



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 326 April 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 Suzanne Parker April 13, 2017

Baking Up a Storm with Herbs Eat to Live and Love to Eat!

Suzanne Parker is the founder and CEO of Powerhouse Bakery. As a registered dietitian and personal trainer, Suzanne's mission is to show her customers that healthy should taste amazing! Suzanne designs recipes to showcase the healthiest gluten free, non-GMO & organic ingredients. Her kitchen is run by several passionate foodies dedicated to health & wellness education and offer cooking classes, individual and group nutrition coaching.

Suzanne will be demonstrating herbs used in the healthiest ways.

Please join us for our social time at 6:30PM with the general meeting starting at 7:00PM.

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

THANKS FOR YOUR HELP WITH YOUR BOARD

2017-2018 SAHS Board Elections on April 13, 2017

Officers to be elected:

Co-Presidents: Grace Emery/Mary Beth Wilkinson

Vice President / Programs: Adrienne Hacker

Secretary: Robin Maymar

Treasurer: Marsha Wilson

Publicity: Sandra Woodall

Membership: (co-chairs): Karen Lopez/Julie Hudgins

Web Master: Mary Beth Wilkinson

Newsletter: Grace Emery

Hospitality (co-chairs) Lisa Kelly/Margie Larkin

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Members Munch

Here are a few of the items from the March meetings:

Salad with Pears & Dried Cherries with Mango Chutney Salad Dressing

Dressing:

- 2 Tablespoons mango chutney
- 2 Tablespoons red-wine vinegar
- 2 teaspoons Dijon mustard
- ¼ teaspoon curry powder
- 2 tablespoons olive oil

Coarse salt and fresh ground pepper

In a bowl, mash chutney with a fork to break up any large pieces of fruit (I remove any raisins). Wisk in the remaining ingredients.

Salad:

- About 10 ounces mixed greens
 - 2 firm, ripe Bosc pears, halved, cored and cut into ¾ -inch -wide wedges
 - 1/3 cup dried cherries
- Toss with dressing – serve immediately.
Submitted by Carol Hamling

Fresh Dill Pasta Salad

- 1 8 oz. package seashell pasta
- 1 C mayonnaise
- 1/4 C sour cream
- 1 1/2 T. lemon juice
- 1 1/2 T. Dijon mustard
- 1/4 C. dill weed, rough chop
- 1/4 t. black pepper
- 4oz cans of small shrimp drained
- 1/2 C chopped celery
- 1/2 C chopped seeded cucumber
- 2 tomatoes, diced
- 3 T of minced shallots

Preparation:

1. Bring large pot of lightly salted water to boil. Add pasta and cook until tender for 8 minutes, drain and rinse to cool.
2. In serving bowl, combine all the ingredients and gently mix together. Mix salt to taste and refrigerate for 2 hours and serve.

Other Treats on the Tables:

MaryBeth's Blackberry Trifle

- 1 piece fresh ginger (3 inches long), peeled and roughly chopped
 - 1/2 cup sugar
 - 1 store-bought lemon cake
 - 2 cups cold heavy cream
 - ¼ c confectioner's sugar
 - Vanilla to taste
 - 2 packages (6 ounces each) fresh blackberries
- Sauce
- ½ c sugar
 - ½ c water

1 6oz pkg blackberries

In a small saucepan, combine ginger, 1/2 cup of the sugar, and 1/2 cup water and 1 pkg berries. Bring to a boil, and stir until sugar dissolves. Crush berries while stirring. Cover pan and remove from heat; set aside to steep, at least 20 minutes and up to 1 hour. (The longer the syrup steeps, the stronger the ginger flavor will be.)

With a serrated knife, cut pound cake into 1-inch-thick slices; lay slices on a piece of waxed paper (for easier cleanup). With a brush, dab slices on

both sides with syrup, leaving chopped ginger behind; use all the syrup. Cut slices into cubes. Whip cream with 1/4 cup confectioners sugar until soft peaks form. Add vanilla. In alternating layers, arrange cake cubes, whipped cream, and blackberries in 8 serving glasses or dishes (or one large, deep serving dish, preferably glass). Chill until ready to serve, at least 30 minutes and up to overnight. Submitted by Robin Maymar

Drinks and Infusions from our Speaker , Pat Hasser



Some favorites

Spa Water

- 10 cups water
- ½ large cucumber thinly sliced
- 1 lemon thinly sliced
- ¼ cup loosely packed basil leaves
- ½ cup loosely packed mint leaves

Jillian Michaels Detox Water

anti- bloat drink

- 60 oz of distilled or pure water
- 1 Tbsp of sugar free cranberry juice
- 1 dandelion root tea bag
- 2 Tbsp lemon juice

Drink the 60 oz every day for 7 days.

Steep your tea for at least ten minutes then let it cool.

Mix all of your ingredients together and add the tea bag water.

Drink the entire mixture all day for 7 days.

If you are drinking the full amount, you will make a new batch every day. The goal is to drink all 60 ounces.

This will flush out the excess water weight you have been carrying.

Cucumber Mint Cooler

- 1 Cucumber sliced
 - 1 Lime sliced
 - 3 sprigs Mint, leaves
 - 8 cups water
- Refrigerate over night



Hospitality Table

Schedule:
April N-Z
May-All
Banquet

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

April 13: Baking Up a Storm with Herbs, Suzanne Parker, Powerhouse Bakery, yes we are tasting again!!

April 22: Viva Botanica Fiesta Event at the botanical Garden for children. 9-2

April 25-26: This year The Woman's Club of San Antonio is presenting its 103rd Fiesta Flower Show titled "Walk Right In: A Celebration of Song Rendered with Flowers."

The Flower Show begins on Tuesday, April 25, at 2:00 pm with a ribbon cutting attended by Fiesta royalty, continues until 4pm and reopens on Wednesday, April 26, from 10:00 am until 4:00 pm. Free and open to public. Herb Society is doing an educational table on Herbs that attract Pollinators.

May 11: Spring Banquet in Installation of Officers Theme is Celebrate the TriCentennial, yes, 300 years San Antonio.

May 13: Rainbow Gardens Celebrate Herbs 9-2

May 20: Basil Fest 9-2

May 27: Festival of Flowers 9-5

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

April 24. 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!

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

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/

Plant Sale
April 22
10am-2pm

Early Admission for
Garden Members at 9am!

SAN ANTONIO
BOTANICAL GARDEN
cultivate yourself.

The Viva Botanica Plant Sale features a great selection of small trees, most native to South Texas:

Wafer ash - Mexican buckeye - Red buckeye
Texas redbud - Mexican orchid tree

Additionally, find many more native and well adapted perennials, shrubs and bulbs to enhance your garden.

555 Funston Place | San Antonio, Texas | 210-536-1400 | sabot.org

JOIN US FOR VIVA BOTANICA,
AN OFFICIAL FIESTA® EVENT
APRIL 22 - 10AM - 2PM

Minutes for March

SAHS General Minutes March 2017 **Date: March 9, 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.

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, this is not mandatory but lots of herby fun!!! Merchandise Table has new sizes of shirts and aprons for pick up. The used book sales, with monies going to scholarships, has many new titles to browse. Reminder that Newsletter articles & recipes are due by March 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. Please send your recipes to me for the newsletter.

Items for Discussion/Announcements:

The minutes from the previous month SAHS February General meeting were approved. The Treasurer Report for January was approved.

Nominations are still needed for officer position so contact Grace or any other member of the board.

Cookbook Committee, new book in the final stages, then ready to be printed

Spring Bloom Time: it is March 11, Saturday 9-1, please show up and this event is rain or shine but for sure **SAVE THE DATE!!!!!!**

Aprons are here for you all and if you want to order one put your name on the clipboard and please pay Karen

PROGRAM: Adrienne Hacker introduced Pat Hasser

Informative information of herbal concoctions from fun to medicinal. The group sampled 4 drinks and loved the high energy speaker.

Announcements:

Next general meeting speaker Suzanne Parker from Powerhouse Bakery on March 9, 2017 and it is a cooking demo!

Spring Bloom March 11 from 9-1

April 22, Viva Botanica 10-2- we need volunteers for the children's activity.

April 25-26 This year The Woman's Club of San Antonio is presenting its 103rd Fiesta Flower Show titled "Walk Right In: A Celebration of Song Rendered with Flowers."

The Flower Show begins on Tuesday, April 25, at 2:00 pm with a ribbon cutting attended by Fiesta royalty, continues until 4pm and reopens on Wednesday, April 26, from 10:00 am until 4:00 pm. Free and open to public. Herb Society is doing an educational table on Herbs that attract Pollinators.

April Festival of Flowers May 28 Alzafar Shrine 9-4

Celebrate Herbs May 13 9-2 at Rainbow Gardens

Next Board Meeting is at Robin Maymar's home March 27, 2017 at 3:30PM.

Adjournment at 8:15 pm

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 138

New Members: Janis Bryant

Birgit Junfin Glass

Kay L. Ness

Niki Lake

Renewing business: 1

New business: 1

Renewing members: 11

Submitted by Robin Maymar

Members in Action



Linda Maldonado receives recognition for her embroidery of the new SAHS aprons!!

Earthwise Living

Leon Valley sponsors this annual informational fair. Gloria Ortiz, Robin Maymar, Lisa Kelly and Mike Belisle talked with hundreds of people who came to tour the exhibits. Although we expected to sell some of our herbal products, most of the people we visited with were more interested in Herb Society meetings. The festival was presented March fourth. The previous weekend, at the same location, the Irish Heritage Day had been an Herb Society event. Then the next weekend was SAWS Spring Bloom, where Herb Society sells herbs for a fundraiser. Although our event was small in comparison, we met a grand number of people and got to invite them to our next meeting. We handed out 150 invitations to



the April "Baking Up A Storm" meeting, with Suzanne Parker.



Submitted by Robin Maymar



Success at Spring Bloom

Rain or shine our volunteers steadily arrived to help sell the herbs from Nature's Herb Farm. They had their best rain gear and hats plus enthusiasm and knowledge to sell our herbs.

Through their hard work the herbs were sold out by 11:30. Note to self, we need to order more herbs next time. For those of you who attended and those who were there as participants, we truly appreciate your support.

As Chair and President, I would like to thank all the volunteers that set up and tore down our exhibit, our awesome plant coordinator, Carol-Lee Fisher and many members who volunteered, some all day like Carol Hamling, Pat Hasser and Karen Lopez to make our event a success. After expenses, the Herb Society made \$1739.92!

Submitted by Grace Emery



Treasurer Report February 2017

Submitted by Karen Lopez

Revenue	
Deposit dues	\$75.00
Deposit Dues \$125 and K. Siepp Memorial \$25.00	\$150.00
Dues , Aprons, Used books	\$ 318.05
Deposit dues	\$ 150.00
Total	\$693.05

Expenses	
SA Garden Center attend.	\$45.00
SA Garden Center rent	\$85.00
Irish Heritage Day booth	\$35.00
Lenore Mirada, Herbs for SABOT	\$100.00
M.Nyhus bottles, essential oils, eye pillows	\$266.76
Festival of flowers booth	\$50.00
Total	\$531.76

Net income (income-expense) \$(161.29)	
Assets (02/28/2017)	
Frost Cert of Deposit	\$1219.77
Frost Checking	\$6,314.57
Scholarship Fund	\$1097.09
Cash on Hand	\$50.00
Total Assets	\$8,681.43

Newsletter Deadline for April

All materials for **May** due by **April 21**

If your special interest group meets after the announced deadline, your report may appear in the following month's issue.



SIG-nificant Stuff

Culinary I

March found us at Loretta's for a late Mardi Gras celebration, wearing our beads, sporting feathery masks supplied by our host, and ready to '*laissez les bon temps roulez!*'.

As usual, we had a beautiful spread of delicious New Orleans-inspired foods, with many of the savory dishes featuring that holy trinity of Cajun/Creole cookery, onions and green peppers and celery. There were Cajun deviled eggs, jazzed up with cream cheese and hot pickle relish, unusual and absolutely addictive. Wonderful muffaletta pressed sandwiches, spread with an olive and pickled vegetable pulsed salad then piled high with thinly sliced cheese and meats, were a big hit. Another stellar dish was courtesy of Paula Dean recipe for a rich shrimp and crab au gratin. Our cook has made it dozens of times, and it was easy to see why!

We loved a beautifully seasoned red bean and rice dish, and were surprised to learn how quickly dried red beans cook—much more quickly than pintos, for example. Another cook made us cheesy grits, using lots of some excellent Tillamook cheddar. Our Brooklyn raised girl had never tried making grits before, and this recipe was so tasty that even those of us whose relationship with grits was nodding at best, were going back for seconds! Of course, no feast from the Big Easy is complete without jambalaya and we had an authentic and delicious example, with the classic deep brown color from a perfectly done roux.

Desserts included a tasty Cajun cake, made with pineapple-laced batter, and topped with a boiled icing redolent with pecans and coconut. Another cook made her grandma's clafoutis, a tender sort of lemon zest-spiked pancake studded with black cherries and baked in a cast iron skillet, lovely at dinner, and good for breakfast or brunch too! We loved a sweet potato pie, a delicious variation on pumpkin and oh-so-New-Orleans. As many of us said that evening, we have never eaten a better combination of dishes, and that is saying a lot!

Next month we head to Vivian's for a taste of Sicily (because we want to go there!). Stay tuned!

Submitted by Jeanne Hackett

Culinary II

Culinary II Special Interest Group had some trouble finding a date in March so we postponed our pasta making event until April 8, Saturday from 3 to 6 PM at the home of Grace Emery. We plan to make 3 kinds of pasta, spinach and garlic, pesto and mushroom and of course plain old pasta!

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

Submitted by Grace Emery

Weed-n-Gloat

The Herb Garden is so filled with green. The spearmint is four inches tall, and that is two weeks after it was trimmed or pulled out of the ground. The Comfrey has doubled in size. Borage found it's way clear across the bed and is growing with the Ginger. Poppies, from red to pink, are blooming in every bed. The honey bees go round and round gathering pollen from



each one. A varied bevy of herbs will be planted the end of March. Come by the garden and have a look for yourself. You never know who will need a little pinch.

We meet the last Monday of every month. Contact Lenore Miranda for information : linkyny@earthlink.net

Written by Lenore Miranda

Aromatherapy

The Aromatherapy SIG met in March we will study Frankincense. The SIG meets at La Madeleine on Broadway the 4th Tuesday of each month at 6:45. Contact Jean Dukes @ 210.566.4379 for questions or if you'd like to be a member of the SIG and learn more about essential oils and aromatherapy.

Mad Hatters

The Mad Hatters did not get together in March due to our very busy schedules. However, we will be meeting in April at the Bread Box for a great lunch and wonderful Tea. You are welcome to join the Mad Hatters at any time. Contact me and I can give you the scoop.

Tea Wisdom for the Month:

"You can't buy happiness but you can buy Tea and that's kind of the same thing".

Till we meet next time, have a great day.

Contact me at lnbdesignline@aol.com Submitted by Linda Barker

Texas Natural Living

Healthy Living SIG The members of the Healthy Living SIG met on Thursday, March 16 to discuss the medicinal uses of herbs in the Middle Ages and (slightly) beyond. After a paper given by Jane, the other SIG members each read their papers on individual herbs and answered questions of the uses portrayed. A lively discussion could not rule out the modern uses of Feverfew, Will bark, Calendula, Chamomile, St. John's Wort, Sweet briar, Eyebright, Yarrow, Hysop, White Bryony, Fennel, Elder, Lavender Valerian, Poppy, Back Currant, Garlic, Marigold/Calendula, Rosa, Castor Oil Plant, Male Fern, Mandrake, Lemon Verbena and Yarrow. A pleasant and very informative morning was rounded out with a delicious pot luck lunch on the deck under blooming wisteria, the conviviality helped in no small way by Irish Coffee.

Submitted by Jane McDaniel

Herbal Crafts

Join us for the meeting of the Herbal Craft SIG on April 15 from 10am to 12pm. We will be doing Easy Gardening: Bucket Potatoes. 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

Barbara Quirk

We note with great sadness that our long term member, Barbara Quirk passed away on March 18. She was an active member of SAHS as former officer, member of the Culinary Special Interest Group and the Cookbook Committee. She was a former Math and Latin teacher, and a gentlewoman in every sense of the word. She will be missed.

Lemon Verbena

The Lemon Verbena plant is the closest you are going to get to a lemon without buying one; I use this plant a lot whether for a refreshing glass of lemonade or mashing the Lemon Verbena in milk for my Lemon Thyme bread instead of buying lemons for it. It has many additional uses in our culinary world but the plant used as a hot tea also acts as a sedative so do be careful.

Lemon Verbena has numerous medicinal purposes as well both internally and externally. The hot tea not only tastes delicious but will ease not only the nervous system, but your colds, stress and tension as well. It will also ease your digestive system, and help with diarrhea. Externally, it will help break down cellulite act, as a calming agent for your skin while healing and toning the skin. An all around wonderful herb to add to your bath and it can also be used to diminish acne, puffiness and cysts. It has many other therapeutic properties as well.

Submitted by Pat Hasser



Lemony Strawberry Butter

- 1/2 cup (1 stick) softened unsalted butter
 - 1 1/2 tablespoons sugar
 - 4 tablespoons minced strawberries
 - 1 teaspoon minced fresh lemon balm •
 - 1 teaspoon minced fresh lemon verbena
- Combine all the ingredients



Nature's Herb Farms

Mary Dunford (SAHS Founding Member)
7193 Old Talley Road, #7, SATX 78253
210-688-9421
www.naturesherbfarms.com

Diane R. Lewis, B.S. & A.A.S.

Herb, Cooking & Gardening Classes; Landscape Design
210-495-6116
drldesigns@swbell.net
www.communityed.neisd.net

San Antonio Yoga Center

Randy Mass, ERYT, Studio Manager
11011 Shaenfield Road, SATX 78254
210-523-SAYC (7292)
<http://www.sanantonioyogacenter.com>
randy@sanantonioyoga.com

The Estate Sale Gallery at Los Patios

(Estate and Individual Consignments)
The Salado Creek Market
(Monthly Vendor Event at Los Patios)
June Hayes, Accredited Appraisals and Estate Sales
2015 N.E. Loop 410, San Antonio 78217210-
210-8451 or 210- 844-2130
Web site www.Junehayes.com

It Makes Scents

Natural Health Counseling & Essential Oils
Jean Dukes, RN, CNHP, Cert. Aromatherapist
210-566-4379
itmakescents@earthlink.net
www.youngliving.org/makescents

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San Antonio's "go-to" group offering Natural Health Solutions
Sil and Yoli Huron, BA, CNHP
AIM™ Living Well Coach
210-735-9053
health4ever@barleybaby.com
www.barleybaby.com

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210-648-1303
Fruit tree specialist

Yvonne Baca, LMT

Holistic Health Practitioner: Therapeutic Massage, Lymphatic Drainage, Aromatherapy, Reiki Master, Therapeutic Touch, Akashic Record Consultations
830-537-4700 H
210-313-8705 C
yvonne943@yahoo.com
<http://www.boerne.holistichealth.com>

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210-860-9468
www.lynelisle.com

FloraScape

Mary Blasko TCLP, TCNP
florascape@swbell.net
"We can help with your gardening projects"

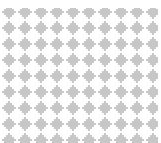


Business Members

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



PLEASE SEND TO:



The San Antonio Herb Society
PO Box 90148
San Antonio, TX 78209
www.sanantonioherbs.org