeting Space		\$85.00	
Newsletter: Ad	\$12.00		
Newsletter: Printing & Postage		\$646.91	
T-Shirts		\$107.75	
Uncategorized	\$160.00		
Web Site		\$30.00	
TOTALS	\$475.00	\$1,366.17	
07/31/06 Bank Balance			\$4,091.76
OTHER ITEMS			
Petty Cash - Sales Acct			\$34.00
Savings Acct			\$1,006.63
2-Year CD (matures 02/24/07)			\$1,000.00
07/31/06 TOTAL ASSETS			\$6,132.39

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\$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.

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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.

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The San Antonio Herb Society