



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

San Antonio Herb Society

Come to our October 12, 2017 Program!

Dr. John Abdo

Dr. John Abdo will discuss herbal preparations to alleviate winter ill's and ails. Dr. Abdo is a Naturopathic Doctor and PhD in clinical nutrition, and has been practicing clinical nutrition in San Antonio for 40 years. Learn about a holistic approach to winter health, which includes anticipating problems as well as treating symptoms.

Refreshments from N-Z 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.

Acknowledgements for our Contributors to New Cookbook, "A Texas Bouquet Garni of 12 Herbs"

The cookbook committee would like to thank and recognize everyone who contributed to the most recent cookbook!

It was a three-year project, with starts, stops, illness, relocation, and even a death, of committee members. Many of you offered recipes, suggestions, encouragement (and criticism!) – all of which culminate in the delightful cookbook of 2017 "A Texas Bouquet Garni of 12 Herbs".

The committee took on the task of testing each recipe, some of which didn't come out as written (NOTHING needs a cup of salt!). All recipes were tested without contributor's name and evaluated not just for flavor, but ease of preparation, availability of ingredients, and featured herb. They were tasted by the committee, as well as unsuspecting testers at our monthly meetings, board meetings, various SIGs, and even outside groups!

The final committee: Grace Emery, Marilyn Nyhus, Karen Lopez, Robin Maymar, Adrienne Hacker, Barbara Quirk and Mary Beth Wilkinson - with Marilyn Nyhus and Leslie Bingham taking over editing- could not have got it done without the recipe contributions from all! We had over 250 fantastic recipes submitted! It was often difficult to choose between recipes, finally choosing those that would fit within the format of the book. Some wonderful recipes were not included in this edition (many of you are better cooks than our anticipated audience!) – but don't feel bad -we saved them for the next one!

Contributors (in no particular order) were Marilyn Nyhus, Marguerite Hartill, Penny Caldwell, Karen Lopez, Yvonne Baca, Bernetta Haden, Carol Hamlin, Lenore Miranda, Margie Larkin, Mary Beth Wilkinson, Adrienne Hacker, Jennifer Hickman, Sara Emery, Olivia Emery, Lynda Klein, Pat Hasser, Jane McDaniel, J. Ann Bauerkemper, Leslie Bingham, Mike Belisle, Barbara Quirk, Diane Lewis, Dean and Gilda De Benedictis, Gloria Ortiz, Lyn Belisle, Bonnie Mayhorn, Cheryl Morrisey, Sara Fennel, Grace Emery, Betty Riggs, Jeanne Hackett, Mary Gregorie, Randy Mass, Emily Sauls, Linda Barker, Loretta and Norm Hastings, Katheryn Seipp, Andrew Waring, Ann Rossi, Julie Hudgins, Pam DeRoche, Sandra Woodall, Lisa and Mike Kelly, Aurora Canales, Carol Haulser, Marsha Wilson, Joe- Beth Kirkpatrick, Don and Trini Reiter, Martha Valdez, Jamie Whitfield, Loretta Van Coppenolle, Rosa Luna, Robin and Milan Maymar, Jackie Bonney, Gary and Gilma Bobele, Frankie Campbell, and Basil and Mary Jo Aivaliotis. Any omission is unintentional and comes with apologies.

The main thing we shared with all who helped us was the love of the San Antonio Herb Society and cooking with herbs. Again, many thanks to all! We hope you enjoy *our* new cookbook!

*Be sure to view the full color version of this newsletter @ www.sanantonioherbs.org
If you would prefer to receive the SAHS newsletter electronically, please contact Mary Beth Wilkinson*

Members Munch

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

Quinoa Salad *by Marilyn Nyfus*

4 C Quinoa, cooked & cooled
1 C red pepper, chopped
1 C dried cranberries
1/4 C chives, chopped
1/4 C parsley, chopped
1 C Power Greens (mix of baby kale, baby chard & baby spinach)
1/2 C almonds, slivered & toasted
Dressing:
1/2 C EVOO (extra virgin olive oil)
1/2 C white balsamic vinegar
4 t Dijon mustard
1-2 T sugar
salt & pepper to taste
whisk all dressing ingredients together

One hour before serving, mix quinoa, red pepper, cranberries, chives, parsley and dressing together. Refrigerate.

Just before serving add greens to above mixture and sprinkle almonds on top.

Jalapeno Pepper Dip Jann Bauerkemper

Ingredients:

2 packages softened cream cheeses, 8 oz ea
1 C Mayonnaise
1 C Mexican blend cheese grated
1/2 cup Parmesan cheese grated
4 seeded jalapeno's chopped
1 C Panko crumbs
1/4 C unsalted butter
2 tbspp snipped chives

Preparation:

Mix 1st five ingredients in greased 8 by 10 glass baking dish

Mix bread crumbs, parmesan, butter and spread on the top and bake at 350 until bubbly. About 20 minutes
Serve and enjoy with tortilla chips.

Mediterranean Salmon or Tuna Salad

by Diane Lewis

1 large can (12 ounces) salmon or tuna, drained*
1/4 cup "olive oil" based mayonnaise or olive oil "Miracle Whip"
1/4 cup chopped sun-dried tomatoes in olive oil, lightly drained**
1/4 cup quartered, pitted kalamata olives or pitted black olives
1 TBS pickle relish (sweet or "sweet and sour")
1 tsp prepared honey Dijon mustard
1 tsp fresh squeezed lemon juice (optional)
1/8 tsp garlic powder, or to taste
1/8 tsp "smoked" paprika or paprika***
1 to 2 tsp choice of chopped fresh dill weed, fennel, or basil
1 to 2 tsp chopped fresh onion chives
1 tsp chopped fresh parsley (optional)
Sea salt and freshly ground pepper, to taste

Lightly mix together the above ingredients. Add garnishes (below) as desired.

Salad may be served with favorite crackers, bread or on bed of leaf lettuce.

Garnishes: Scatter around edges of this salad in a single serving bowl: 2 TBS roasted pine nuts (Skillet roast over low heat, stirring until fragrant, allow to cool before use). Decorate dish with sprigs of fresh herbs used from above ingredients. Divide roasted pine nuts and sprigs of herbs to garnish individual servings on leaf lettuce.

*Prefer canned de-boned salmon without skin.

**A little seasoned olive oil from sundried tomato adds flavor to this dish.

***Try "smoked" paprika, makes this dish extra delicious!

*Hospitality
Table*

*Schedule:
August N-Z*

*Members' Sale
Tables*

*Please contact the
Program Chair to
arrange for your ta-
bles at least two*

Over the Fence...

2017 Program Line-up

SAHS online calendar:

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

October 12: Dr. John Abdo,

October 21: Herb Market

November 4: Solar Fest

November 9: TBD

December 14: United Nations Christmas Around the World, Decorating contest. Sign up for a table!!!

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

October 30: 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.
lswoodall@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://gardeningvolunteers.org](http://gardeningvolunteers.org)

Bexar County Master Gardeners

BCMG general info 210-207-3278 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 Herb Society General Meeting September 14, 2017

Meeting was called to order at 7 pm by Grace Emery, President.

Attendees were reminded to silence or turn off cell phones.

We welcomed guests:

The Reiters brought students, Mohammed from Oman and another gentleman from Bulgaria

Irena Kosiba was also a guest

Members M- Z were thanked for bringing food for our abundant table. Tastefully decorated in a clever "Back to School" theme.

Merchandise was for sale both at the t-shirt table, and the used books table. Reminder: if you know someone who is downsizing or moving, remind them that they can help fund scholarships for students by donating their books to the Herb Society.

Newsletter deadline: September 21, send to Grace Emery
Directories are here, pick up your copy at the Membership table.

If you are not receiving *Yerba Buena* or E-blasts about meetings, be sure to contact Mary Beth Wilkinson, at soapfisticated@gmail.com

New cookbooks are for sale, today is the last day to purchase at the \$10 value price. Books will be available at the next meeting. Keep your receipt!

Business

The minutes for the previous meeting were approved

The treasurer's report was approved.

Upcoming Events, sign-up sheets are circulating for:

Herb Market Saturday October 21, at the Pearl from 9 to 3

Solar Fest, Saturday November 4 at Roosevelt Park, 331 Roosevelt Ave, San Antonio, 78210

Cultivate, put on by Bexar County Master Gardeners, on West Avenue, Saturday September 16. Mary Beth Wilkinson is chair of this event.

Lenore Miranda reminds us of a plant sale at the Botanical Gardens.

Program was introduced by Adrienne Hacker, our guest speaker was Aaron, from Lua Brazil.

He told us about Casava root and the tapioca that was made from it. This versatile substance is a complex carbohydrate with a lot of nutrition in it. Paired with other high-powered ingredients, it makes a sustaining food. He baked many different types: chocolate, basil, cheese, and power bread. The samples were baked like small biscuits. They have a crispy outside and a gummy interior. Reminds me of Bubble Tea which is also made with tapioca.

Next Board meeting will be at La Madeline, September 25, 2017 at 11:30 am

Our next General Meeting will be October 12, at the Garden Center, featuring Dr. John Abdo from Dayspring International.

Submitted, Robin Maymar

Membership

Total 128

Renewing Member: Yvonne Baca

Submitted by Karen Lopez and Julia Hudgins

Members in Action



Culinary Sig II enjoys their feast



Culinary Sig I is ready for celebrating the Fall

IT IS HERE!!!!

PICK UP YOUR COPY AT THE GENERAL MEETING



Weed and Gloat Shining!!!!



Who says Horseradish does not grow in San Antonio

Cultivate

The San Antonio Herb Society attended the first annual *Cultivate!* event sponsored by BCMG on Sept. 16th. Many thanks to Annette Hoffman, Marsha Wilson, and new member Elaine Garcia for volunteering at this fun event!

Attendance was free to non-profits, with the caveat that we did a mini-presentation. Our presentation 'Full circle gardening- harvesting seeds to use in next year's garden', was first of the morning, and mostly attended by event participants rather than the general public. There was some great discussion and 'secrets' of successful gardening here in San Antonio – vegetables as well as herbs! A good topic for future events.

As a first-year event, traffic started slow, but picked up later in the day. There were two plant sales, a children's planting activity, and many local gardening groups present. Our booth activity, 'separating seeds from chaff' using basil seeds, seemed to go over well, with many participants separating seeds and taking them home to plant. Again, a fun activity we may do elsewhere! We were able to talk about the Herb Society and hand out literature about our meetings. And even though it was not a sales oriented event, the ever-popular Refreshing Spritzers and eye pillows did sell. Next year should be even better – hope to see you there!

Treasurer Report August 2017

Revenue

Cookbooks (preorder/cash/orcheck	\$170.00
Cookbooks (preorder/\$180 Pay Pay	
Name tags	\$40.00
Membership Fee (35.00 PayPal)	\$35.00
Total	\$210.00

Expenses

Garden Center Attendant fee	\$45.00
Garden Center monthly rent	\$85.00
Speaker fee	\$50.00
Insurance (State Farm)	\$500.00

Storage (\$1144-\$104= \$1040)	
Total	\$680.00

Net income (income-expenses)	\$470.00
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Assets (7/31/2017)

Frost cert of dep. as of 7/31/17	\$1220.19
Frost checking	\$5,510.32
Scholarship fund	\$1,197.15
Cash oh hand	\$50.00
Total Assets	\$7977.66

Submitted by Marsha Wilson

Newsletter Deadline for November

All materials for **October** 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@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**
I_quilts@yahoo.com and emhudgins@aol.com
- Sandra Woodall - Publicity / Speaker's Bureau Contact**
210-824-5422 H, lswoodall@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

Our SIG had another lovely and scrumptious meeting, this time at Linda's where we celebrated all foods featuring corn as a main ingredient. Our host hoped we would be inspired to reach a bit beyond our usual comfort zone, and we did!

We interspersed descriptions of our offerings with some fun corn trivia: for example, did you know that Native Americans taught early colonists how to pop hard corn, and they subsequently used it as a breakfast cereal? Or that in Britain, edible seeds such as corn, wheat, barley and rye are all known generically as grain, or that the word corn is spelled and pronounced the same way today as it was in Old and Middle English? Or that sweet corn typically has 16 rows and 800 kernels per ear? Fun, but for us, what we create is the thing. We started with several appetizers including two delicious corn dips with similar ingredients (corn and black beans) but with very different flavor profiles thanks to seasoning and binding sauce. Lightly broiled polenta rounds topped with marinara and parmesan were a pretty and tasty example of Italian comfort food. Soups were next, with a hearty and fragrant pork loin based pozole spiced with chipotle, cumin and cilantro, and a creamy corn and roasted poblano soup that owed its texture to the pureed corn and its flavorful broth from long simmering of the cobs.

One entrée that particularly intrigued was a Chilean ground beef and corn casserole which also featured layers of raisins, black olives and hard boiled eggs. The corn was pureed and simmered with milk to become a sort of baked pudding spread over the top—unusual and delicious! Another hit was a Louisiana style spicy shrimp and cheesy grits platter, flavored with cayenne, Andouille sausage and tomatoes. A delicious side was "chuck wagon" corn cakes, similar to potato pancakes in technique, but using corn and rice instead of spuds. Despite our cook thinking they were too 'heavy', we all loved her raised corn bread, a yeast bread that combined AP flour and cornmeal along with corn kernels that was great by itself and even better with a smear of butter.

And of course we had some lovely sweets, including an addictive mix of popcorn, seeds, dried blueberries and cranberries tossed with a maple syrup mixture, all inspired by foods native to the Americas, and on which we noshed throughout the evening. A two-layer chocolate cake featuring caramelized sweet corn pureed with buttermilk in the batter, then topped with a decadent chocolate ganache and homemade caramel popcorn garnish was gorgeous and delicious. A beautiful and moist polenta-based cake was flavored with fresh orange juice and zest, then topped with a marmalade syrup, with whipped cream on the side...yum! As if this was not enough, we also had what we decided was an excellent palate-cleanser, a lemon-blueberry corn cake, a loaf-style quick bread that was wonderful no matter when one wanted to eat it!

Next month, we head to Mike's, our host for the foods of Mexico. Stay tuned!

Submitted by Jeanne Hackett

Culinary Sig 99

"This house reminds me of Hawaii," my sister said. "Louvered windows all wide open, ceiling fans and lots of shade." The Culinary Special Interest group was greatly relieved to find that the windows had been closed and the air condition was making the house very cool. Cool- the theme of our most recent meal. We all brought things that would keep us out of a hot kitchen.

Mike Belisle started use off with Sopa de Ajo, Garlic soup. This versatile dish can be served a variety of ways: hot, cold or room temperature. It was a lovely, refreshing soup, served over croutons. We kept a little aside to see how it would taste hot, and whether it could be frozen or not. Second came Caesar salad with grilled chicken. Mary Beth had put together a "real" Caesar, complete with the anchovy paste that makes it so good. She had grilled the chicken at home, so we could all remain cool. Grace followed with a platter of grilled vegetables: asparagus, red peppers and home grown green peppers.

Karen presented 'dill dip and dippers', cauliflower, broccoli and dill dressing made with tofu! She thought maybe it would be thicker if she had used the firmer tofu. Some who were not fans of tofu, were pleasantly surprised at the good taste. It is also entirely vegetarian.

Gloria brought beef Scalpicon salad, which features cooked and ground beef. See the photo for a beautiful geometric presentation. Part of the features of this salad is the jelly from the tomatoes is added as a garnish. Another salad was presented by Julie, who had created a pasta-pesto salad.

To finish, Sandra brought crisp slices of watermelon. Robin offered Milanese Gremolata infused balsamic vinegar to try on top of the watermelon, while Sandra mixed up fruit smoothies to cool us all down. We took a pause to sit on the terrace and feel the warm evening breeze. The hummingbirds entertained.

Finally, after much friendly conversation, Robin brought out her balsamic-strawberry gelato.

Our next venture, in August will be on Saturday the 26th from 10 to noon or so. We plan to make garlic salt and some herb blends for Herb Market in October. This will be an open meeting, so anyone in the Herb Society is welcome to come. Announcements as to what to bring will be forthcoming. If you have herbs that you have dried, and want to contribute them to the cause, just notify Robin Maymar or Grace Emery. We will have a picnic lunch, everyone share, after we get the packages sealed.

Weed-n-Gloat

The Weed n Gloat team met on Monday, September 25, to do that they do so well: dig and delve, weed and sow and gloat, too. That we saved for last. The Herb Garden at the SA Botanical Garden, is looking fine - with herbs thriving and blooming. An enormous frilly-leaved purple basil is vying with the horseradish for space in one of the whiskey barrels which SAHS donated to the Herb Garden a couple of years back. Horseradish was herb of the year a few years back - it is doing SAHS proud now in its spot. The Mexican mint marigold and rock rose are in bloom, and the various peppers, planted earlier, are a sight to behold. We weeded between the plants, pulled out some hackberry, Hawaiian bridal veil, and clover, and sowed cilantro, chamomile and chervil, all plants - when they grow! - that favor the cooler seasons.

Working - and gloating upon finished work - today were Robin, Michael and Lisa, Marsha, Gloria, Allison and Jane and do not forget Lynda Klein who waters twice a week!!

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

Texas Healthy Living

No meeting in September but October will be a field trip. More information contact Marilyn Nyhus or Diane Lewis

Herbal Crafts

How is Pottery Related to Herbs?

"Pottery" said the invitation. Saturday September 16 in the Hill Country. Janet Huffmans's house is large and inviting. The studio behind is marvelous. It is designed for both ceramics and woodworking. Skylights and high ceilings make it spacious. After coffee in the kitchen we went to the studio. Our task was to create something out of pottery. Janet showed us how to use what looked like a large pasta press to roll the clay to the thickness we needed. And her husband had already prepared round lumps of clay to use on the wheel. Potter is a two-step process: design, make and let dry; then paint with glaze and fire.

Diane Fox brought a project Kathryn Seipp had completed: an herbal design switch plate for a light switch. Because clay shrinks when it is fired the slot for the switch was too small. She carefully traced the original, making the slot longer to accommodate. I am sure there is a complicated mathematical formula for figuring the shrinkage of clay, but she used the "seat of the pants" navigation style instead.

Lisa Kelly had a decorative hanging in mind. Using silk maple leaves she traced the pattern in thin clay, etching in the veins. She also made some Scotties to hang for another mobile.

Robin Maymar and Allison Hunt both "threw" their pots. That is not a messy violent activity, rather it means you turn the clay on a wheel to hollow it into a pot form Allison made a low flat bowl that looked great. Robin, on the other hand, tried something too ambitious and ended up with something looking like the "Choosing Hat" from Harry Potter. Throwing pots on a wheel is way harder than it looks. After a lot of fooling around on Robin's part and True Art on the part of the rest of the group, we decided to let the pottery dry, and went outside with our host to visit the garden.

Janet has a fine crop of spinach, which we gathered into bags. She also has lots of herbs, and, to my joy, leeks all planted for fall. We had not seen leeks for sale, so after fond "Good byes" and "Thank yous" we headed for Rainbow Gardens to find leeks.

To answer the question: use pottery to enhance the garden with hanging, build containers for favorite herbs, or to contain cut herbs, and copy the motif for use in the house to remind you of favorite herbs. Pottery is a nice adjunct to any herb garden or herbalist.

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

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). Generally, 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 September we learned all about many of the different extraction methods of essential oils. In October we will take a look at bergamot, which is cold pressed from the rind of a citrus fruit that is not generally eaten, but bergamot is the flavoring for Earl Gray Tea, among other uses. Our meeting date in October will be October 3rd and later in the month we are taking a field trip in combination with The Healthy Living SIG to Hamilton Pool, the Dripping Springs Olive Orchard, having lunch in Dripping Springs and then visiting The Solstice Gardens. Please contact Jean Dukes @ 210.566.4379 if you would like to join the SIG or if you have any questions.

Things to Remember:

Reserve your Tables to Decorate for the San Antonio Herb Society Christmas Banquet. We are planning another contest and the theme will be United Nations; Christmas Around the World.

San Antonio Herb Market, October 21, 2017 from 9 until 3. We still need volunteers during the day so please sign up or call Robin Maymar, the chair. If you are volunteering for set up that is 7:30 am. It is a wonderful event with lots of herbs, treats with herbs, learning opportunities and lots more! If you missed the fall vegetables and herbs you will now have that chance to get them.

SEE YOU THERE!



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

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Jean Dukes, RN, CNHP, Cert. Aromatherapist
210-566-4379
itmakescents@earthlink.net
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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
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Mary Blasko TCLP, TCNP
florascape@swbell.net

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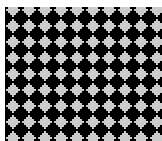
Business Members

We thank our business members for their support. When you patronize them, be sure to mention your SAHS membership.

Web site www.junehayes.com



PLEASE SEND TO:



The San Antonio Herb Society
PO Box 90148
San Antonio, TX 78209
www.sanantonioherbs.org