



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 335 January 2018

The San Antonio Herb Society is organized to bring together those who are interested in using, growing and promoting the general knowledge of herbs to the membership and the public at large.

San Antonio Herb Society Presents Herb of the Year-Hops

Come and learn everything you need to know about the 2018 Herb of the Year: HOPS from 6:30 to 8:30 PM.

Our Hops presentation will feature two speakers,

our own member, Leslie Bingham will teach us how Hops have been used for over 10,000 years, in the orient as a flavoring agent, through biblical and Roman times, when it was known as 'the bitter herb'. Leslie will give us an overview of this unique vine, highlighting its medicinal properties along with its more modern day uses.

Then meet Jim Hansen, a recent transplant who is opening a major craft brewing operation in San Antonio, Brew Monkey Co. Jim will take us on a journey of hops and beer making. Jim has been in the brewing business for over a decade and as a master brewer is on a mission to insure that all fine alcohol connoisseurs appreciate the nuances associated with hops and making beer.

The meeting will be held at the San Antonio Garden Center, 3310 New Braunfels from 6:30 to 8:30 PM. Admission is free and the public is welcome.

Kate Stein, the NEW Champ of the Christmas Table Decorations, Australian Style.



**2017 Membership Form on Page 7.
Don't forget to renew your membership
today!**

Members Munch

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

All About Cookies\

Coconut Almond Oatmeal Lace Cookies

Makes about 30 cookies: Active Time 2 hr Total Time 2 hr

Ingredients

For cookies: (Double batch)

1 stick unsalted butter (2 sticks)

1/4 teaspoon almond extract (1/2 teaspoon)

1 egg, lightly beaten (2 eggs)

1/2 cup packed light brown sugar (1 cup)

1/4 teaspoon salt (1/2 teaspoon)

3/4 cup sweetened flaked coconut (1 1/2 cups)

3/4 cup rolled old-fashioned oats (1 1/2 cups)

1/4 cup almond flour (1/2 cup)

1/4 cup fine chopped almonds (1/2 cup)

1/2 teaspoon cinnamon (1 teaspoon)

1 tablespoon grated orange zest (2 tablespoons)

For decorating:

3 ounces fine-quality bittersweet chocolate, finely chopped and melted

3 ounces fine-quality white chocolate, finely chopped and melted

Equipment: 2 (17-by 11-inch) nonstick bake ware liners such as Silpats; 2 heavy-duty sealable bags

Preparation

Preheat oven to 375°F with rack in middle. Line 2 large baking sheets with nonstick liners.

*Melt butter with brown sugar and salt in 2-quart saucepan over medium heat, stirring frequently with a wooden spoon, until butter has melted and mixture is smooth. Remove from heat.

*Stir in almond extract, coconut, egg, oats, almonds, almond flour, cinnamon, and orange zest.

*Drop teaspoons of batter 2 inches apart on 1 baking sheet and spread each to about 2 inches with an offset spatula or back of a spoon.

*Bake until cookies are bubbling and golden brown, 8 to 12 minutes. Cool on baking sheet on a rack until firm, 1-2 minutes, then transfer cookies to rack to cool completely. Form and bake more cookies on second baking sheet (wipe liners clean and cool between batches).

Decorate with chocolate

*Cool melted chocolates slightly. Transfer each to a sealable bag and snip a 1/16-inch opening at a corner of each bag. Put some of cooled cookies on a parchment-lined tray that will fit in freezer, then pipe chocolates decoratively over cookies. Freeze 2 to 3 minutes to set chocolate, then carefully remove cookies from parchment.. Cookies keep, layered between parchment in an airtight container, at cool room temperature 1 week.

Nellie Knirsh

CANDIED GINGER AND ORANGE ICEBOX COOKIES

1/2 cup butter, softened

3/4 cup granulated sugar

1 1/2 tsp baking powder

1/8 tsp salt

1 egg

2 cups all purpose flour

1/3 cup finely chopped crystallized ginger

4 tsp orange zest

3/4 cup coarse white decorating sugar

In a large bowl beat butter with a mixer on medium to high 30 seconds. Add granulated sugar, baking powder, and salt. Beat on medium until combined, scraping bowl as needed. Beat in egg. Beat in flour. Stir in crystallized ginger and orange zest.

Divide dough into three portions. Shape each portion into a 7-inch roll. Coat rolls in decorating sugar. Wrap each in plastic wrap or waxed paper. Chill dough until firm enough to slice (about 4 hours).

Julie Hudgins

Pecan Cheese Rounds (Savory)

1 lb. margarine (do not use butter)

1 lb. Sharp New York cheese, grated

4 cups flour

Cayenne pepper to taste

Cream margarine, add grated cheese and blend well.

Add flour and cayenne and blend.

Roll into one inch balls, press a pecan half on top.

Refrigerate over night.

Bake at 250 or until brown and crops.

Makes 10-12 dozen.

Freezes well.

Pam De Roche

*Hospitality
Table*

*Schedule:
January M-Z*

*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> **2018 soon**

January 11: Herb of the Year, Hops, Leslie Bingham

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

January 8: 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 herb lovers.

Sandra Woodall for details.
lwoodall@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://sanantoniogardencenter.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://gardeningvolunteers.org](http://gardeningvolunteers.org)

Bexar County Master Gardeners

BCMG general info 210-207-3278 bexarcounnymastergardeners.org/ New class starting in February on the website in December!!!

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.

Inside this issue:

Member Recipes	2
Over the Fence	3
December Minutes and Members in Action	4
Treasury Summary Officers' contact info	5
SIG reports and Membership	6-7

SAHS General Meeting December 14, 2017

Introduction:

The meeting was called to order at 7:10 pm by Grace Emery, President.

New members and guests were acknowledged.

The President announced that the business meeting was to be conducted next month.

HOLIDAY BANQUET Thursday: ADOPT A TABLE CONTEST was a great success. We had two judges, Mary Jane and Henry Galindo, who said everyone deserved to win but the trophy was taken home by the Australian Table done by a new member, Kate Stein. We had Robert Wiseman entertain us and Yankee gift exchange also to entertain us.

NEWSLETTER: Reminder that Newsletter articles & recipes are due by January 20, 2017. Send newsletter articles and recipes to gemery49@yahoo.com. Include the name of the recipe or article topic and your own name.

Next Month well be our annual Herb of the Year Presentation of HOPS, Leslie Bingham and will be co presenters on the subject.

Adjourned 9:00 PM

Well it's Party Time::



Membership

Total 132

Renewing Members:

Mike Belisle

Marsha Wilson

T and M Aslakdron

Carol Hamling

Christine Sinick

Ester Sutton

Alfred and Nora Richards

Business:

Jean Dukes

Submitted by Karen Lopez and Julia Hudgins

Members in Action





Treasurer Report November 30, 2017

Revenue

Pay Pal transfer November	\$245.18
Membership fees , name tag	\$130.00
Used Book Sales	\$18.00
Solar Fest Cash sales	\$190.00
Christmas in November Sales	\$508.00
Total	\$1312.18

Expenses

Garden Center Rental	\$85.00
Garden Center Attendant fee	\$45.00
Reimbursement(Spritzers/tea)	\$225.92
Reimbursement (Herb Salts)	\$48.36
Reimbursement Cul Sig	\$6.79
Reimbursement (Merchandise printing)	\$162.18
Reimbursement (nametags)	\$38.97
Reimbursement (newsletter printing)	\$28.58

Postage newsletter mailings \$98.00

Storage Rental (\$936-\$104=728.00)

Total	\$738.00
Net Income	\$573.38

Total Assets 11/31/2017

Frost Cert of Deposit	\$1220.19
Frost Checking	\$8,603.49
Scholarship Fund	\$1,197.27
Cash on Hand	\$50.00
Total Assets	\$ 11,070.95

Submitted by Marsha Wilson

Newsletter Deadline for January

All materials for newsletter due on January 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

Mary Beth Wilkinson Co-President
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 Book Wrangler
210 494-6021 H; 830 459-8415 C
robinmaymar@gmail.com

Karen Lopez and Julie Hudgins- Membership Co-Chairs
I_quilts@yahoo.com and emhugins@aol.com

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

Lisa Kelly and Margie Larkin– Co-chairs 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

We started festivities with wassail and adult beverages to go with a variety of appetizers including goat cheese covered with a pumpkin marmalade, cheese pizza squares, guacamole, fig and fennel caponata, two kinds of hummus (vegetable and chili pepper), pickle vegetables and olives. After serious inroads into the array, we were ready to retire to the living room to discuss (and sample!) each of our treats.

Crunchy and with great depth of flavor were ginger molasses Snicker doodles. These were followed by authentic raspberry Linzer cookies. Think almond shortcake cookies sandwiched between seedless raspberry preserves—a combo both beautiful and delicious. Next to try were the aptly named ambrosia cookies, an oat-based confection chockfull of dates, golden raisins, coconut and pecans, with a dash of orange zest.

A nice change of pace were chocolate peanut clusters, a wonderful four-ingredient fudge made in a crock pot. A family recipe for Christmas cookies that included dried fruits (cranberries, dates, golden raisins) and pecans were made vegan with Earth Balance stick margarine and aquafava (or bean water) as the egg replacer, lost none of the flavor or texture of the original. We then tried classic Snicker doodles, all the more special because our very accomplished cook almost never tries to make cookies. Another delicious ground almond-based shortcake was Mexican wedding cake crescents. To say we were on a sugar high after all our sampling is an understatement!

After doing a spirited Yankee trader ornament exchange (or swap and steal!), we parceled out our packages of cookies and then headed out into the weather with lots of holiday wishes for all. Next month, our group will again meet at Jeanne's with the foods of Italy our theme. Stay tuned!

Submitted by Jeanne Hackett

Culinary Sig 99

"Let's have a duck dinner, you bring the duck." My dad used to say. As I drove out to Margie's house I thought of this and felt guilty. I was headed on a noble cause, to help Houston friends pack to leave for Virginia I had never been to a flooded area like this before, and was not sure that we would be back in time for the Cookie Exchange. I had made the Chocolate Mint Brownies ahead just in case. And, here we had set Margie to hostess, and I might not even be there for support. Thirteen brave folks came to the annual cookie exchange, even Santa was an arrival! We were greeted with the snow and warm hearts and some of the most delicious beef stew I ever tasted.

The **Chocolate Mint Brownies** (below) are an invention of my neighbor, Jan Groen. She said she would e-mail, but then just gave me the recipe from memory. It has been revised a few times, as that memory brownie did not turn out too well. And I added nuts and chocolate chips, just to make sure it was decadent! Probably needs ice cream and whipped cream to take it completely over the top. Julie Hudgins sent in her recipe with her RSVP, which was grand, because I could begin the file right away. Julie is always so thoughtful. Her **Candied Ginger and Orange Icebox Cookies** and Sandra's **Rose Petal Butter Cookies** both use refrigerator roll technique. Diane Lewis details how to do this in the Rose recipe. What great make-ahead techniques.

Coconut Almond Oatmeal Lace Cookies, were by Nelia Knirsch. These look spectacular, with piped chocolate on top. However, it says "Cookies keep, layered between parchment in an airtight container, at cool room temperature 1 week." Humpf! I could not keep these one day! Eaten all up!

Mary Beth brought **Anginetti Cookies**, I suspect an Italian import. Adrienne brought **Spicy Rum and Liqueur Balls** and J Ann brought **Malted Cookies**. Mike Belisle made his infamous Snicker doodles.

That is a lot of sweetness. To change things around a bit, Pam brought **Pecan Cheese Rounds**. Topped with a whole pecan, these are a savory offering, a perfect counter to all the sweet. Grace bought some Lemon Rosemary Thyme shortbread cookies that melted in your mouth.

I was so sad, as we drove back Thursday afternoon, I knew we would be too late to join our friends. The rain was heavy and the weather turning grim. We kept getting "Be careful" and "Turn back now" messages on our phones. The snow hit us as we drove into San Antonio, it swirled around us and the lights at Incarnate Word College, making a wonderland for us to drive through. At least, a beautiful end to our journey.

The next Culinary Sig dinner will be hosted by Sandra Woodall and since Hops is our new Herb of the Year, it might be that or the theme chosen by our hostess, 6:30 PM, Thursday January 25th, 2018!!!

Submitted by Robin Maymar

Weed-n-Gloat

The Weed n Gloat team meets on Tuesday, January 2 to do the monthly chores. Actually with weather high 32, we are not meeting this month.

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

Texas Healthy Living

More information contact Marilyn Nyhus or Diane Lewis.

Herbal Crafts

The Craft SIG will take a break over the Holidays. Our Planning Meeting is Jan 20, Saturday at 10am at Marilyn Nyhus' home. Any questions please call Rebecca Kary 210-843-0598 or Marilyn Nyhus 210-606-2933.

Aromatherapy

The Aromatherapy SIG usually 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). Please contact Jean Dukes @ 210.566.4379 if you would like to join the SIG or if you have any questions.



San Antonio Herb Society Membership Application/ Renewal
January- December 2018

If you joined after October 1, 2017, you are a member through December 2018

Print, fill out completely and mail form with your check to: (or turn in at a meeting)	San Antonio Herb Society P.O. Box 90148 San Antonio, TX 78209
---	--

Name _____
(Name as you would like it to appear on your name badge).

Address _____ Apt/ Ste # _____

City, State _____ Zip _____

Phone () _____ Home/ Work/ Cell (circle one)

Alt. phone () _____ Home/ Work/ Cell (circle one)

E-mail _____

Alt. E-mail _____

Please check one: New member Renewing member

Membership Category: Single (\$25) Dual (\$35) Business (\$40)

How did you hear about the San Antonio Herb Society?

What programs would you like to see in the coming year? The more details the better.

I would like to be a GREEN member, receive newsletter & other information vial email

I do not want my personal information to be shared on the SAHA membership list

I am interested in helping with:

Banquet Committee Spring Banquet Winter Holiday Banquet

Hospitality Committee (decorate refreshment table, make tea, etc.)

Greeter/ Membership (a great way to meet people and welcome everyone)

Chairperson for plant sales or other events. (help keep the lights on)

The booths at Spring or Summer Plant Sales Book Sales Herb Market in Oct.

Being a Board Member (please list your skills) _____

Newsletter "The Yerba Buena": write articles; help coordinate regular features, etc.

Speaking at one of our meetings- your topic(s) _____

Maintaining the herb garden at San Antonio Botanical Garden (Weed & Gloat)

Maintaining a SAHS sales table at monthly meetings

Leading a Special Interest Group (SIG)-your interest area(s) _____

Office Use Only

CASH Check # _____ Amount _____ PayPal

Date received _____ Date \$ given to treasurer _____

Green member ? Y N

Date information entered into data base _____ **This form also available**
at www.sanantonioherbs.org

Nature's Herb Farms

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

Diane Rose Lewis

Herbal Cooking, crafting, gardening, Aromatherapy & Wellness Classes.
210-394-5885
lewisdr@swbell.net
Dianeroselewis.ylsocial.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

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.boerneholistichealth.com>

Lyn Belisle Studio

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