



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 329 July 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

July 13, 2017 Meeting

Come to our July 13 Program!

Learn to Make your own, Self-watering Container

Adrienne Hacker and Leslie Bingham, two long-time members of the Herb Society, will do a presentation on making a self-watering container for under \$20. It is amazing what one can do with a standard, plastic storage container, some PVC pipe and a few potting supplies most gardeners keep on hand. This demonstration will take no longer than our usual program time, proving that once you have assembled the materials, the container is a one-afternoon project.

The resulting container waters itself, so you can grow herbs, vegetables, and even small, fruit-bearing bushes year-round. You take a vacation out of town without worrying about coming home to a dead planter. It will fit on a patio, ornament a balcony, and can winter in a garage. The finished demonstration planter will be raffled, so you may go home with a planter to start your collection.

With this demonstration and the instructions provided, you can be on your way to self-watering gardening in no time plus you might win the raffle of the container for a dollar!

Refreshments from N-Z this month.

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.



Members Munch

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

Cauliflower Salad with Roasted Chickpeas

2 cups cooked chickpeas, rinsed and drained, you can use canned or cook your own from dried

1/4 cup extra-virgin olive oil

Kosher salt and freshly ground pepper

1/2 pound green beans, trimmed and halved on bias

1 tablespoon whole-grain Dijon mustard

Pinch of saffron threads

1 teaspoon honey

Pinch of sugar

Juice of 1 lemon

1/2 cup safflower oil

1 head cauliflower, thinly sliced

1 bunch flat-leaf parsley, leaves picked

1/2 cup dried currants

Preheat the oven to 450 degrees. Place chickpeas on a paper towel-lined baking sheet; let stand 10 minutes. Pour olive oil onto another rimmed baking sheet and place in oven until oil is hot, about 3 minutes. Add chickpeas to hot baking sheet and spread in a single layer. Roast until chickpeas are deep golden brown and crisp, 12 to 15 minutes. With a slotted spoon, transfer to another paper towel-lined baking sheet to drain. Season with salt.

Prepare an ice bath; set aside. Bring a small pot of salted water to a boil. Add green beans and cook until bright green and crisp-tender, about 4 minutes. Transfer to ice bath; let cool completely. Drain on a paper towel-lined plate.

In a small bowl, whisk together mustard, saffron, honey, and sugar until well combined. Whisk in lemon juice. While whisking, slowly drizzle in safflower oil until well combined. Season dressing with salt and pepper.

In a large bowl, combine chickpeas, green beans, cauliflower, parsley, and currants. Drizzle dressing over salad, tossing well to combine. Season with salt and pepper.

Carol Hamling

Black Olive Tapenade

1/12 C pitted Kalamata olives

1/4 c capers

2 T Extra Virgin olive oil

1T brandy

Freshly ground pepper

2 large cloves garlic

1 t Dijon mustard

1/2 t herbs de provence

Place all ingredients in food processor. Process just until a course paste is formed. Serve at room temperature, with toasted baguette rounds, pita chips, etc.

Can refrigerate for 3 days; bring to room temp to serve.

Submitted by Jeanne Hackett

Other Treats on the Tables:

Chocolate Wedding Cookies

1 cup unsalted butter, room temperature – divided use

½ cup cocoa powder (unsweetened) – not Dutch processed

½ teaspoon cinnamon

2 cups pecans

1 ½ teaspoon vanilla extract

1 ½ cups all-purpose flour

½ cup sugar

¼ teaspoon salt

1 cup powdered sugar

¼ cup cocoa (unsweetened)

Heat oven to 350°. Melt 4 tablespoons butter, add ½ cup cocoa and cinnamon; stir and set aside to cool. Toast pecans in oven in preheated oven for 5 minutes – watch carefully. When cool, chop in a food processor or with a knife until very fine.

In a mixing bowl, cream remaining ¾ cup butter at medium speed for 2 – 3 minutes. Add cocoa / butter mixture and vanilla and mix well. Add flour, sugar and salt and mix until incorporated, then add chopped pecans and mix thoroughly. Form dough into walnut size balls (I use a small ice cream scoop). Place on parchment lined baking sheets and refrigerate 15 minutes.

Remove from refrigerator and bake 10-12 minutes. Let cookies cool for about 5-10 minutes.

Mix 1 cup sifted powdered sugar and ¼ cup cocoa into pie pan, mix well.

Gently roll cookies in cocoa/ sugar mixture. Let cool then roll one more time in cocoa/ sugar mixture. Makes 36 cookies.

Carol Hamling

Spinach Artichoke Dip

2c parmesan cheese

1 bag or box frozen spinach

1 jar marinated Artichokes

2/3 c sour cream

1 cup cream cheese

1/3 c mayonnaise

1 t garlic minced

2 t red pepper flakes

Mix together all ingredients, heat in the oven at 350 for 45 minutes

Serve with choice of crackers or crusty bread

Submitted by Madeline Version

Fire Crackers

11/3 c Canola oil

2 t cayenne pepper

1 package of Hidden Valley Ranch Dressing Mix 3 T

1 box saltine crackers(16oz)

Mix oil and seasonings in a large bowl. Add crackers and stir until coated.

Keep in an airtight container

Submitted by Culinary SIG I



Hospitality Table

Schedule:
June N-Z

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

July 13: Making self watering containers

August 10: Traditional Chinese Medicine

October: Herb Market

November 5: Solar Fest

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

July 26. 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.

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Minutes for June

SAHS General Minutes June 2017 **Date: June , 2017**

June 8, 2017 General Meeting Minutes SAHS

Introduction: The meeting was called to order around 7:15 by President Grace Emery

New members and guests were introduced.

Hospitality team members were thanked for their outstanding contributions to the festive June table. For next month names that begin with letter N-Z will provide our refreshments.

The merchandise table featured large, to 3X polo shirts for sale.

The Books table will return next month.

Newsletter articles and recipes are due by June 20, 2017 Be sure to send recipe titles, article topics, and your own name (for the by-line) to gemery49@yahoo.com.

Business:

The minutes, available in the Yerba Buena on line, were approved as published.

The treasurer's report was also approved as published

Robin Maymar asked for volunteers to help put together an on-going advertisement for the Herb Society. A sign-up sheet was made available.

Basil Fest, Celebrate Herbs at Rainbow Gardens on Bandera and Festival of Flowers at the Alzafar Shrine were all a great success. Thank you to all who participated and helped with these events. We sold out of Herb Guides.

Cookbook... 100 copies will be the first run

A member asked what was happening with the website. The Yerba Buena there is from March. Reply: our website is under construction and will soon be up and running.

Program:

Adrienne Hacker announced our program for the evening: Special Interest Groups Round Robin. Seven tables, representing our SIG's were set up around the hall. We have ten minutes to visit every table. Contact information as always is in the newsletter under Sig -nificant Stuff.

Weed and Gloat who meet the last Monday of the month at the Botanical Gardens, to maintain the Herb Garden there. Contact Lenore Miranda

Culinary Sig I, who meet on Wednesday of the month, to explore foods and herbs. Contact Carol Hamling.

Culinary Sig II, formed when Sig I began to overflow. They meet on the fourth Thursday of the month at 6:30 PM for herby food and lively conversation. Hopefully, the overflow from this group will form a third Group. Contact Robin Maymar

Texas Natural Living, meets 3rd Thursday in the morning. Contact Marilyn Nyhus. Their next adventure is to travel to the Blanco Lavender Festival.

Herbal Crafts. Meets on the second Saturday of the month. They had on display some of their clever creations. July's meeting is the 15th.

Aromatherapy meets on the 4th Tuesday of the month at La Madeline at 6:15 if you want to order food, and begins meeting at 6:45. Contact Jean Dukes

The Mad Hatters get together for tea, good food, and conversation. They meet "whenever", which means you really have to contact Linda Barker.

Our next General Meeting will be July 13, 2017. Leslie Bingham and Adrienne Hacker will present: How To Make a Self-Watering Container for plants, vegetables or herbs. The container with plants will be raffled for \$1.00 per ticket for the Scholarship fund.

Next Board meeting will be at La Madeline, June 26 at 3:00 p.m.

Adjournment: 8:30 PM

Submitted by Robin Maymar

Membership

Total 122

New Members:

Renewing members:

Submitted by Karen Lopez and Julia Hudgins

Members in Action





Treasurer Report May 2017

| | |
|---------------------------------|----------|
| Revenue | |
| Deposit dues | \$135.00 |
| Merchandise (new books, aprons) | \$190.25 |
| Celebrate Herbs | \$129.40 |
| Refund : Garden Deposit | \$100.00 |

Total \$554.65

Expenses

| | |
|-----------------------------|-----------------|
| Garden Center Attendant fee | \$45.00 |
| Garden Center monthly rent | \$85.00 |
| Garden Center dues | \$50.00 |
| SAGC Contract deposit | \$100.00 |
| Banquet décor | \$113.19 |
| Speaker fee | \$50.00 |
| Spritzer bottles | \$44.91 |
| Storage May | \$104.00 |
| Storage June | \$104.00 |
| T shirts and aprons | \$163.60 |
| Teas and essentials oils | \$104.75 |
| Total | \$964.45 |

Net income (income-expenses) \$409.80

Assets (5/31/17)

| | |
|----------------------------------|------------------|
| Frost cert of dep. as of 2/24/17 | \$1220.19 |
| Frost checking | \$7343.02 |
| Scholarship fund | \$1097.12 |
| Cash oh hand | \$50.00 |
| Total Assets | \$9710.33 |

Submitted by Marsha Wilson

Newsletter Deadline for June

All materials for **July** 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 Hoffman 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

Our beautiful and colorful array included two corn-based salads. One was a yummy charred corn, red onion, poblano pepper and avocado combo with lots of fresh mint and basil, with our cook noting the underappreciated utility of our oven broilers for grilling. Our second corn salad was bright with both multi-color peppers and a tangy lime and cilantro dressing, that had us going back for seconds. A large bowl of watermelon pico de gallo was another showstopper, with tri-color peppers, red onion, jalapenos and cilantro, all coated in lime juice and delicious as both a chip dip and condiment. Other delicious sides were hard boiled eggs turned a beautiful pink color after marinating in pickled beet juice, and piquant refrigerator pickles. Our cook noted they get even better as they age in the boiled sugar/vinegar/spice bath, but are so addictive they last only a few days in her house.....we completely understood!

Entrees included stuffed eggplant rolls, with a stuffing that is also wonderful in a variety of stuff-able veggies. Made vegan, our cook noted that light miso paste is an effective substitute for the ubiquitous anchovies featured in most Italian stuffing recipes. Peppers stuffed with brown rice, sweet potatoes and eggplant were given a Middle Eastern flavor with the addition of citrus and fresh mint. Lovely complex salads rounded out our plates. Baby greens, arugula, blueberries, olives, sweet peppers, fried garlic and tomatoes with a tangy Italian dressing was as delicious as it was beautiful. Our cook told us that perfect little quail eggs were at the bottom of the bowl, so you can be sure the salad was well-tossed so that each of us could get one! Our second salad presented lovely greens and about ten colorful additions, from olives to peppers to cherry tomatoes picked from her garden that day. The tasty balsamic and olive oil herb dressing was a decades-old keeper-recipe from our cook's graduate school days, and it was easy to see why it stayed in the files. To go with all the delicious vegetables and their juices, we had beer bread. A delicious quick bread made with just four ingredients, it was made just that much better with sweet butter slathered on the slices.

Our grand finale was a gorgeous raspberry jelly roll. The tender sponge cake was spiraled with a raspberry and whipped cream filling, then dusted with confectioners' sugar just before serving. This dessert really did melt in our mouths!

Next month, we'll honor the height of the summer by livin' easy, with Yvonne keeping us out of the kitchen and in a restaurant. Stay tuned!!

Stay tuned! Submitted by Jeanne Hackett

Culinary II

Culinary II Special Interest Group learned to make Bouquet Garnis.

Laden with dishes of food, we tumbled out of the car. Charmed to see Julie's lovely home. Elton met us at the door. Julie took us out to see her "vast" back yard. Actually, it is fairly small, but the tenth hole of the golf course could be called part of their yard. A momma squirrel came down a branch of the love oak shading their porch. Julie had peanuts in the shell for her. She took off with a nut in her mouth, but he two little ones were down quickly to get their nuts, too.

Our mission: Bouquet Garni. Julie had prepared a tomato sauce to go with the chicken-stuffed tortellini. She showed us her technique. By using a small coffee filter, she filled it with the fresh herbs from the garden: bay, sage, thyme, oregano and marjoram. Sandra cut a short length of string. We twisted the top of the filter and tied the herbs in. Then we dropped it into the tomato sauce. The paper of the filter is strong enough to withstand the boiling liquid. Because there was a string attached, it was easy to remove the herbs later.

Pasta complete, we moved from the kitchen for a tour of Julie's beautiful house and then to the dining room. Karen Lopez created a white bean salad, cleverly served on one medium lettuce leaf for each person. Robin shared the abundance of her tomato garden with a very simple herbed tomato plate. Nothing beats completely sun ripened tomatoes. Our vote for the best tomato is the H. Moran Rodeo Tomato from this year 2017. Perfectly formed, very little juice and seed and a deep red flesh that is just delicious.

Pam De Roche brought wonderful garlic bread that was warm from the oven. Sandra shared a tossed salad with home-made salad dressing. Gloria had created a crunchy fruit/vegetable salad that was unique. She had julienned jicama, green apples and choyote. The dressing was made with an avocado and oil base, infused with multiple herbs. The whole dish, mixed together had a lovely soft green color, but to taste, it was incredible. Crunchy and delicious. Now, I need to put chayote on my list, and buy one at the HEB. I have never used it, because I had no idea how to. We got the low-down from Gloria.

To finish a wonderful evening, Karen served a lime pie. We relaxed at the table over our pie and talked for hours. There is room in our Culinary SIG (special interest group) for you. We meet each month. Usually we have a theme for the dinner: Basil, Peppers, Pizza (my favorite), cold soup and ice creams. Or we construct something: pasta making or build an herb packet for Bouquet Garni. Sometimes we go to a restaurant. Contact Grace Emery for information about either of the Culinary Sigs. We'd love to have you join us.

For SIG meeting information, please contact Robin Maymar at 830-459-8415 C, or robinmaymar@gmail.com

Weed-n-Gloat



The Weed and Gloat team was impressed with the garden and how well it was doing. We have pictures and as they say a picture is worth 1000 words!!

To join the Weed and Gloat team call Lenore Miranda

Texas Healthy Living

The Texas Healthy Living Special Interest Group meets the 3rd Thursday of the month.

July meeting by Tinky at Randy's Yoga Studio will be featuring "Osha Root".

For more information contact Marilyn Nyhus or Diane Lewis

Aromatherapy SIG

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 May we studied jasmine, a seductively smelling flower that is often used in the perfume industry. In June we are studying Oak Moss. Please contact Jean Dukes @

210.566.4379 if you would like to join the SIG or if you have any questions.

Jean Dukes

It Makes Scents

210.566.4379

Aromatherapist

<http://bit.ly/JeanDukes>

Mad Hatters

Tea Wisdom for this month:

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

For information contact Linda Barker at lnbdesign-line@aol.com



Herbal Crafts

The Herbal Crafts SIG field trip for Saturday, July 15, is our Hostess, Diana Fox has organized everything and made reservations. Starting at San Antonio Gourmet Olive Oils then lunch at the Little Red Barn and after that a trip to Chris Park. Lots of fun plans! Tons of Fun!

Join us for the meeting of the Herbal Craft SIG
For information : Rebecca Kary
210-843-0598
karyrebecca@yahoo.com

Have you heard? As of June 1, 2017, SAWS will be offering a **NEW** Water Saver Rewards Program



The Highlights: SAWS customers can earn points towards a \$70 bonus coupon by attending water conservation events and activities (like GVST classes!) Attend classes and events to collect 1-5 points at each event. There is a new online calendar showing qualifying events and point value. Earn 7 points by Oct. 31, 2017, and receive a \$70 coupon to be used at participating businesses. Coupons may be redeemed for materials that assist with water conservation efforts. You must register online (have your account number handy) to participate.

The Details: Read all the details on the program here: <http://www.gardenstylesanantonio.com/coupons-and-rebates/watersaver-rewards-program.html>

Check out the new online calendar here: <https://tockify.com/gardenstylesa/pinboard>

Register for the rewards program here: <https://www.surveymonkey.com/r/SAWSWSRewards> be sure to select Gardening Volunteers of South Texas where it asks how you heard about the program!

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.lynelbelisle.com

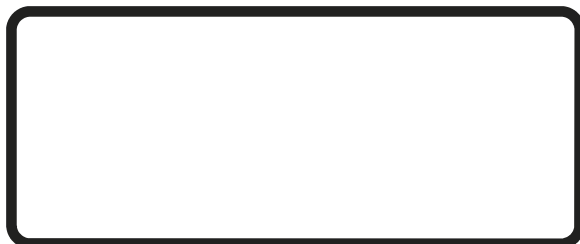
FloraScape

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

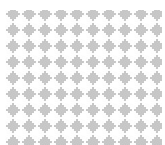


Business Members

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