



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 323, February 2017

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

*San Antonio Herb Society Presents
February 9, 2017
Scott Tompkins, Herbal Salad Dressings*

Scott Tompkins is the Culinary Development Manager for Recipes/Products for HEB headquarters. Scott was classically trained at culinary schools in Los Angeles and Austin and worked at some of the top restaurants. Scott has been with HEB for 5 1/2 years, starting as a culinary instructor, advancing to a recipe developer, a technical food advisor and culinary captain before receiving his current senior position. You may have seen Scott on the HEB Backyard Kitchen program on KSAT.

Scott focuses on healthier and down to earth recipes that fit today's lifestyles. Foods that allow natural flavors to come through. He also develops frozen and fresh products for HEB.

Scott plans on presenting a salad for us to taste test and demonstrate a series of herbal related dressings.

This informative and fun meeting is free and open to the public.

The San Antonio Herb Society meets on the second Thursday of the month at the San Antonio Garden Center at 6:30pm. The Garden Center is located at 3310 N. New Braunfels. For more information about the herb society go to www.sanantonioherbs.org.

WE NEED YOUR HELP

2017-2018 SAHS Board is in process of building a slate for the 2017-2018 term. We have "job" descriptions for all positions and lots of help transitioning / learning the ropes. Come join us!

Fill these elected offices :

- Co-Presidents
- Vice President / Programs (co-chairs)
- Secretary (co-chairs)
- Treasurer (co-chairs)
- Publicity (co-chairs)
- Membership (co-chairs)
- Web Master (co-chairs)
- Newsletter (co-chairs)
- Hospitality (co-chairs)



SAWS Spring Bloom is Back

March 11, SAWS presents its annual water conservation festival at the headquarters building at US281 and Mulberry. The front plaza will be packed with vendors and information for you to save water at home and for San Antonio! SAHS will be there to promote our passion for herbs and to sell a LOT of plants as part of our annual spring fundraiser. Volunteer and learn about herbs you never knew.

Inside this issue:

Member Recipes	2
Over the Fence	3
January Minutes, Meeting Review	4
Treasury Summary Officers' contact info	5
SIG reports	6

Members Munch

Here are a few of the items from the December meeting:

Cowboy Caviar Martha Valdez

2 cans of Mexican corn drained
1 can mild Rotel drained
2 C sharp shredded cheese
6 green onions chopped small
1 C sour cream
1 cup real mayo
Mix well and serve with Frito Scoops

Mongolian Un-Beef Jeanne Hackett

Vegan and gluten-free
4 c textured vegetable protein chunks (TVP)
¼ c cornstarch
2 T EVOO
1 t chopped garlic
¾ c soy sauce or tamari (non wheat based)
¾ c water
¾ c brown sugar
1-2 c grated carrots
Green onions chopped for garnish
1. Simmer TVP in water until hydrated
2. Put well drained TVP in Ziploc bag with cornstarch and shake well
3. Combine oil, garlic, soy, water, brown sugar and carrots in a slow cooker. Add TVP and stir well
4. Cook on high for 2-3 hours or on low for 4-5 hours.
Nice served with rice
Note: for beef eaters use 1 ½ lbs flank steak cut against the grain
In 1" strips instead of TVP

Mexican Italian Casserole Trina Reiter

6 c cooked ground spiced turkey
18 corn tortillas
3 c mozzarella cheese shredded
1 can diced tomatoes
½ cup cilantro, ground or mashed
1 small red bell pepper

1. In a large baking dish, layer tortillas and 1 c turkey and cheese, repeat two times
2. Add tomatoes and cilantro over the top and Garnish with chopped red bell pepper
3. Heat oven to 350 degrees and cook for 40 minutes until cheese is bubbly

Herbed Risotto Cakes with Crispy Sage and Spinach

Grace Emery

2 Tbsp unsalted butter
1 Tbsp olive oil
2 shallots finely chopped
1 clove garlic, minced
1 cup risotto rice plus 1 Tbsp
1 1/2 cup chicken or vegetable stock
2 Tbsp fresh chopped lemon thyme
1 Tbsp fresh chopped sage
sea salt to taste

Crispy spinach or sage leaves

corn oil for frying
2 oz spinach leaves
handful of fresh sage leaves

Heat butter and olive oil and saute garlic and shallots until tender about 5 minutes

Combine stock, dry ingredients and risotto rice and bring to a boil

Lower the heat to medium stirring every few minutes, should take 45 minutes until done

Add oil to a frying pan and when a drop of water sizzles, add a handful of fresh sage leaves and let them get crispy, a minute or so, then remove and place on paper towel, then add half the spinach and repeat until all are crispy

When the risotto is finished, cool for 5 minutes then put it in a bowl, pressing it in, invert bowl in a serving platter and cover with the crispy leaves. Serve and enjoy!

Other Treats on the Tables:

Veggie/Apple Dip Trina Reiter

1 small broccoli ground
2 small bell peppers ground
1 C cilantro ground
1 red apple ground no core or seeds
½ cup ranch dressing
1. Mix all ingredients in a bowl and garnish with apple slices for dipping

Hospitality Table

Schedule:
Feb N-Z
Mar A-M

Members' Sale Tables

Please contact the Program Chair to arrange for your tables at least two weeks in advance.

Over the Fence...

2017 Program Line-up

SAHS online calendar:

<http://www.sanantonioherbs.org/Calendar/CALENDAR.htm>

2017:

Feb 9: Scott Tompkins, HEB Chef for creating Recipes, will be cooking some Recipes with Cilantro and Coriander and of course we will be tasting.

Mar 9: Pat James Hasser "Medicinal Teas and other fun Teas"

Mar 11: SAWS Spring Bloom (SAHS plant sale)

April 13: TBD

Have ideas for new programs?

Know a great speaker for an interesting herbal topic? Contact Adrienne Hacker with your suggestions, contacts and information.

Next Board Meeting

January 30. Please contact any Board member to place an item on the agenda or for location or other details prior to the meeting day.

Remember: ALL members always welcome!

Bylaws Review Sessions

Please contact any Board member for information on these sessions. We especially welcome members with parliamentary experience. The group is working to clarify and update several sections of our existing Constitution and Bylaws.

SAHS Publicity Needs YOU

Every month, SAHS provides meeting info **flyers on our website and via email**. You can help our membership grow!. Be a part of our publicity group and help us meet new friends and fellow herbies.

See Lisa and Mike Kelly for details. sahs@mail.com

Calling all techies & newshounds!

SAHS needs a web master and a newsletter assembler. If you have access to the web and are reasonably well-versed in the use of various publishing "tools", please get in touch. You need a bit of knowledge about webpage updating, FTP (file transfer) and HTML (working electronic files for online viewing). It's fun and doesn't take a lot of time, plus you get to be in on assembling the latest herbal news!

Contact Lyn (see page 5) soon!

Speakers Bureau needs you, too.

Do you enjoy talking to folks about various herbal topics? Cooking, gardening, healing, crafting—these topics are all welcome by our various audiences. Currently, members Robin Maymar, Jane McDaniel, Diane Lewis, Grace Emery and Leslie Bingham have done quite a few of these presentations. Visit with any one of these fine ladies to get the gist of what we do.

To put your name on our Speakers list, contact any Board member.



Other Clubs:

SA Botanical Garden Events

The Garden is open year-round, 9am to 5 pm.
For info call 210-207-3250 or visit www.sabot.org

SA Garden Center

Regular meetings are every first Wednesday; coffee at 9:30am - program afterwards.

For information, call 210-824-9981 or see <http://sanantoniogardencentre.org>

SA Rose Society

San Antonio Rose Society meets second Mondays at 7 pm at the Garden Center.

SARS is now on FACEBOOK. Come visit us at <https://www.facebook.com/SanAntonioRoseSociety/>

For more information, see www.sarosesociety.org or call Meg Ware 210-698-8440

Gardening Volunteers of South Texas

Contact 210-251-8101, info@gardeningvolunteers.org
Web site: <http://www.gardeningvolunteers.org/gvstwp/>

Bexar County Master Gardeners

BCMG general info 210-207-3278 or www.bexarcountymastergardeners.org/

Next Master Gardener class sign up on the website begins in February.

Comal Master Gardener program

Third Mondays starting at 6 pm at the GVTC Auditorium. Meetings are open to the public.

Contact (830)964-4494 or 221-4316.
Website: <http://txmg.org/comal/>

Minutes

SAHS General Meeting Agenda January 2017 **Date:** **January 12, 2017**

Introduction: The meeting was called to order at 7pm by Grace Emery, President. Attendees were reminded to silence or turn off cell phones

New members and guests were acknowledged. There were 13 guests that chose to be acknowledged

Hospitality "thank-you" and thank you to those of the members who brought food for this evening. For next month names that begin with the letters M-Z will provide dishes but not mandatory.

The used book sales, with monies going to scholarships, has many new titles to browse .

Reminder that Newsletter articles & recipes are due by January 20, 2017. Send newsletter articles to Grace's email in the newsletter.

For all contributions, please remember to include the name of the recipe or article topic and your own name. I missed some good recipes from the banquet so please submit them for me. Especially Cowboy Caviar, (which was submitted by Martha Valdez)

Items for Discussion/Announcements

The minutes from the previous 2 month's SAHS October and November General meeting were available in the newsletter, are there any corrections or revisions?

Hearing none the minutes are approved as written.

The Treasurer Report for September and October were available in the newsletter, are there any corrections or revisions?

Hearing none the Treasurer Reports is approved as written.

Cookbook Committee update: Awaiting final pagination and index to be completed by Leslie and Marilyn.

Outreach for SAHS: Robin, Grace and Leslie did two events, Roosevelt HS introduction to herbs that grow in our area and Culinary Herbs to the Windcrest Garden Club. Northwest Vista College has reached out for an adult education on all that herbs are...very excited.

New ideas Committee: Update from MaryBeth. Another 'thank you' to all that helped with the 2016 Holiday Magic Market. We will do it again in 2017! Saturday, December 9. The committee will be meeting Monday at Mary Beth's home. Let any committee member know if you are interested in helping with the planning.

Spring Bloom Time: it is March 11, Saturday 9-1, please sign up but for sure SAVE THE DATE!!!!!!!

Aprons, are in awaiting name and logo embroidery

Jane McDaniel has an announcement about a new Texas Superstar herb. It's a variety basil called Balsamic Blooms. Named so for its deep purple blooms (which are also edible). The first variety to have flowers and leaves at the same time. Good for culinary or ornamental use. Will be available to the public in April. We are hoping to have it available for sale at Spring Bloom.

PROGRAM: Adrienne Hacker introduced Leslie Bingham who presented the Herb of the Year Program.

Leslie presented an in-depth discussion on Cilantro/Coriander. After identifying several herbs that have often been mistaken for cilantro, she clearly elaborated on the true actual herb. Starting with the history (as early as 7000 BC) to its current

status of Herb of the Year.

To qualify as herb of the year, the herb must excel in three of three categories: Culinary, Medicinal and Decorative. We learned in great detail why this herb and its seeds qualify for the title this year. Leslie obviously did a huge amount of research, and presented so much information, it is impossible to capture it all here., She finished up by providing recipes for a soup, a spice mix and an eyewash using this extraordinary herb. And if that wasn't enough, there were samples which Adrienne helped to distribute.

Announcements:

Next general meeting speaker on February 9 is Scott Tompkins, HEB recipe developer. There will be a food demo and tasting.

March 9, 2017, Pat Hasser will present on Medicinal teas and other fun drinks.

Spring Bloom March 11 from 9-1 Volunteer sheet available for sign up

Next Board Meeting is at Robin Maymar's home January 30,2016 at 3:30PM.

Adjournment: 8:15pm



Submitted by Mary Beth Wilkinson, Secretary

Used (Herby) Book Shelf

Books are always welcome. SAHS hopes all the membership will take good advantage of the books set out during the January meeting. The money collected goes towards our scholarship fund.

Submitted by Robin Maymar

Membership

Robin Maymar

Total 131

Welcome new members:

Elton Hudgins

Bea Moreno

Casey Harington

Connie Tree and Rosa Luna

Jake and Nora Richards


Wendy Thornton

Members in Action

Plants with Purpose at Roosevelt High School

Grace Emery, Jamie Whitfield, Betty Riggs,

and Robin Maymar presented at the January 7th Molly Pruitt Library (Roosevelt HS campus) 5110 Walzem Ave 78218 of Plants with a Purpose.



For the Herb Society table we wanted to help our community be informed about the beneficial aspects of herbs such as their culinary and medicinal uses. The school students and teachers believe in the power of herbs. In fact, the middle section of our community garden is being dedicated to culinary and medicinal herbs.



Treasurer Report November 2016

Submitted by Karen Lopez

Revenue	
Deposit	
Total	\$73.00
Expenses	
SA Garden Center attend.	\$45.00
SA Garden Center rent	\$85.00
Grace Emery	\$59.66
MB Wilkinson/vend permits, ink, tea labels	\$244.99
SA Herb health cert	\$30.90
SA Garden Center Atten fee 1hr	\$15.00
Christmas ham for banquet	\$21.98
Total	\$471.63
Net income (income-expense)	\$398.63
Assets (11/30/2016)	
Frost Cert of Deposit	\$1215.33
Frost Checking	\$6,601.15
Scholarship Fund	\$1097.06
Cash on Hand	\$50.00
Total Assets	\$8,963.54

Newsletter Deadline for January

All materials for **February** due by **February 21**
If your special interest group meets after the announced deadline, your report may appear in the following month's issue.

'16-'17 SAHS Board

Grace Emery - President/Newsletter
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Program Chair
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Lisa Kelly - Hospitality

Sandra Woodall - Hospitality

SIG-nificant Stuff

Culinary I

We kicked off the new year at Carol's home, sharing dishes featuring (what else?) cilantro and coriander. Sipping a peach and mango punch, we caught up with news and doings, and then a description of our many dishes.

Proteins included a beautiful quinoa salad chock full of chickpeas, spinach, Greek olives, parsley, peppers and cilantro, all bathed in a luscious lemon-tahini dressing. A delectable shrimp dish with a lime, cilantro and garlic sauce, and picture-perfect jerked sirloin-red onion kebabs dressed with lime wedges and served with an orange, cuke, red pepper and cilantro relish, drew raves.

From the Punjab, we had a delicious spiced chickpea, potato, cumin and coriander dish called *chole*. Our cook found some of the more exotic ingredients (like mango powder) at a new Indian market called Adiba Grocery, where she also found pillowy naan bread to scoop up the yumminess. Our own SAHS cookbook was the source for a lovely corn and radish salad with jalapeno, cilantro and lime, and for a strawberry herb bread with coriander....easy to see why both recipes made it into the cookbook! We loved wedges of roasted new potatoes tossed with minced cilantro and garlic, and a warm coriander rice and zucchini salad, redolent with fresh herbs, a bit of lemon juice and toasted chopped pecans. Rounding out everything were tender and yeasty coriander crescent rolls, which we smothered with sweet butter.....how do we keep our girlish figures?!

For desserts, we had slices of steamed coriander and gingerbread cake topped with whipped coconut cream, and par-faits of walnut-studded brownie rounds, ice cream and a rich warm chocolate sauce topped with a dollop of fresh whipped cream. And of course another slice or two of the herbed strawberry bread! Our cooks shared tips (in lieu of a spice grinder, one can use a rolling pin and a zip-top baggie to crush coriander seeds) and favorite tools (the silicone Kochblume lid makes perfect rice and prevents spillovers when cooking things like dried beans), and where to order the freshest spices and herbs (after some discussion, Penzys).

We did have some business, mainly starting the process of figuring out what we wanted to do for the next 11 months. Next month, Yvonne will scout restaurants and reserve us a big table at her choice. We left Carol's not only well fed and happy, but also with a jar of her fragrant homemade Southwestern herb blend! Stay tuned!

Submitted by Jeanne Hackett

Culinary II

We picked a theme that everyone has a recipe for this month's, favorites! We met at the home of Robin and Milan Maymar. We had some wonderful smells coming from the kitchen. Grace Emery brought Eleanor's Lasagna, and added a vegetarian batch as well. Her Mom learned from a good friend from Italy around 100 years ago. Karen Lopez did a potato soup that would put La Madeline's to shame, warm and hearty. Sandra Woodall did a wonderful Vegan Pesto served warm over pasta. MaryBeth Wilkinson showed her culinary skills with some delicious pork tamales that literally melted in your mouth. Pam DeRoche made an exceptional Sweet Corn Salad with lots of fresh cut cilantro. Our new member Mike Belisle did his favorite of Shrimp Pasta Salad and now we all have another favorite to go to! Robin Maymar delighted our palettes with her famous

spinach side which was delicious. Julia Hudgins served us the most delicious cake for dessert from her Mom's recipes, it was Apple Pudding Cake and for sure this will be made again by the members many times.

Our next Culinary SG dinner will be hosted by Pat Hasser and the theme is to be announced.

For SIG meeting information, please contact Grace at 210 875 6919 C, or gemery49@yahoo.com

Submitted by Grace Emery

Weed-n-Gloat

The Weed n Gloat team has taken a break in December and will meet on the last Monday of January from 10 - 11 am to weed and delve in the SA Bot Gdn Herb Garden. Plans are underway to tie that in with the Herb of the Year 2017: planting cilantro when we do the Spring planting in March or April. For info on joining this merry band, email Tinky Miranda.

Contact Lenore Miranda tinkyny@earthlink.net

Submitted by L. Miranda

Aromatherapy

Aromatherapy SIG met to discuss the upcoming year. Our next meeting will be Tuesday, February 28th, 7pm, @ La Madeleine on Broadway. Please contact Jean Dukes at 210.566.4379 if you would like more information or email her

@ ItMakesScents@earthlink.net if you would like to attend.

Mad Hatters

The Mad Hatter tea lovers will get together in February for tea to plan for our 2017 tea meet ups.

Stay tuned for events with the Mad Hatters and join us for some great times and great tea.

Tea wisdom for this month:

When done well, each cup of tea represents an imaginary voyage - take a sip and just imagine.....

Contact me at lnbdesignline@aol.com

Submitted by Linda Barker

Texas Natural Living

The Texas Healthy Living will update next month after there planning meeting on January 26th at the home of Marilyn Nyhus.

Herbal Crafts

Join us for the first official meeting of the Herbal Craft SIG on February 18 from 10am to 12pm. We will be planning.

We would love new members and there are no limits to our group so plan on coming.

For information :

Rebecca Kary

210-843-0598

karyrebecca@yahoo.com



Burn A Bay Leaf In Your House. The Reason? You'll Be Amazed From Indigenous News

We commonly use various herbs to savor our dishes without even assuming that these kitchen ingredients can also be used for other purposes as well. Take for instance, bay leaves. I bet not many of you know that the distinct smell these leaves provide has an incredibly soothing effect on the human body.

Bay leaves have a century-long tradition of being part of natural medicine. Their exceptional medicinal properties such as strong anti-inflammatory and soothing properties were recognized and widely used even by the ancient Greeks. In addition, it was believed that bay leaves can support the treatment of epilepsy.

Even today, many natural medicine practitioners acknowledge the amazing health benefits of bay leaves, which include reduction of hypertension, protection against insomnia and stress, as well as control over blood cholesterol levels.

To reap the health benefits of bay leaves, you can add them to your meals when being cooked, or you can carefully light them in a heat-resistant bowl and let the aroma slowly spread around the house. Burning bay leaves is highly beneficial for relaxing your muscles, calming your mind and improving your mood.

Bay leaves are also one of the most powerful cockroach repelants!

If insects have invaded your kitchen or lawn, use bay leaves to repel them. You can hardly find a better solution because they are perfectly safe to use even around small kids or pets. Their powerful smell works wonders when it comes to repelling cockroaches or similar insects.

The method is quite simple. Put some bay leaves in every corner of your house or garden. Since they are non-toxic, you can also use them in the kitchen where you store food.

Although both dry and fresh bay leaves can be used for the purpose, dry ones are more effective because their smell is stronger.

In addition,

According to Organic Facts, bay leaf has properties that are detoxifying and slow aging. The herb also fights bacterial infections and improves everything from respiratory issues to heart health. It is a powerful herb, from which everyone can benefit. Continue reading to find out the best way to make bay leaf a part of your everyday lifestyle!

Anxiety and fatigue. The combination of chemicals in bay leaf produce a calming, psychedelic effect when burned. Simple Organic Life explains all you need to do is light a couple dried bay leaves in the same way one would incense. As you breathe in the vapors, you will fall into a relaxed, yet alert, state of mind. The best part of **burning bay leaf** is that it doesn't make you sleepy, but instead wakes you up and banishes fatigue.

Heart health. An organic compound found in bay leaf called caffeic acid is known to strengthen capillary walls in the heart, reports Organic Facts. It also helps eliminate bad cholesterol from the cardiovascular system. **Include the herb in your cooking.** A recipe for salmon wrapped in bay leaf is especially heart healthy.

Joint inflammation. A 2003 study published in Phytotherapy Research found the anti-inflammatory and pain relieving properties of bay leaf essential oil have comparable effects as anti-inflammatory drugs like morphine on inflammation throughout the body. To relieve pain, **rub bay leaf essential oil on sore joints** and use bay leaf as part of your regular diet.

Bay is inexpensive and widely available anywhere herbs are sold. Try adding a few leaves to your next soup, vegetable, or meat dish.

Contributing Writer

Roxanne Goldberg

Nature's Herb Farm

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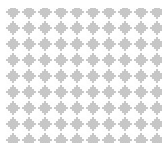
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PLEASE SEND TO:



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