



# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 210, SEPTEMBER 2007

visit us online at [www.sanantonioherbs.org](http://www.sanantonioherbs.org)

*The San Antonio Herb Society is organized to bring together those who are interested in using and growing herbs and to promote general knowledge of herbs to the membership and the public at large.*



## Herbs for Health

**September** brings sniffles and sneezes, but healing herbs can bring relief to you and your family with their natural, soothing properties. Come to the **September 13th** meeting of the **San Antonio Herb Society** and meet three expert teachers who will give hands-on demonstrations of helpful herbal treatments and techniques that you can learn to make yourself.

The program will begin with a short panel session featuring the three speakers who will share their thoughts and experiences using natural herb-based remedies to promote health and well-being. The presenters are:

**Shari Kilman**, Master Herbalist and owner of Omni Star Farms. Shari will discuss and demonstrate the soothing herbs that help you sleep. She will show you the dried herbs that are commonly used in time-proven sleep formulas that are gentle and effective. With her guidance, you can create your own holistic sleep tea formula to make at home.

**Mackenzie Hardy**, Aromatherapist and essential oil expert from Florame Aromatherapie, will discuss specific essential oils for the respiratory system. Mackenzie has extensive knowledge of formulas and synergies that work as well in our San Antonio area as they do in France, where Florame is based. She will discuss inhalation and massage, and the best methods and oils to use to optimize easy breathing and respiratory health.

**Jean Dukes**, a Certified Natural Health Practitioner and Aromatherapist, will demonstrate practical ways to use anti-bacterial essential oils in your home to help fight germs and promote a healthy organic environment. She will show you how you can create a unique and inexpensive container of natural cleansing "handy wipes" which not only smell wonderful, but keep bacteria at bay.

After the demonstration portion of the program, each presenter will be on hand at an individual resource and information table with all of the materials for their projects available for purchase. They will also be happy to answer your questions and to share hand-outs and additional information about healing herbal materials and techniques.

**FELLOWSHIP BEGINS AT 6:30 — THE MEETING BEGINS AT 7:00**

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Members with the last names beginning with **L-Q** are asked to bring refreshments to the September meeting. If you miss your turn, please bring food the following month. Please arrive by 6:30 so all can enjoy your dish. Don't forget to email your recipe to: [karyrebecca@yahoo.com](mailto:karyrebecca@yahoo.com) and we'll likely publish it in the next newsletter.

**SAVE A**



If you are willing to receive your newsletter electronically, please contact Lyn @ [belisle@satx.rr.com](mailto:belisle@satx.rr.com) to sign up. Advantages? Receive the newsletter before everyone else; all photos are in color (so your newsletter looks really great when printed out); and it saves our SAHS valuable resources, such as stamps & paper.

**GO!!! GREEN!!! GO!!!**

## TUSSIE MUSSIES...



...To Rebecca Kary. Rebecca has demonstrated real support for our Society, stepping in without prompting when there was a need. She started out on the Board of Directors providing publicity, and then switched over as secretary when that position became open. She also agreed to serve as editor of our newsletter when Jean Dukes so graciously took it over -- and this combination team is doing a great job! And if that isn't enough, Rebecca heads a special interest group on crafting, plus other interesting herbal projects. Her enthusiasm is catching, and we're all happy that she is an active member of SAHS.

Thank you, Rebecca!



## A LOOK AHEAD

Looking ahead to our October SAHS meeting, we will have Mary Gonzalez, a well known professional gardener, present a program on Container Growing. You won't want to miss this program, so mark your calendars ahead for **October 11th** at the San Antonio Garden Center.



## Highlights of the Care to Share Meeting on August 9

President Carol-lee Fisher started the meeting with an announcement of the program for next month's meeting: The September meeting will feature hands-on demonstrations by several herbalists. Members will be able to purchase various products for \$5 per item if they desire.

Diane Lewis reminded us to volunteer for the Herb Market on October 20. We need volunteers to staff the SAHS booth and to make dishes from the cookbook. If you are unable to volunteer at the booth (which is tremendous fun), please help by making one of our special recipes. When people sample our herbal delights, the SAHS cookbooks just fly off the shelf.

Jackie Compere announced that the price of replacement member name tags will increase from \$8.25 to \$12.50 on October 1, in case anyone needs a new one.

Jane McDaniel announced a need for volunteers for the SAHS Herb Garden at the San Antonio Botanical Garden. They meet the last Monday or Tuesday of each month.

Janet Miller announced that the Herb Association of Texas (HAT) was planning an herb festival. She and other speakers will be part of the program, which will also include tours, greenhouses, and crafts. See [www.texasherbs.org](http://www.texasherbs.org) for details.

Everyone then formed a large, congenial circle, and took turns sharing various discoveries, kitchen delights & recipes, gifts from the garden, and a potpourri of ideas.

Here are some of the highlights of the share and care evening (unfortunately, we couldn't get every name down completely):

1. Carol-lee recommended a wonderful herbal book, *The Humorous Herbalist : A Practical Guide to Leaves, Flowers, Roots, Barks & Other Neat Stuff*, by Laurel Dewey.
2. Robin Maymar showed us a new garden tool designed for spot-digging weeds with tap roots easily and ergonomically without disturbing surrounding plants. See [www.radiusgarden.com](http://www.radiusgarden.com)
3. Diane Lewis brought some herb and salt blends, and gave us some tips on using a coffee grinder to create them.
4. Mary Lee Estess brought some hyssop, one of the top ten herbs for use in the kitchen. It is a mint-family perennial that grows to 1.5 feet and that is used to flavor soups and stews. (continued on page 4)

**August Care to Share Meeting** (continued from page 2)

# Member Recipes

## Mary Joe's Pepper Sauce

submitted by Joe-Beth Kirkpatrick

- 2 cups cider vinegar
- 1 cup chile piquin (washed and stemmed)
- 1 tablespoon sugar (raw)
- Dash salt (sea salt)
- 1 dozen lemon verbena leaves (optional)

Heat vinegar, sugar, salt, and leaves to a simmer. Remove from heat and allow to cool slightly. Divide chiles between 4 bottles with shaker tops (like Tabasco bottles). Strain vinegar and fill the bottles. Cap immediately and store for at least 3 weeks before using.

Great on spinach, cooked greens, and vegetables.



## Lavender Lemonade

submitted by Monica Hubbard  
from Wimberley Lavender Farm

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

- 5 cups water, divided
- 1 cup sugar or more, to taste
- ¼ cup chopped fresh lavender leaves
- 1 cup fresh lemon juice (about 6 lemons) or more
- Lavender stems for garnish

1. Bring 1 cup water to a boil in a medium saucepan. Combine the boiling water and lavender in a medium bowl. Cover and steep for 10 minutes. Strain the lavender mixture through a fine sieve into a bowl. Compost lavender leaves.
2. Combine 4 cups water and sugar in saucepan. Bring the mixture to a boil, and cook 1 minute or until sugar is dissolved. Combine lavender water, sugar syrup, and lemon juice in a pitcher. Cover and chill. Serve over ice. Garnish lemonade with lavender stems, if desired. Yield: 6 servings (serving size: 1 cup)

If you don't want to make your own lemonade, you can buy commercial (Paul Newman's, for example) and strain your lavender tea into that. Serves 6.

## Carol's Pork Rub

submitted by Carol Hamling

- |                      |                       |
|----------------------|-----------------------|
| 2 T. salt            | 2 T. sugar            |
| 1 T. brown sugar     | 2 tsp. chili powder   |
| 2 t. paprika         | 1 t. cumin            |
| 1/2 t. garlic powder | 1/2 t. onion powder   |
| 1/2 t. black pepper  | 1/2 t. cayenne pepper |

Mix all ingredients together. You can double, triple, etc... the ingredients. Sprinkle over pork ribs, chops, loin, or any kind

Carol's Pork Rub (continued)

of pork. Press into meat. Place meat on grill over indirect heat. Cook until done. You can use on pork chops and broil inside. Use sparingly for broiling inside, heavier for outside smoking and grilling.

My source for freshest dried spices is:

### Penzey's Spices

516 W. 19th St.

Houston, TX 783-862-6777

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

## Up 'n' Coming Opportunities

### Herbal Crafts SIG

Next meeting: Saturday, August 18, 2007; 10 a.m.–12 noon

Topic: A summer canning project

Presenter and hostess: Sandra Lyssy

Contact Rebecca Kary: [karyrebecca@yahoo.com](mailto:karyrebecca@yahoo.com)

### Farmers Market at Pearl Brewery

When: Fridays, 8 a.m. - 2 p.m.;  
through January 2008

Where: Parking lot for Pearl Stables at corner of Pearl Parkway and Avenue A.

Organized by Brian Montgomery, Owner/Chef of Farm to Table Cafe

<http://www.texasfarmtotable.com/>

Our own Diane Lewis is a presenter, as is Mackenzie Hardy from our friend and business member, Florame Aromatherapie:

### Annual Conference

#### of the Herb Association of Texas

*Exploring the 5 Senses with Herbs*

**When: September 14–15, 2007**

Where: Antique Rose Emporium in Brenham, TX

[http://www.texasherbs.org/2007\\_conf.html](http://www.texasherbs.org/2007_conf.html)

Speakers:

Jim Long of Long Creek Herb Farm:

*Ten Wonderful Ways to Eat a Rose!*

Diane Lewis, SAHS: Designing an Herbal

Landscape: *Herbs for Sight*

Kathleen Halloran, Former Editor of Herb

Companion Magazine:

*Flavor Quest and Writing about Herbs*

Mackenzie Hardy of Florame Aromatherapie:

*Aromatherapy and Being Kind to the Earth*

And more...

(continued on page 7)

# Update on the Herb Garden at the San Antonio Botanical Garden

by Jane McDaniel

Here's a view of our new herb garden patch at the San Antonio Botanical Garden right behind the rose garden. We now have more sun, a bench, and a sundial! Plantings include basil, thymes, sages, betony, comfrey, dill, fennel, cotton, garlic chives, scented geraniums, salad burnet, portulaca, and lamb's ear. A rough stone pathway provides access to the back, and the whiskey barrels are planted with society garlic and scented geraniums.



SAHS members Marguerite Hartill and Jane McDaniel take a break from watering and weeding. We spread a 3-inch layer of mulch on the herb garden that day, a measure that resulted in a minimum of weeds later.

BEGINNING BALANCE \$5,693.60  
(\$40.00) SHERYL RAINERI/REFUND  
(\$48.23) CAROL HAMLING/SUPPLIES  
(\$33.97) HELGA ANDERSON/PHOTOS  
(\$85.00) S.A. GARDEN CENTER  
(\$25.00) G.S. ATTENDANT  
(\$50.00) REBECCA KARY  
(\$100.00) GARDEN CENTER DEP.  
(\$8.92) BLAZING LAZER / BADGE  
ENDING BALANCE \$5,302.48  
2 YR CD \$1,058.80  
SAVINGS ACCOUNT \$1,016.61  
TOTAL ASSETS \$7,377.89

**July 2007  
Treasurer's  
Report**  
Submitted by  
Jennifer  
Hubbard



5. Ginny Perkins brought baby plants to share from her medicinal variety of kalanchoe.
6. Patty Meyers brought Betty Crocker mint brownies, along with the chocolate mint from her garden she used to make them.
7. Frankie discussed some mixtures of basil and other herbs and citrus effective against mosquitoes, fleas, and ticks.
8. Rebecca Kary brought cardoon flower heads and seeds from her garden to share.
9. Lyn Belisle presented her new favorites: an educational Aromatherapy deck of cards and a highly effective Après-Bruise roll-on blend from Florame.

10. Martha and Roger Klenhofer brought a bat house—a relatively small wooden structure that can hold up to 500 roosting bats for effective mosquito control ([www.batconservation.org](http://www.batconservation.org))
11. Jackie Compere brought some Copper Canyon daisies, a great xeriscape plant for our area, but cautioned that skin contact with it in combination with sun and humidity can cause blistering. She also brought Lippia dulcis, Aztec sweet herb.
12. Dora Garza shared with us that egg whites are good for mosquito bites and burns.
13. Sheila Mangra brought Moroccan-style preserved lemons and lemon verbena.
14. Jane McDaniel brought a mother Segovia strawberry plant with 15 “babies” to share. They are propagated by air layering the tips.
15. Rosemary Michel mentioned that the Habitat for Humanity volunteers from the SAHS give the families they help herbs and plants and show them how to take care of a garden, since many are not familiar with gardening
16. Janet Miller brought perilla from her garden. Although it is a rather invasive reseeder, it is beautiful and often used in floral arrangements. It also has antimicrobial properties and is often used with sushi.
17. Veronica Gard topped off the meeting with a magical story, which sent us on our way with smiles. Afterward, we broke into groups to get to know each other better. The meeting was a lot of fun, and the homemade mint ice cream and refreshments were all delicious! Visit the website to see some pictures: <http://www.sanantonioherbs.org/07augshare/07share/07share.htm>



# Frequently Asked Questions about Aromatherapy

by  
Lyn Belisle



When I teach classes or give seminars, I find that many of the same questions come up on a regular basis. Here are some of those questions along with short, general answers that may be helpful in finding further information on this fascinating subject.

## **So, what is Aromatherapy?**

Aromatherapy is the ancient art and science of utilizing the distilled extracts of aromatic plants to help heal the mind, body, and spirit. These extracts are known as essential oils.

## **What are essential oils?**

Essential oils are volatile, natural substances that are the actual immune system of the plants from which they are extracted. True essential oil comes from plants rather than synthetic formulas. Essential oils contain antiseptic, antibiotic, anti-viral, anti-inflammatory, as well as many other medicinal properties, which are both healing to our bodies and emotions.

## **How do essential oils work?**

Essential oils can be applied to the skin when blended with a carrier oil, or diffused through the air. These oils, when used, travel through the entire body, affecting our various systems: nervous, muscular, circulatory, endocrine, and lymphatic. And through our sense of smell, essential oils play an important role in balancing our moods and emotions, thereby helping to maintain overall well-being.

## **What should I look for in an essential oil?**

When buying essential oils, be sure that they are from a reputable manufacturer, to ensure you are getting the purest oils available. Beware of the commonly marketed products that are labeled "Aromatherapy", yet are actually synthetic perfumes. These inferior "commercialized" products have no therapeutic properties. A true essential oil will often have the Latin name of the plant on the label. True essential oils will vary in price depending on several factors.

## **What are some of the price factors?**

Simply put, the two most common ones are scarcity and method of extraction. A plant that is somewhat rare containing components that are difficult to extract will cost many times more than essential oil from a more common plant that has an easily extracted oil. Citrus oils, for example, are usually easily obtained and simple to extract and are therefore among the lower priced (though no less effective) of the essential oils.

## **Should I sniff them or rub them in?**

Both methods are very effective. When you rub them into the skin, whether individually in a base oil or as a blend, essential oils are absorbed by osmosis straight into the bloodstream. Potently antibiotic, anti-bacterial, anti-fungal (and somewhat anti-viral), each essential oil also has its own therapeutic properties. Once inside the bloodstream, their molecules immediately begin remedial work on the cellular structure of the vital organs and immune system. Working this way, essential oils can help ease pain, soothe symptoms such as inflammation, cure infections, help rebuild tissue, muscle, and bone, and recharge the immune defenses. When you inhale essential oils, the fragrant aromas (aromatic molecules) pass through the olfactory membrane at the top of your nose and into the limbic system. The limbic system contains all the regulatory mechanism that controls motivation, moods, memory, and creativity, as well as the autonomic nervous system. Different fragrance molecules contained in each essential oil stimulate the brain's cerebral cortex to release neurotransmitters. These immediately begin to neutralize the stress chemicals that clog the system to produce the problems.

## **Do they need to be diluted?**

Absolutely, especially when they are rubbed into the skin (transdermal absorption). The rule of thumb is 20 drops of essential oil to 2 ounces of a carrier oil, such as sweet almond oil.

## **What are other safety and care precautions?**

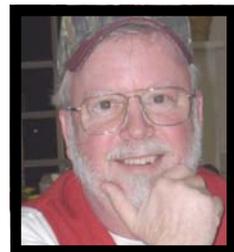
Here are some very general guidelines:

- ◆ Keep essential oils away from children.
- ◆ Do not use undiluted "neat" essential oils directly on skin.
- ◆ Do not take essential oils internally.
- ◆ Always use Aromatherapy products as directed.
- ◆ Aromatherapy products are never to be used in place of medical treatment.
- ◆ Keep all Aromatherapy products away from light and heat.

## Brian's September To-Do

Compiled by MG Brian D. Townsend

Read Brian's unedited to-do list on our website at [www.sanantonioherbs.org/todo.htm](http://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:

- Keep birdbaths clean and full of fresh water daily (or every other day), if possible as this helps keep mosquitoes from laying eggs there.
- Plant perennials like asters and garden mums for fall color.
- It is not too late to get fall tomatoes in the ground. *Surefire* is the quickest to mature, but *Sun Master*, *Solar Fire*, and *Sun Pride* are also good choices. If tomatoes have been in the ground and are growing, now is a good time to apply a slow-release fertilizer.
- Plant green beans, radishes, carrots, beets, squash, and sweet corn for fall, and transplant broccoli, brussels sprouts, cabbage, cauliflower.
- Prune perennials, such as butterfly weed, cigar plant, four o'clocks and *Ruellia*, that bloom well into fall.
- If leaves and pecans are dropping, it is in response to heat and dry weather. Watering deeply at the drip line once a month will help.
- Prepare garden soil now for fall vegetable transplants by adding 2" of compost and tilling to a depth of 6-8".

### In the Herb Garden:

- 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 bergamont, yarrow, and puchellum, and annuals such as statice, larkspur, and strawflowers.
- Harvest basil and preserve by freezing as an oil paste.
- Repot container-grown perennials as needed.

### 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.
- Remove seedpods from *esperanza* and *poinciana* so they will keep blooming.
- To attract butterflies, plant mist flower (*eupatorium*), lantana, butterfly weed (*asclepias*), buttonbrush (*cephalanthus*) and indigo spires sage.
- Now is the best time to plant bluebonnet and other spring-blooming wildflowers. They must germinate in late summer or early fall, develop good root systems, and be ready to grow in spring when the weather warms. Plant seed in well-prepared soil, half an inch deep, and water thoroughly.

### 3rd Week:

- Dig and divide spring or summer blooming perennials.
- Fertilize tomatoes with 1/2 cup of lawn fertilizer per plant when the first fruit sets. Spread fertilizer over the roots of the plants.
- To attract hummingbirds, plant cardinal lobeia, trumpet vine, lantana, Turk's cap, and autumn sage. During their fall migration, which begins in July and ends in mid-October, hummingbirds linger for days or weeks at a time.
- Divide perennials such as daylilies and irises. Use a sharpshooter shovel to divide the clumps and transplant into sun areas. Remove 30-40 % of the foliage from the transplants to reduce stress.

### 4th Week:

- Make sure your crape 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 that bloom in spring.
- You still have 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. (continued on page 7)
- 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.
- 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.

*Thanks to MG 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.*

(Up 'n' Coming continued from page 3)

**In Austin: HerbFest 2007**

**Saturday, October 13**

9 a.m.–1 p.m.

At the Sunset Valley Farmers Market  
Burger Center, 3200 Jones Rd., off 290 between Brodie  
Lane and Westgate Blvd.

Live music. No entrance fee for shoppers. Free parking.  
Kids activities.

Sponsored by the Austin Herb Society

[www.austinherbsociety.org](http://www.austinherbsociety.org) Contact Diana Hyland for  
information. Phone: (512) 402-9697, E-mail:

[hylandinc@austin.rr.com](mailto:hylandinc@austin.rr.com)

**16th Annual San Antonio Herb Market** celebrating

**The Herb of the Year 2007: Lemon Balm:**

**Saturday, October 20, 2007**

9 a.m. – 5 p.m.

Location: Aggie Park

The event is free and open to the public. Find herb plants,  
herbal products, and food for sale. Speakers include Ellen  
Zimmerman from Austin School of Herbal Studies  
(medicinal program), John Marr of Marr's Nursery with  
Shane Dunsford of Nature's Herb Farm (organic herb  
gardening), our own Diane Lewis (local herb instructor,  
herb basics 101), and a cooking demonstration by a local  
chef. The San Antonio Herb Society will demonstrate

**Herbs in Everyday Products.** We will provide samples of  
recipes from our cookbook to encourage brisk cookbook  
sales and new memberships. Find your favorite finger food  
recipe in the cookbook and watch for the sign-up sheet at  
the meetings. Help us by signing up for a 2-hour shift to  
visit with people who love herbs. You will have fun and  
learn a lot. Members, contact Diane Lewis 210-495-6116  
or [lewisdr@swbell.net](mailto:lewisdr@swbell.net) to volunteer. For public information,  
call 210-688-9421 or in October, visit

[www.sanantonioherbmarket.org](http://www.sanantonioherbmarket.org).

**DISCLAIMER**

*Information presented in this newsletter and at the SAHS  
meetings is for educational purposes only. It is not intended  
to diagnose, treat, or replace the advice of a health  
professional. Herbal formulas are given for reference  
purposes only and a person may have a reaction to any  
herbal product*

*'07-'08 SAHS Board Officers*

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**Carol Hamling - Vice President Membership**

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**Monica Hubbard - Hospitality**

946-8318

**Rose Mary Michel - Hospitality**

655-6281

**Patty Wilson - T-shirts, Cookbooks**

647-0838, [dwilson@satx.rr.com](mailto:dwilson@satx.rr.com)

## Business Members

We thank our business members for their support. When you patronize their businesses, be sure to mention your SAHS membership.

### Aveda Institute of San Antonio

Contact: Holly Zapata  
312 Pearl Parkway  
SAT 78215  
(210) 222-0023  
[info@avedaisa.com](mailto:info@avedaisa.com)  
[www.avedaisa.com](http://www.avedaisa.com)

### Barleybaby.com (Nutrition and Whole Foods)

Sil & Yoli Huron, CNHP  
(210) 735-9053  
[health4ever@barleybaby.com](mailto:health4ever@barleybaby.com)  
[www.barleybaby.com](http://www.barleybaby.com)

### Devine Paper Flowers

Elvia Ripley  
(210) 697-7505  
[ERipley@satx.rr.com](mailto:ERipley@satx.rr.com)

### Everything Roses Plant Nursery

14230 Shepherd Rd.  
Atascosa, TX 78002  
(210) 622-9874 (210) 663-9874  
[potternerd@sbcglobal.net](mailto:potternerd@sbcglobal.net)

### Florame Aromatherapie

Alain Berthelot  
(20% off to SAHS members)  
4400 Broadway Ste. 105 SAT 78260  
(210) 821-4100  
[info@usa-florame.com](mailto:info@usa-florame.com)  
[www.florame.com](http://www.florame.com)

### The Happy Gardener

Sheryl Raineri  
210.633.4554  
[www.thehappygardener.info/sherylraineri.htm](http://www.thehappygardener.info/sherylraineri.htm)  
[thehappygardenerTX@sbcglobal.net](mailto:thehappygardenerTX@sbcglobal.net)

### In Home Senior Care

Greg & Jinnie Perkins  
5805 Callaghan Rd. Ste. 205 SAT 78228  
(210) 256-2273  
[www.inhomeseniorcare.net](http://www.inhomeseniorcare.net)

### Longaberger Baskets & Pottery and Landscaping & Horticulture / Designer

Diane R. Lewis  
(210) 495-6116  
[lewisdr@swbell.net](mailto:lewisdr@swbell.net)  
[www.longaberger.com/DianeLewis](http://www.longaberger.com/DianeLewis)

### Nematode Nick's

**Landscape Design & Installation**  
Nick & Leslie Vann  
(210) 667-1500  
[nematodenick01@cs.com](mailto:nematodenick01@cs.com)

### Ten Days Health Ministry Natural Health Counseling & Essential Oils

Jean Dukes, RN, CNHP,  
Certified Aromatherapist  
(210) 566-4379  
[10days@earthlink.net](mailto:10days@earthlink.net)

### Texas Farm to Table

Brian & Elise Montgomery  
312 Pearl Parkway  
San Antonio, TX 78215  
(210) 444-1404  
[www.texasfarmtotable.com](http://www.texasfarmtotable.com)  
[texasfarmtotable@gmail.com](mailto:texasfarmtotable@gmail.com)

[www.sanantonioherbs.org](http://www.sanantonioherbs.org)

PLEASE SEND TO:

WELCOME NEW MEMBER!  
Patricia Meyers

[www.sanantonioherbs.org](http://www.sanantonioherbs.org)

The San Antonio Herb Society  
PO Box 90148  
San Antonio, TX 78209