



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 331 September 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

Come to our September 14, 2017 Program!

Meet Cristiano Prada, Austin owner of Lua Brazil and the maker of a gourmet version of a traditional Brazilian breakfast rolls and bite size snacks.

Be the first to taste Pao De Queigo South American cheese bread along with 3 other flavors: basil, jalapeño and vegan. These wholesome savory snacks are gluten free. Crunchy on the outside and warm and gooey in the inside. Learn about using the cassava plant to create gluten free flour taste the finished product and consider buying a package to place in your freezer and delight visiting guests.

Our palettes will be excited as we learn to make these Brazilian Treats and of course sample them.

Refreshments from A-M his 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.

Come and get it!

New Cookbook will be on sale for \$10.00 plus tax this month only, pre order after that it will be \$15.00

LIMITED TIME OFFER!

Pre-paid order special price of only \$10 each! (plus tax). NO limit.

This offer will be available only until the end of the September meeting (9/14/17). The retail price thereafter will be \$15 each (plus tax).

Books will be available to preview again at the September meeting.

Payment can be made by cash, check or credit card at the meeting, or secure online payment through PayPal Link



Members Munch

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

Watermelon Tabouli

1 cup bulgur

¼ cup extra-virgin olive oil

Juice from 1 lemon

1 Tablespoon red wine vinegar

2 cups cubed watermelon

1 cup finely chopped mint

4 scallions, thinly sliced

Kosher salt and freshly ground pepper

Cook the bulgur as the package directs. Drain well if there is any water left. Transfer to a large bowl and set aside.

In a small bowl add the olive oil, red wine vinegar, lemon juice and salt and pepper. Whisk until slightly thick. Add the oil mixture along with the scallions and mint to the bulgur. Fluffing with a fork as you mix. Serve room temperature.

Carol Hamling

Chicken Spectacular

Barbara Quirk

INGREDIENTS:

1 box Uncle Ben's wild rice mix (cook per pkg directions)

3 Cups cooked chicken, chunked

1-16 oz pkg frozen French-style green beans (not cooked)

1 medium onion, diced

1 tsp fresh Thyme

1/2 Cup fresh Parsley leaves, rough chopped

2 Tbsp unsalted butter or vegetable oil

1 can cream of chicken soup

1/2 Cup mayonnaise

1/2 Cup Greek plain yogurt

1-4oz jar diced pimentos

1 8-oz can water chestnut, drained and chopped

Several shakes Sriracha sauce (opt)

1 C grated cheddar cheese for topping. (opt)

PREPARATION:

Preheat oven to 350 degrees.

Sauté onion in melted butter in small pan until translucent. Transfer to a large bowl.

Add all other ingredients and combine thoroughly.

Pour all into greased 3-qt casserole dish and bake 20-25 min. (until bubbly)

Put parsley over the entire casserole

Can be made a day ahead and cooked just before serving.

Note: I used buttered Panko crumbs and Parmesan cheese for topping instead of the cheddar



October garden tour a local/national partnership

Six outstanding private gardens in San Antonio will be featured on the Garden Conservancy Open Days tour to be held October 14th from 9am to 4pm. The tour showcases a range of garden styles that work well in our San Antonio climate and look great throughout the year.

The Gardening Volunteers of South Texas has partnered with the Garden Conservancy to raise funds to support and preserve important private and public gardens.

"Through Open Days, the Garden Conservancy is working to fuel the public's passion for gardens and gardening," according to the organization's website. "Since 1995, Open Days has welcomed more than one million visitors into thousands of inspired private landscapes – from urban rooftops to organic farms, historic estates to innovative suburban lots – in forty-one states. This incredible annual program is produced almost entirely by volunteers."

Gardens were selected for design and features with minimal lawn, placing focus on native and adapted plants. Among the garden styles scheduled to be on tour are:

a contemporary gravel garden in NW San Antonio designated as a SAWS Watersaver landscape that is lush and inviting,

another SAWS Watersaver Landscape on a suburban lot with oak trees in Deerfield,

a colorful artistic garden in historic Monte Vista,

a large European style garden in Hill Country Village,

a small native plant cottage garden and,

an eclectic new garden in Terrell Hills, reflective of San Antonio and the owners' travels.

Members of SAWS Rewards Program will receive points for visiting the two designated Watersaver gardens.

Tickets will be available at each garden on tour day and are \$36 for a day pass to all six gardens or \$7 for single garden tickets.

Hospitality Table

Schedule:
August A-M

Members' Sale Tables

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



Over the Fence...

2017 Program Line-up

SAHS online calendar:

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

September 14: Chritiano Prada , owner of Austin's Lua Brazil

September 16: CULTIVATE

October 12: Dr. John Abdo,

October 21: 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

September 25: 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 August

San Antonio Herb Society
2017 **General Meeting Minutes**

August 10,

Introduction: The meeting was called to order at 7pm by Mary Beth Wilkinson, Co-President.

Cell phones were silenced.

1. New members and guests were acknowledged.
2. Hospitality "thank-you" and thank you to those of the members who brought food for this evening.

For next month, LAST Names that begin with the letters N-Z.

3. Merchandise sales are open, got finally have, Large to 3 x polo shirts in dark green.

4. Newsletter articles & recipes are due by Aug 21, 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 Grace Emery for the newsletter.

5. The new directories are here, if you haven't gotten yours, please see the membership chairs Karen or Julie

6. Members not receiving Yerba Buena newsletter by e-mail, need to see Karen Lopez.

Announcements

1. The **minutes** from the previous month SAHS July General meeting approved as written
2. The **Treasurer Report** for June was approved as presented
3. Upcoming events are
 - Sept 16 9-12 at Church of Nazarene (new). Called CULTIVATE presented by Master Gardeners
 - Herb Market, 21 October
 - Solar Fest, November 4 (new), we have sign-up sheets available
4. The Cookbook is ready to print.

There is one copy for you to view.

·Tonight's Special Offer – For one month, starting tonight – you can order as many of these \$15 books as you like with a prepaid order for only \$10 (tax included) each.

·The last day this offer is available will be on September 14, our next meeting

· We expect the cookbooks to be available for pickup at the October meeting. All copies will need to be picked up. No shipping available.

PROGRAM: Adrienne Hacker introduced our speaker, Christopher Sanchez, a graduate student in Traditional

Chinese Medicine.

Program: *****

Next month's program Christiano Prada the owner of Lua Brazil

Next Board Meeting is at La Madeline, August 28, 2017 at 11:30am

Adjournment: 8:15

Submitted by Robin Maymar

Membership

Total 126

New Members: 3

New members for your directory below:

Levine Elias, Jr.

Kathi Pieper

Alison Hunt

Submitted by Karen Lopez and Julia Hudgins

Members in Action

SPA DAY—CULINARY II—FRIENDS TOGETHER





Treasurer Report July 2017

Revenue	
Membership	\$25.00
Merchandise (new books, aprons)	\$110.10
Name tags	\$69.00
Raffle July meeting	\$80.00
Total	\$259.10

Expenses

Garden Center Attendant fee	\$45.00
Garden Center monthly rent	\$85.00
Stamps for newsletter	\$49.00
Printing	\$41.27
Reimburse Solar Fest	\$150.00
Reimburse Raffle suppl	
\$10.00standard Stamp name tags	\$76.78

Total \$457.05

Net income (income-expenses) \$497.95

Assets (7/31/2017)

Frost cert of dep. as of 7/31/17	\$1220.19
Frost checking	\$5,980.32
Scholarship fund	\$1,197.15
Cash oh hand	\$50.00
Total Assets	\$8447.66

Submitted by Marsha Wilson

Newsletter Deadline for October

All materials for **September** due by 17th.
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@yahooUsed.com

Robin Maymar –Secretary and 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 9

It was all things fruit when our group met in August. Our Host, Norm had decided it was too hot to cook, so Summer Fruit was the Menu.

One of our innovative members whose love of capers is so well known we never know if they will show up on the top of baked apples or her Aunts apple cake, came up with a beautifully colored dish of Alfonso, Kalamata, Nicoise, and red and green Cerignola olives. To which she added roasted garlic cloves, herbs & caper berries. The caper berries are the size of small olives and very salty. We had two watermelon and feta cheese salads, both with red onions and mint. One of the dishes had cilantro and basil. Both were vibrant and delicious.

Looking for something more substantial one of our cooks brought a spinach, shrimp and cantaloupe salad. The cubed cantaloupe was picture perfect and enhanced with an orange vinaigrette dressing.

We also enjoyed a salad of butter lettuce, shredded red cabbage, sliced mango, blueberries and toasted walnuts. The cook was not happy with the original raspberry dressing so she brought a poppy seed dressing as well and let everyone choose for themselves.

As always we seem to have dessert. This month it was a sour cream pear pie with a streusel topping and forgotten cookies where one member couldn't keep her hand out of the container. (It is a challenge)

Jeanne was off to Missouri to get a close look at the eclipse, with the proper glasses of course.

In September we will be at Linda's home where we will discover corn. She asks that we please not bring corn on the cob. She wants us to "think outside the box".

October we will be at Mike's home exploring Mexican.

Whatever we do, we have wonderful food and conversation.

Carol Hamling August 17, 2017

Culinary 99

"Let's have a barbecue, and let's make it vegetarian, and everyone can bring what they wish!" Sandra suggested. So, we all met at her home on Hermine Street. Grace brought Mediterranean rolls stuffed with Pesto, chopped olives and Grated parmesan cheese. Pam gave us "Re-Run Salad"! A wonderful carrot and raisin salad, which she had made previously, but in a spectacular accident, the salad went everywhere and we did not get to taste a bit of it. It was worth the wait, a very good dish. Margie created a diced avocado salad, served in the avocado shell. Mike brought a pork tenderloin made with Dr. Pepper, and cooked in a slow cooker with barbecue sauce. He also made stuffed peppers with creamed cheese and a little sugar, delicious in orange peppers. Karen created crispy green beans, seasoned and grilled until crispy. Mary Beth made Dill potato salad, using our Herb Society Dill Mix. This should be on every member's pantry shelf. Robin made a mixed bean barbecue, completely vegetarian. Julie brought barbecue beef.

And our hostess, Sandra created both tofu and Seitan barbecue with sauce. Not complete full, Margie served dessert of served strawberries with whipped cream and tiny chocolate chips. I know more than one member served a second dollop of whipped cream just to sprinkle those little chocolate chips. What a clever addition! Clarence, Sandra's dear Bassett hound, hung out under the table and got lots of head pats.

Robin Maymar has volunteered to be the committee chair for the Culinary Sig for the coming year. Members helped brainstorm programs for the coming year. And we established dates for meetings and topics. More info to come! Next month we will meet at the home of and the theme is Cold Foods.

If you signed up for Culinary Sig II, we are inviting you to the next meeting, never fear. If you are new to Herb Society and would like to join us, please call Robin Maymar.

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

Weed-n-Gloat

COME JOIN THE FUN!!!

To join the Weed and Gloat team and Lenore Miranda, email her at tinkyny@earthlink.net

Texas Healthy Living

SPA DAY 2017

What Fun! I think a picture is worth a thousand words so my pictures are many and my words few:

We had a full house at San Antonio Yoga Center! Each member (and a few special guests) brought so many goodies to share. We had a feast for both breakfast and lunch!

The members each taught about the SPA product they made and gave each guest some to use and some to take home. Our faces were steamed, masked, toned and moisturized with all natural products! Our feet and hands soaked in herbs and oils, scrubbed with sugar scrub, our cuticles "battered" and softened with salve. We had breath mints and body powder, eye tea bags, and homemade goats milk soap! Diane Lewis organized the event and Randy Mass hosted but the overall success was the loving, caring and sharing of each member. This is an amazing group of women.



More information contact Marilyn Nyhus or Diane Lewis

Herbal Crafts

Tips on Infusing Vinegars

Balsamic vinegars often have a system of 1-4 leaves to signify how sweet they are, with 4 leaves being the thickest and sweetest.

Heat the vinegar almost to boiling. Place your favorite herbs in a glass container. Using a funnel, pour the warm vinegar over the herbs. Place lids on top. Agitate everyday. Ready for straining and use after 2 weeks.

Some ideas for flavor combinations:

1. Anise, orange peel, star anise.
2. Lemon peel.
3. Fresh garlic, rosemary, or any combination of herbs from your garden.

Mark your calendars for our next two sessions:

Saturday, September 16, 10 AM: Pottery

Contact: Janet Huffman

C: 210-219-3720

huffmanj54@gmail.com

Saturday, October 7, 10 AM: Apothecary Project

Contact: Leslie Bingham

C: 210-445-8665

lesliegwlive.com

Join us for the meeting of the Herbal Craft SIG

For information : Rebecca Kary

210-843-0598

karyrebecca@yahoo.com



Aromatherapy SIG

The Aromatherapy SIG generally meets on 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).

Up to this point we have done an in-depth study of one essential oil, each person of the group exploring and sharing about a specific area related to the plant and/or oil. In July, we studied peppermint, which is the most highly regarded herb/oil used throughout history for supporting digestion, and we found LOTS of information on peppermint—probably our largest study yet!

In August we are going to take a look at extraction methods, each person focusing on one method of extraction. We are probably going to start Kurt Schnaubelt's Aromatherapy Course in October, which will be a year-long study. Please contact Jean Dukes @ 210.566.4379 if you would like to join the study or if you have any questions about the SIG.

Jean Dukes

It Makes Scents

210.566.4379

Aromatherapist

Mad Hatters

Tea Wisdom for the month :

"Perhaps it is while drinking tea, that we can enjoy the sense of leisure"

Linda Barker

For information contact Linda Barker at lnbdesignline@aol.com

Plant Sales

Fall Plant Sale

September 23-24; 10am – 2pm

October 14-15, 10am – 2pm

Included with general admission. Members enjoy this event for free with early admission at 9am.

Celebrate September – an optimal month for planting! Select from 200 different species of plants not widely available.

The heat is done (or so we hope) and it is time to return to our gardens. There are numerous good fall bloomers, all waiting for our dear customers at the sale. These include; skeleton leaf viguiera, Gregg's mistflower, bush morning glory, pink passionvine, and three shades of porterweed, not to mention our extensive offering of salvia.

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 Holmgren 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"

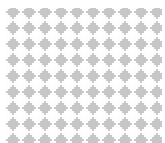


Business Members

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