



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 328 June 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 June 8, 2017 Meeting Getting to Know the Special Interests Groups of the Herb Society

Did you know that every month, various San Antonio Herb Society "SIGs" meet and experience the joy of herbs? At our June meeting you will have a chance to get familiar with the activities of each of these SIGs. You will learn what they have to offer in friendships, exchanging knowledge, and uses of herbs.

Culinary 1 & 2, Aromatherapy, Mad Hatters, Herbal Crafts, and Weed-n-Gloat, will be telling us all about their Interest Groups at the June general meeting. Please join us for an interesting night and learn how you might participate in one or more of these groups.

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.

Installation of Officers

Officers 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
Merchandise Sales: Annette Huffman/Vicki Jamvould

Missing from picture: Mary Beth, Karen and Julie



Members Munch

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

CURRIED CHICKEN AND FALL FRUIT SALAD

Serves 4

The lightly spicy dressing pairs perfectly with mild, sweet lettuces like butter or romaine.

¼ cup mayonnaise

2 tablespoons plain 0% or 2% Greek yogurt

1 teaspoon curry powder

¼ teaspoon kosher salt

2 cups chopped cooked chicken breast

3 small inner stalks celery with leaves, thinly sliced

1 apple, diced

4 cups chopped lettuce

½ cup red grapes, halved.

In a large bowl, make the dressing: whisk together the mayonnaise, yogurt, curry powder, and the salt.

Toss the chicken, celery, and apple with the dressing.

Divide the lettuce onto four plates. Spoon the chicken salad onto the lettuce.

Top with the grapes.

Submitted by Robin Maymar

CURRIED CHICKEN AND FALL FRUIT SALAD

FROM *NUTRITION ACTION MAGAZINE* Oct 20

Serves 4

The lightly spicy dressing pairs perfectly with mild, sweet lettuces like butter or romaine.

¼ cup mayonnaise

2 tablespoons plain 0% or 2% Greek yogurt

1 teaspoon curry powder

¼ teaspoon kosher salt

2 cups chopped cooked chicken breast

3 small inner stalks celery with leaves, thinly sliced

1 apple, diced

4 cups chopped lettuce

½ cup red grapes, halved.

In a large bowl, make the dressing: whisk together the mayonnaise, yogurt, curry powder, and the salt.

Toss the chicken, celery, and apple with the dressing.

Divide the lettuce onto four plates. Spoon the chicken salad onto the lettuce.

Top with the grapes.

SURPRISING LIME PIE

I got the idea for the crust from a talk about raw food.

Then I met Rita at Earthwise, and she told me about the Four Ingredient Lime Pie. So, these two ideas have been combined.

Crust

2 cups pecans

2 teaspoons melted butter

1 teaspoon vanilla

4 tablespoons brown sugar (or less)

Chops the nuts until they are fine. Add the butter, vanilla and sugar.

Mix and pour into a pie pan, spreading the nut mixture to make a crust.

I baked it at 350 degrees for about ten minutes, just to release the nut oils. But, if you are into raw foods, omit the step. Cool.

Lime Filling

2 avocados

1 can sweetened condensed milk

½ cup lime juice (if using fresh limes, zest a little to add)

Peel the avocados. Cut into small pieces, then blend to sauce consistency with a stick blender. (the ones I used were very firm, so they just

got lumpy. I then put them through a sieve, next time I'll plan ahead

and give them a few days to soften.)

Add the sweetened condensed milk and the lime juice.

Stir. Fill pie.

Refrigerate an hour or so until firm

I went looking for a vegan substitute for the Sweetened Condensed Milk, made out of Almond milk, but they have not caught onto this idea yet.

Probably because of the huge amount of sugar.

If you divide the pie into twelve small slices, each slice is about 270 calories.

If eight slices, each is 406. Both pecans and avocados are high in fat calories.

*Hospitality
Table*

*Schedule:
June A-M*

*Members' Sale
Tables*

*Please contact the
Program Chair to
arrange for your ta-*

Over the Fence...

2017 Program Line-up

SAHS online calendar:

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

May 20: Basil Fest 9-2

May 27: Festival of Flowers 9-5

June 3 : New officer Brunch and board meeting

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

June 3. 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.

Sandra Woodall for details. iswoodall@gmail.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 [bexarcountymastergardeners.org/](http://www.bexarcountymastergardeners.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.guadalupecountymastergardeners.org.

Inside this issue:

Member Recipes	2
Over the Fence	3
May Minutes, Members in Action	4
Treasury Summary Officers' contact info	5
SIG reports	6

Minutes for May

SAHS General Minutes May 2017 Date: May 8, 2017

Meeting commenced at 7:00 pm

Welcome by President Grace Emery and reminder to put the phones on silent.

Hospitality has done a wonderful job with table decorations again this year in line with our Celebration of 300 years of San Antonio. Particular attention was given to the reasons why our members love San Antonio area from prehistoric animals, family at the Alamo, the snow-storm in the 80's, an antique sugar press and many others.

Announcement that the business meeting would be postponed until next month.

Announcements about the signup sheets for Celebrate Herbs, Basil Fest and Festival of Flowers and Robin Maymar wanted help with the new flyer.

The officers were installed for the 2017-2018 year and they include:

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

A large thank you was given to Lisa and Mike Kelly and Jane Mc Daniel for their service to the board and the Herb Society.

The banquet tables were covered with delightful recipes and the tables also contained door prizes. Additionally, the group had two herb window gardens and lots of Rue plants to give away.

The best part of the evening was our entertainment of storytelling by Jane McDaniel, she is a well renowned story teller and her Alamo story quieted the group and sent some shivers. They were ghost stories from San Antonio's history.

Announcements:

Basil Fest 20 May

Festival of Flowers 27 May

June 8 general meeting Special Interest Groups presentations

June 3 Board Brunch and Meeting at the home of Julie Hudgins

Closing: 8:20 PM

Submitted by Grace Emery

Membership

Total 122

New Members:

Tera Marshall

Renewing members: 2

Barbara Barnett

Carolyn Freeman

Submitted by Robin Maymar

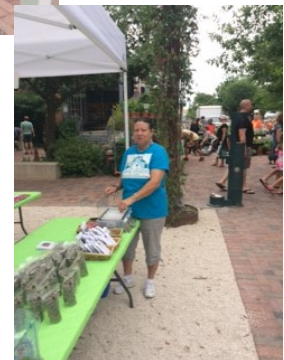
Members in Action

Basil Fest

"Everything Basil" was the theme this year and as usual it was a terrific, well attended event. The Pearl was filled with the normal crowd for the market in addition to the crowds interested in their favorite

herbs especially Basil. Our enthusiastic sales ladies and gentlemen

made it a successful day for the Herb Society.



New members Julie Hudgins, Linda Maldonado and Vicky Jamvould had a great day with new friends!

Celebrate Herbs

The Herb Society did a great job celebrating herbs and in addition we added a DIY pot of Mosquito Be Gone, the adults had fun making it and we had fun watching them. Our members had a gorgeous day to spread the news of the herbs to grow in Texas and the herb of the year Cilantro. Thanks to all the volunteers who helped make the event a success.



Women's Club of San Antonio Fiesta Garden Show

Grace Emery and Jamie Whitfield set up displays for herbs that attract pollinators and water conservation plants. It was a new addition to the garden show and well received by the community. And we even got an appreciation ribbon!



Treasurer Report April 2017

Revenue

Deposit dues \$170, \$44 merchandise	\$210.00
Deposit merchandise/ \$25 used books	\$199.00
Deposit dues	\$85.00
Total	\$ 498.00

Expenses

SA Garden Center attend.	\$45.00
SA Garden Center rent	\$85.00
Hospitality restock	\$64.21
Natures Herb Farm plants	\$ 1368.70
Utility Media	\$30.00
Public storage	\$ 124.00
Aprons and newsletter printing	\$66.20
Total	\$1,813.06

Net income (income-expense) (\$1315.06)

Assets (03/31/2017)

Frost Cert of Deposit	\$1220.19
Frost Checking	\$7930.06
Scholarship Fund	\$1097.09
Cash on Hand	\$50.00
Total Assets	\$10,298.13

Submitted by Karen Lopez

Newsletter Deadline for June

All materials for **June** due by 20th.
If your special interest group meets after the announced deadline, your report may appear in the following month's issue.

SAHS Board

Grace Emery - Co-President/Newsletter
210 875-6919 C; gemery49@yahoo.com

MaryBeth Wilkinson Co-President/Website
210-788-8831 C; soapfisticated@gmail.com

Adrienne Hacker - Vice-President Program Chair
hackla@aol.com

Marsha Wilson -Treasurer mwilson47@yahoo.com

Robin Maymar -Secretary and Used Book Wranglers
210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

Karen Lopez and Julie Hudgins- Membership Co-Chairs
l_quilts@yahoo.com and emhudgins@aol.com

Sandra Woodall - Publicity / Speaker's Bureau Contact
210-824-5422 H, lwoodall@gmail.com

Lisa Kelly and Margie Larkin- Hospitality

Annette Huffman and Vicki Jamvould - Co-Chair, SAHS New Merchandise

More Information

SAHS web page: www.sanantonioherbs.org

Our website contains an archive of past newsletters and a membership form PLUS a PayPal link for your convenience.

SIG-nificant Stuff

Culinary I

We gathered at Carol's for our May meeting and celebrated the start of summer with an annual favorite, ice cream. As usual, we had a beautiful array of some spectacular frozen desserts spread out on a table on our host's spacious deck, overlooking a lovely garden. After each of us described our offerings and the particular techniques/challenges to preparing them, we dug in.

There was a delicious anise ice cream made with a custard base, served with a side of rich chocolate sauce to drizzle. A sweet-tart fresh lemon sorbet incorporated a lightly whisked egg white into the still-hot simple syrup, which resulted in a creamy texture versus the graininess of most ices. Our cook even supplied pretzel sticks with which to scoop the sorbet if we wished, an East Coast fave combo. Another cook made us a vegan roasted and caramelized banana ice cream that got its richness and creamy mouth feel from a combo of cocoa butter, raw cashews and coconut oil.

Several ice creams featured herbs and spices that infused the simple syrup base. We

loved a coriander and raspberry swirl cheesecake ice cream made with crème fraiche, sour cream and raspberries, with more of the fruit available as a topping. Ginger-infused syrup combined with fresh peaches was a hit. Fresh bay leaves, vanilla beans and browned butter



was yet another rich and wonderful custard based ice cream. A basil infusion combined with blueberries made for a delectable combination. We loved the color and taste of a decadent deep purple blackberry and shaved chocolate ice cream. A yummy pineapple and coconut sherbet made with buttermilk was served with a crushed peanut topping.

Great counterpoints for all this richness were also available. We loved 'Jazzy apples' baked in red wine with brown sugar and cinnamon, and served with a dollop of a layered vanilla, coffee and chocolate ice cream and a splash of amaretto. A refreshing and unusual paleta made with cucumbers and jalapenos was another keeper recipe. "Forgotten" cookies, made with egg whites and chopped pecans, and 'baked' overnight in a turned-off oven, was actually a 'found' recipe from our cook's mother-in-law's effects...and how lucky for us that it was! As if we did not have enough, we also got to sample a rich strawberry Bundt cake, served with fresh strawberries and unsweetened whipped cream. What a finale!

After a short business meeting, we made arrangements for next month. We will meet at Chris' where in the interest of our waistlines, the theme will be summer vegetables (though puff pastry is allowed, and even encouraged, because we are truly not vain). Stay tuned! Submitted by Jeanne Hackett

Culinary II

Culinary II Special Interest Group learned to make Bouquet Garnis and not use cheesecloth. Great to learn something new. More next month with my short deadline.

Next month on Thursday, June 22nd the fun and culinary delights will be at the home of Sandra Woodall.

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

Weed-n-Gloat

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

The Aromatherapy SIG meets the 4th Tuesday of each month at La Madeleine's on Broadway, at 6:45 (please arrive about 6:15 if you plan to eat). Each month we do an in-depth study of one oil, each person of the group exploring a specific area of the plant and/or oil. In April we studied lavender, often referred to as "The Swiss Army Knife of Essential Oils" because it has so many wonderful uses. In May we will take a look at Jasmine, which has a very sultry and intoxicating aroma. Please contact Jean Dukes @ 210.566.4379 if you would like to join the SIG or if you have any questions.

Mad Hatters

Mad hatters SIG members and friends met on April 29 at The Bread Box at The Alley on Bitters for a delicious lunch and lively conversation. Favorite recipes, restaurants and events were discussed as well as our latest "news". The next meeting has not been scheduled, contact Linda Barker for information.

Submitted by Diane Lewis

Tea Wisdom for this month:

Tea purifies the spirit, removes anxiety and nervousness, brings ease and comfort and is conducive to meditation.

Contact me at lnbdesignline@aol.com

Herbal Crafts

The Herbal Crafts Special Interest Group was cancelled since it coincided with Basil Fest the 20th of May, we will keep you posted about June and all members are invited to see what we do at the General meeting presentation. See you there.

Join us for the meeting of the Herbal Craft SIG

For information : Rebecca Kary

210-843-0598

karyrebecca@yahoo.com

Texas Natural Living

The TNL SIG was very busy this month and we had Birthdays to celebrate. Tinky, Jean and Lien (friend of our SIG) had Birthday's. We celebrated at A Dong Restaurant on De Zavala where Lien ordered for all of us, we shared everything and it was delicious!!!

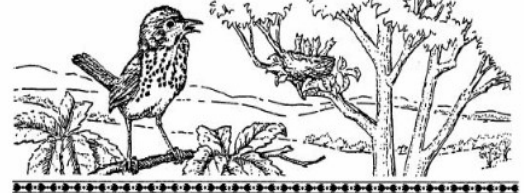
Next month we are planning to go to the Blanco Lavender Festival. This year is going by so quickly....



Thymes Past



VOLUME: 18 Issue: 5 • MAY 1995 • EDITORS: Kelley Calhoun & Jull Baker



WHY DO BIRDS SING IN THE MORNING?

It ought to be illegal for anything to be that cheerful at 5 or 6 a.m.!

But Ohio State University bird biologist Sandra Gaunt says cheerfulness has nothing to do with it. Birds that sing at dawn are laying down the law!

Let's back up. If you've ever been up at dawn, you know that even though the sun is rising, it's still pretty dim and cold. Dim light means birds can't find food very well. On top of that, insects - the preferred food of many birds - don't come out in cold temperatures. They're cold-blooded, which means they need the warmth of the sun to get their engines running. Birds stand a better chance of catching insects later in the day.

The bottom line? Birds that are up at dawn have little to do. Given this time to kill, some birds - especially wandering birds that don't have their own regular territory - use it to try to find a spot to spend the day.

That's where the singing comes in. Birds that already have a territory sing to send a message to both neighboring birds and passers-by. The message in the early morning song of a cardinal, for example, is pretty clear. "I am a cardinal. This is my territory. Keep out."

So next time you think singing birds are being cheerful, think again. They're talking tough!

Ohio State University
College of Agriculture



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

Powerhouse Bakery

Suzanne Parker, RD
4901 Golden Quail #101
San Antonio, TX 78240
nutrion_matters@icloud.com
210-722-8464

Fanick's Garden Center

1025 Holmgreen Rd., SATX 78220
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>

Lyn Belisle Studio

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

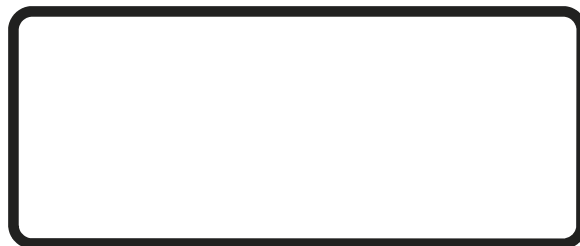
FloraScape

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

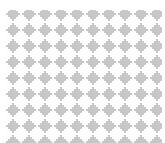


Business Members

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