



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 327 May 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 installation Banquet

May 11, 2017

Celebrating San Antonio - 300 Years Strong

Come on out to the lovely San Antonio Garden Center for our annual Spring Banquet. Our entire membership is invited, so please bring yourself and a guest. There will be food, conversation, and a chance to meet someone new who shares the love of all things herbal.

The theme this year is a celebration of San Antonio's 300 year anniversary. Members have been asked to bring an item – photos, tchotchkes, mementos, article from the newspaper - anything which reminds them of SA or which epitomizes their connection to San Antonio. These will be placed on the tables. Five of the items will be chosen and the members who brought the items will explain their significance. We also will be having Jane McDaniel storytelling about the ghosts of San Antonio.

A ham and drinks will be provided, but we need members to bring the following. (If your last name ends in)

A-F desserts **G-K** sides or entrees **L- Z** appetizers

We will start dinner at 7:00 so please have food and items by 6:30.

We will also be presenting our incoming 2017-2018 Board of Directors.

Installation of Officers

2017-2018 SAHS Board Elections on May 11 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:

Mexican Street Corn

- 3 cup fresh corn
- 6 chopped scallions
- 1 teaspoon oil
- 2 tablespoons mayonnaise
- 1 tablespoon low fat sour cream
- 2 tablespoons cilantro leaves, minced
- ½ Serrano chili, minced
- ¼ teaspoon salt

Saute 3 cups fresh corn with 6 chopped scallions in 1 tsp. oil over high heat until lightly browned.

Whisk 2 Tbs mayo, 1 Tbs. low-fat sour cream, 2 Tbs minced cilantro leaves, ½ minced Serrano chili and ¼ tsp salt. Toss with the corn.

Serve with lime wedges. Serves 4

I used Greek yogurt for sour cream.

I thawed out frozen corn

CILANTRO CHICKEN MaryBeth Wilkinson

Serves 4

- 2 lbs. Raw boneless, skinless chicken -breasts or thighs work well
- ¼ c. Lime juice (about 1 ½ small limes)
- ½ c. FRESH cilantro, chopped
- 4 Garlic cloves, minced
- 1 Tbs. Honey
- 1 Tbs. Oil
- ½ tsp. Salt
- ¼ tsp. Pepper

To make Marinade: Mix all ingredients (except chicken) in a large re-closeable bag. Squish to mix. Add chicken, making sure all chicken is coated. Marinate in refrigerator overnight.

Grill over medium heat. Cook turning once until no longer pink in center (approx. 4-6 minutes per side)

Basic Pasta Dough

"An easy recipe and simple to double or triple, depending on amount needed. Hope you enjoy!"

Ingredients

- 1 egg, beaten
- 1/2 teaspoon salt
- 1 cup all-purpose flour
- 2 tablespoons water

Directions

In a medium sized bowl, combine flour and salt. Make a well in the flour, add the slightly beaten egg, and mix. Mixture should form a stiff dough. If needed, stir in 1 to 2 tablespoons water.

On a lightly floured surface, knead dough for about 3 to 4 minutes.

With a pasta machine or by hand roll dough out to desired thinness. Use machine or knife to cut into strips of desired width.

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Use 3 tablespoons of fresh chopped herbs, 2 tablespoons of pesto, 3 tablespoons of ground mushrooms or 2 cloves of garlic crushed with 1/3 cup cooked chopped spinach. We made them all at the Culinary Special Interest II meeting in April!!

Other Treats on the Tables:

Lavender Lemon Bars

Marilyn Nyhus

- 2 cups sugar
- 2 tsp lavender buds, dried
- ½ cup butter, softened
- ¼ cup coconut oil, softened
- 2 cups flour, all purpose
- 1/8 tsp salt ¼ cup flour
- 4 eggs, beaten
- ½ cup lemon juice
- ½ teaspoon lavender buds, dried
- ¼ cup confectioners' sugar, for dusting

Preheat oven to 350 degrees F. Grease an 8 x 12" baking dish.

Make lavender sugar by blending the sugar and 2 tsp lavender buds in the blender: blend until the lavender is powdered.

Blend together with an electric mixer ¼ cup of the lavender sugar, butter, coconut oil, 2 cups flour, and salt in a bowl until a dough forms: press into the bottom of the prepared dish.

Bake in the preheated oven until the top begins to turn golden brown; about 15 minutes. While the dough bakes, mix together the remaining lavender sugar, ¼ cup flour, eggs, lemon juice, and ½ tsp lavender buds" pour over the baked crust and return to the oven to bake until the center is set, about 20 minutes.

Allow to cool completely and dust with confectioners' sugar before serving.

Lemongrass and Ginger Tea

Yield: 4-6 servings

Ingredients:

- * 3-4 bunches of lemongrass, woody ends trimmed.
- * 2-3-inch piece ginger, scrubbed and cut into thin slices
- * 6 cups water
- * stevia or honey

Directions:

Use the back (blunt side) of a large butcher's knife and give a couple whacks to the lemongrass to bruise the bulbs and release some of the oils.

Combine the lemongrass, ginger and water in a large saucepan. Bring to a boil, lower heat, and simmer for 10-15 minutes. Drain and sweeten to taste with stevia or honey.

Hospitality Table

Schedule:
April N-Z
May-All
Banquet

Members' Sale Tables

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

Over the Fence...

2017 Program Line-up



SAHS online calendar:

<http://www.sanantonioherbs.org/Calendar/CALENDAR.htm>
2017

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

June 15: Introduction of the Special Interest Groups

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

May 29. 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/>

Tom Harris will be at the Gardening Volunteers of S. TX meeting at the Garden Center on May 15; he will be sharpening all pruning tools. No axes, shovels - just pruning tools. Bring your tools, his price per tool is decent and he's fast, \$3.00 per item.

Bexar County Master Gardeners

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

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/>

Guadalupe County Master Gardeners

Regular meetings are on third Thursdays; free and open to the public (business follows program).

For further information call 830-303-3889 or visit our website www.guadalupecounnymastergardeners.org.

Minutes for April

SAHS General Minutes April 2017 Date: April 13, 201

Introduction: Grace Emery, President introduced herself and opened the meeting at 8:05 pm

Reminder: as a courtesy to those around you and our speaker tonight – cell phones off Greeting: Acknowledged new members, guests.

Hospitality “thank-you” for an all year long effort and thank you to those of the members who brought food for this evening. For next month, all will bring a dish for the banquet to share. A ham and drinks will be provided, but we need members to bring the following... (if your last name).....

A-F desserts **G-K** sides or entrees **L-Z** appetizers

The merchandise tables have larger size shirts to purchase for upcoming events in April.

The used book sales, with monies going to scholarships, has many new titles to browse, local members are here as well.

Reminder that Newsletter articles & recipes are due by April 21, Send newsletters articles to Grace's email in the newsletter, for all contributions, please remember to include the name of the recipe, article topic and your own name.

Items for Discussion/Announcements:

The minutes from the March SAHS General meeting were available in the newsletter, are there any corrections or revisions? Hearing none the minutes are approved as written.

The February Treasurer Report was available in the newsletter, are there any corrections or revisions? Hearing none the Treasurer Report is approved as written.

Any nominations for: Co-VP Programs, Co-Treasurer, Co-Secretary, Co-Chairman Publicity. If there are any others interested please raise your hand. Elections and installation will be next month. With no other nominations tonight the slate will be final.

VP Programs: VP Adrienne Hacker

Treasurer: Marsha Wilson

Secretary: Robin Maymar

Membership: Co Chairman, Karen Lopez and Julie Hudgins

Publicity: Chairman, Sandra Woodall

Co-Presidents: MaryBeth Wilkinson and Grace Emery

Appointed positions:

Webmaster: MaryBeth Wilkinson

Newsletter: Grace Emery

Hearing none the slate will be voted on at the May meeting and installation will be held at that time. Thanks for your interest in the San Antonio Herb Society Board and society.

Cookbook Committee update: Board members and cookbook committee members have received their copies for review.

Upcoming By-Law Changes – Robin update on bylaws meeting in April, deadline is in June.

SAWS Spring Blooms Plant Sale Report details from Grace and special thanks to those who worked and attended. Profit after expenses was \$1757. SAWS approximated 3,000 people attended

Grace announced upcoming events and passed sign-up sheets.

April 22: Viva Botanica at the Botanical Garden 9-3.

May 13: Celebrate Herbs at Rainbow Gardens on Bandera 9-3.

May 21: Basil Fest at the Pearl 9-1.

May 28: Festival of Flowers at the Alzafar Shrine 9-5

Co-Chairs of the Spring Banquet and Installation: Adrienne Hacker and Jane Mc Daniel, speak about our pre Tri-centennial themed Banquet

PROGRAM: Speaker Introduction by Adrienne Hacker for Suzanne Parker, Baking Up A Storm with Herbs.

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 demonstrated a “lettuce-less salad” full of herbs and wonderful flavors.

Adjournment: 8:15 pm

Membership

Robin Maymar Total 119

New Members: Misty Belmontez

Deb Dedrick

Anny De Roux

Vicki Jamvold

New business: Powerhouse Bakery

Renewing members: 5

Submitted by Robin Maymar

Members in Action



Fun at American Botanical Council in Austin.

Our Herb Society Members, John and Carol receive top honors at the Agrilife Extension Volunteer Appreciation Lunch. at Blue Star.



**VIVA Botanica Fiesta
Celebration at the Botanical
Garden**

Volunteers braved the wind and drastic drop in temperature to play with the children and adults our "Scent Detective" game. We also handed out



information to promote the Herb Society and aloe pups and seed packages to the game winners.

Thanks to all the volunteers who helped especially

Gloria Ortiz and Marilyn Nyhus and Lenore Miranda who supplied the pups.



Treasurer Report March 2017

<i>Revenue</i>	
Deposit dues	\$36.00
Deposit Irish Festival (106.26 profit)	\$210.00
Deposit dues	\$25.00
Deposit Spring Bloom \$360.39 and Membership \$25.00	\$385.39
Deposit dues	\$25.00
Deposit Earthwise	\$ 70.00
Deposit change from Spring Bloom	\$150.00
Deposit Spring Bloom	\$2,183
Deposit dues \$290.00/aprons \$54.00/ Used books \$44.00/ T-shirts \$67.00	
Basil Book \$3.00	458.00
Total	\$ 3157.39
<i>Expenses</i>	
SA Garden Center attend.	\$45.00
SA Garden Center rent	\$85.00
Newsletter /flyer prints \$17.86/T shirt screen \$7.50/ 12 aprons 119.40	\$144.76
Speaker fee	\$50.00
Natures Herb Farm plants	\$ 1368.70
Utility Storage	\$30.00
Public storage	\$ 104.00
Total	\$1,827.46
Net income (income-expense) (\$1,689.93)	
<i>Assets (03/31/2017)</i>	
Frost Cert of Deposit	\$1220.19
Frost Checking	\$9,121.88
Scholarship Fund	\$1097.09
Cash on Hand	\$50.00
Total Assets	\$11,489.19

Newsletter Deadline for June

All materials for **May** due by 21th.
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

A lovely Spring evening found us in a festive mood at Vivian's art-filled home, celebrating all foods Sicilian. We spent the first hour catching up, discussing our recipes and munching on a trio of appetizers: black olive and green olive/almond tapenades, and a fig and fennel caponata, atop crostini. We noted that several of our recipes came with no specific amounts given, beyond a "lug" of this or a "splash" of that, or that they required translation from metrics. It certainly didn't matter as our food was uniformly beautiful to look at and delicious to eat!

There was a gorgeous Sicilian salad of segmented grapefruit and blood oranges with slivered fennel, red onion, mint and basil, and dressed with lemon juice and olive oil. An *insalata Eoliana*, or Aeolian salad, was another stunning and delicious contribution. A sort of Sicilian bread salad, it featured baked eggplant, olives, capers, red onion, fresh tomatoes, red pepper, arugula and fresh herbs all tossed with perfectly toasted bread cubes and a bit of olive oil and red wine vinegar.

One cook called her daughter studying in Milan who as it happened was with fellow students from Sicily. They supplied an all-ingredient/no amounts recipe for *penne alla Siciliana*, which included cubed, breaded and fried eggplant tossed with tomatoes, garlic, mozzarella and penne: wonderful! We also loved a classic Sicilian eggplant stew, AKA caponata. One secret to best enjoying the creamy flavor and texture of the eggplant is to cut the vegetable into large chunks, which keeps it from absorbing too much oil and tasting heavy. Beautiful baked tomatoes with spinach, rice, pine nuts and parmesan were even tastier than they looked. Another big hit was a cold marinated cauliflower dish with olives, capers and herbs dressed with lemon and olive oil.

As usual, our gorgeous and healthy repast was finished with an array of desserts. We loved a moist Bundt-style cake exquisitely flavored with a Fiori di Sicilia extraction. A pineapple "casserole", very similar to Sicilian cheese pie, included cheddar cheese and Ritz-style crackers. Advertised as a dish that could be either a side or a dessert, it was so good that we all had some before and after dinner. Another treat were two granitas. A pretty strawberry one was garnished with fresh mint and whole berries, and the coffee granita was finished with a piping of whipped cream, the traditional way to serve it in Sicily. They do know what they are doing there! Perfect go-withs were two kinds of classic Sicilian cookies. The first, *l'ossa morte*, or dead bones, is a five-ingredient cookie beautifully spiced with cloves that develops a delicious meringue-like crust when baked. The recipe requires that the unbaked cookie rest overnight, as did our second cookie, *pasticcini di pasta di mandorle*, or Sicilian almond dough cookie. The rest overnight allows the cookie to set and to lose humidity so that they keep their shape during baking the next day. Though our cook did not hold out much hope that the flourless cookies, made almost entirely with blanched almonds, egg whites and sugar, would be very good, after some sampling we all scrambled to make sure we got to take one or two home with us!

The rest of the evening was devoted to "business", namely deciding what our group might do for the June general membership meeting, and signing up for host duties in a few upcoming months. In May, we will be having our annual ice cream social at Carol's, always a particularly fun time! Stay tuned.....and RIP, our dear Barbara Quirk, you are and always will be so missed by your SIG.

Submitted by Jeanne Hackett

Culinary II

Culinary II Special Interest Group learned to make pasta from scratch! The group traveled to Grace Emery's home and hospitality included dessert of fresh fruit from Karen Lopez, a lovely salad from Julie Hudgins and some home-made rigatoni and classic



marinara from Grace.



We made three types of pasta herb filled, pesto and spinach garlic and had so much fun learning and kneading and kneading some more. Simple recipes and they will be in the members recipes for the month. We had some light green and dark green pasta but the herby spells were there to distinguish them.

Next month on Thursday, May 25th the fun and culinary delights will be at the home of Julie Hudgins where to plan to make a Bouquet Garni for our recipes.

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



Submitted by Grace Emery

Weed-n-Gloat

It was a lovely morning to get dirty in the garden. We planted Lovage, five types of Basil, Pelargoniums, Echinacea and Corsican mint. We pulled out so much mint, we needed more plants to fill them. The bare spots were filled in with marigolds, in the same family as Calendula. After putting our tools in our bags and knocking the mud from our boots we moved on to Mary Jo and Basil's house.

What a lovely back yard to enjoy some gloating and a nosh. The heirloom rose bushes were teasing, as they were not yet in bloom. The biggest Staghorn fern you've ever seen outside, and growing in a pot, no less. We were treated to olives that Basil harvested from his tree, as with all that we ate, they were delicious.

Before leaving the Herb garden, I always take a moment to enjoy all the hard work the SA Herb Society Members put in to maintaining it. On the Mexican Mint Marigold was a *Xylophanes tersa* aka Tersa Sphinx Moth. It must have landed after everyone had left, because there is no way you could have missed seeing it. Ah, the things you see in a garden when you just stop and look.....

The Weed and Gloat SIG meets the last Monday of each month. Contact Lenore Miranda or Grace Emery to join our SIG.

Submitted by Lenore Miranda

Aromatherapy

Aromatherapy SIG meets the 4th Tuesday of each month at La Madeleine's on Broadway, at 6:45 (arrive about 6:15 if you plan to eat). Each month we do an in-depth study of one oil, every person of the group exploring a specific area of the plant and oil. In March we studied frankincense, a biblical treasure. In April we examined lavender, often referred to as "The Swiss Army Knife of Essential Oils" because it has so many wonderful uses.

Please contact Jean Dukes @ 210.566.4379 if you would like to join the SIG.

Mad Hatters

The Mad Hatters will not meet this month. My suggestions for a May get together is to have a Race Day Tea, with all of the best hats we can find. With everyone's busy, busy schedule Mad Hatters may begin to only meet 3 or 4 times a year.

Everyone is welcome to join the Mad Hatters, just let me know and I will put you on the email list for any time we get together for tea.

Tea Wisdom for this month:
Tea purifies the spirit, removes anxiety and nervousness, brings ease and comfort and is conducive to meditation.

Mad Hatters wish you a beautiful spring. Enjoy!
Contact me at lnbdesignline@aol.com Submitted by Linda Bark

Herbal Crafts

The Herbal Craft group met on April 15th at the home of Bruce and Abby Jones. Our topic was Bucket Potatoes. We learned how to grow potatoes from starts in 5-gallon "paint" buckets. Each attendee planted their own potato start and in about 2 ½ months should have successfully grown anywhere from 8-10 mature potatoes and this procedure can be repeated though the summer/fall months.

Bucket Potatoes:

Use a white 5-gallon paint bucket (white is preferable due to dyes in color buckets).

The bucket should be either new or free from chemical use.

Drill drainage holes in bottom of bucket.

Fill the bucket with 2-3 inches of garden soil.

Use an organic potato start (this can be any variety based on personal preference, but must be organic).

If using a medium to large potato, it can be divided into multiple starts, with at least one "eye" for each start.

Use one potato start per bucket.

Cover the potato start with soil and add water.

After potato sprouts and grows foliage, add more soil, leaving some of the leaves above the soil.

Keep adding soil as plant continues to grow until soil is to about an inch from top of bucket.

Water only when needed, do not overwater.

Keep plant in full sun (perfect for deck or patio)

When top of plant dies down, potatoes should be ready

Spread plastic or a small tarp on ground and dump out contents of bucket

Pick out the potatoes and put soil back in bucket for future use.

Join us for the meeting of the Herbal Craft SIG

For information : Rebecca Kary

210-843-0598

karyrebecca@yahoo.com

Texas Natural Living

We went to ABC in Austin for a class on Medicinal honey. We made a medicinal honey

of our choice and had a tour of their beautiful medicinal and culinary gardens. Jenny Perez did a wonderful program for us. Made a stop at "in-gredients" which is a shop that discourages use of plastic. I think we all purchased something. Lunch at Bouldin Creek Cafe, very healthy and very good! I had a Reuben sandwich, cheese, beets, kale and cabbage and Thousand Island dressing and it tasted just like a Reuben, Yum!

Last stop was "The Herb Shop" and I was very envious as I would like a shop like that in

San Antonio. I think we all purchased something again. This was a delightful and educational day.

Marilyn Nyhus



Companion Gardening with Herbs

By planting Herbs with specific plants you can give a helping hand, whether to repel bugs that might attack a fellow plant or give them strength or sweetness.

The following is just a small sample:

Anise plant with Coriander for germination and growth.

Basil is planted with Tomatoes, cauliflower, apricot and peach trees. It will attract beneficial pollinators and repels pests.

Bay leaves repel ants, caterpillars, grubs, and moths.

Borage planted with Tomatoes repels tomato worm.

Caraway scatter through the garden to loosen the soil.

Chervil plant with radishes.

Chives benefit carrots, parsley, roses, stone fruit trees, and strawberries. Chives also deter aphids, crickets, and grasshoppers.

Coriander (cilantro) is a general insect deterrent that attracts beneficial pollinators and predaceous insects.

Dill attracts beneficial pollinators and predaceous insects, plant with cabbages, carrots, and corn also helps produce bigger ears of corn. Keep away from carrots.

Fennel attracts beneficial pollinators and predaceous insects. But plant away from other herbs and vegetables does not grow well with all. Check it out.

Garlic deters Japanese beetle. Plant with roses and raspberries.

Lavender is a general insect repellent that attracts bees and butterflies. Plant lavender with eggplant and swiss chard.

Marjoram a good companion to all vegetables.

Mint is a general insect repellent that attracts predaceous insects. Plant mint with cabbage and tomatoes.

Parsley attracts beneficial pollinators and predaceous insects. Plant with asparagus, cabbage, chives, tomatoes, carrots, and roses.

Oregano is good for all vegetables.

Rosemary attracts beneficial pollinators and disrupts the sensory mechanisms of most insects. Plant with beans, Brussel sprouts, carrots, melons, sage, squash, and any other fruits and vegetables that need pollinating. Repels cabbage moth, bean beetles, and carrot fly.

Sage repels many insects plant with cabbage, carrots, rosemary, and tomatoes. Do not plant near cucumbers will make them bitter.

Summer Savory can be planted with beans and onions and improves growth and flavor.

Tarragon can be planted with eggplant and peppers, but good for most vegetables.

Thyme attracts pollinators and repels cabbage worms, caterpillars, flies, and moths. Plant with eggplant and cabbage.

Submitted by Pat Hasser

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
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Fanick's Garden Center

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Fruit tree specialist

Yvonne Baca, LMT

Holistic Health Practitioner: Therapeutic Massage, Lymphatic Drainage, Aromatherapy, Reiki Master, Therapeutic Touch, Akashic Record Consultations
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Lyn Belisle Studio

A Place of Creative Belonging
Lyn Belisle
210-860-9468
www.lyneliselle.com

FloraScape

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

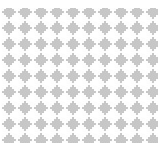


Business Members

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