



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 333 November 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 November 9 Program!

Learn about Composting and Water Conservation

Jess Mayes, a board member of Terra Avocati, which advocates for empowering individuals to work for a better, fairer society and a healthier planet, will present a talk on composting and water conservation for the individual homeowner.

He hopes the information he provides will help each of us better use the natural resources to which we have access without requiring us to turn our lives upside down or spend an exorbitant amount of money.

He also plans to talk to us about the herb circle or to and how the dry loving herbs go on the top and the wet lovers go on the bottom, no more overwatering them.

Refreshments from A-L 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.

Time for a facelift to our "Herbs a Resource Guide for San Antonio" and we need your help!

We are updating the Resource Guide that was last updated 8 years ago and while we are omitting some sections, it was decided to replace the recipes with ones from current members.

With that in mind, we are going in a little different direction. We have decided to have complete menus including a beverage. I am asking for your help. If you or your friends would like to get together and provide the recipes for a menu, we would like to have them. I am asking that you E Mail or call me and let me know what you are thinking of doing. If you want to plan an Easter Dinner. Let me know. If you want to do an Indian dinner, Fiesta, Spurs Game – E Mail me – we will have only one menu of each type. Let me know as soon as possible that you are willing to participate. That way when I have enough volunteers I will close it out.

We want to have the updated Guide for sale at Spring Bloom next March. So there is really a time crunch, we will need to have all recipes in before Christmas.

Please, let's all get together and do this, it will be different and something we haven't done before and could be interesting.

Thanks for your help.

Carol Hamling

210.493.8713

carol.hamling@gmail.com

Members Munch

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

Fruit Smoothie

Marguerite Hartill

- 6 oz yogurt (your favorite brand and flavor)
- 8 oz orange juice (pulp, no pulp, your choice)
- ½ banana, sliced*
- ¼ cup pineapple, chopped*
- ¼ cup peaches, sliced*
- 1 tsp pineapple sage, chopped*

Put all ingredients in a blender (or Magic Bullet).

Blend until all ingredients are mixed well.

Pour into a glass and sip with a straw. (If using a Magic Bullet, just enjoy in the glass you used to mix the ingredients.)

NOTE:

*This recipe allows lots of flexibility because different fruits/herbs can be substituted for those listed.

Chilled Avocado, Lime & Cilantro Soup

From the book *greatest ever Thai*

Ingredients:

- 2 ripe avocados
- 1 small mild onion, chopped
- 1 garlic clove crushed
- 2 tablespoons chopped cilantro
- 1/2 tablespoon chopped fresh mint
- 2 tablespoons lime juice
- 3 cups vegetable stock
- 1 tablespoon rice vinegar or white wine vinegar
- 1 tablespoon light soy sauce.

Salt and pepper

TO GARNISH

- 2 tablespoons sour cream
- 1 tablespoon finely chopped cilantro
- 2 teaspoons lime juice
- finely shredded lime rind

DIRECTIONS

Halve and pit the avocados, then scoop out the flesh. Place in a food processor or blender with the onion, garlic, cilantro, mint, lime juice, and about half the stock and process until

Add the remaining stock, rice vinegar and soy sauce and process again to mix well. Taste and adjust the seasoning if necessary, or add a little extra lime juice if required. Cover and let chill in the refrigerator.

To make the lime and cilantro cream garnish, mix the sour cream, cilantro, and lime juice together in a small bowl. Spoon onto the soup just before serving and sprinkle with shredded lime rind.

Basil Shrimp Pasta

Karen Lopez

- 1 Pound Fettuccine cooked per package instruction (al dente)
- 1 Shallot
- 1 clove garlic
- ½ cup Julienned Basil leaves
- 1/3 cup celery chopped finely
- 1/3 cup green pepper chopped finely
- 1 teaspoon lemon zest
- 1 cup halved cherry tomatoes
- 1 package prosciutto
- 1 pound medium shrimp
- ¼ to ½ cup olive oil.

Cook Fettuccine per package instructions for al dente pasta. Coat pasta with small amount of olive oil so they do not stick. Finely chop shallot, celery and green pepper. Mince garlic and zest 1 teaspoon lemon. Add all to cooled pasta. Julienne bay leaved and add to cooled pasta. Tear up prosciutto and add to pasta. Add one pound medium shrimp to pasta mix well adding olive oil to coat. Season with salt and pepper to taste. Add 1 cup halved cherry tomatoes before serving.

Hospitality Table

Schedule:
November A-L

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.sanantoniogerbs.org/Calendar/CALENDAR.htm> **2017**

November 4: Solar Fest ,Roosevelt Park 10-4

November 9: Learn about Composting and Water Conservation, Jesse Helmes

December 14:

Nations Christmas Around the World, Decorating contest.

Sign up for a table!!!

January 11: Herb of the Year Hops

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

November 27: 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://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 bexarcountymastergardeners.org/ New class starting in February on the website.

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://txmq.org/comal/>

Guadalupe County Master Gardeners

Regular meetings are on third Thursdays; free and open to the public (business follows program).

For further information call 830-303-3889 or visit our website www.guadalupecountymastergardeners.org.

Inside this issue:

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

Minutes For Herb Society General Meeting October 12, 2017

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

Attendees were reminded to silence or turn off cell phones

1. New members and guests were acknowledged. We had to foreign visitors the Reiters brought from the American School and 7 other guests. One new member, Cathy Stein, joined.
2. Hospitality "thank-you" for the Halloween decorations and thank you to those of the members who brought food for this evening. For next month Names that begin with the letters A-L this is not mandatory but lots of herby fun!!
3. Merchandise sales are open, got finally have, Large to 3 x polo shirts in dark green. Also new cookbooks for 15.00
4. Reminder that Newsletter articles & recipes are due by October 20, 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 me for the newsletter.
5. Pick up your cookbooks with your receipts at the treasurer's table.

Items for Discussion/Announcements

1. The minutes from the previous month SAHS September General meeting were available in the newsletter, are there any corrections or revisions? Hearing none the minutes are approved as written.
2. The Treasurer Report for August were available in the newsletter, are there any corrections or revisions?
Treasurer's report was approved.
3. Upcoming events are Herb Market, 21 October and Solar Fest, November 4, save the dates we will need volunteers. Signup sheets in the back.
4. Carol Hamling, presents her ideas for Update to the *Resource Guide*. Rather than recipes, she would like menus. Suggested groups get together to design them, Be sure to tell her what your idea is, so that there will not be duplicates.
5. Plant Sales at the Botanical, October 14-15
6. Adrienne: November 9, 2017 program is Jess Maya- Water Conservation and Tower Herb Gardening.
7. December Holiday Banquet time again, please consider adopting a table to decorate for the contest. The theme is United Nations, Christmas around the World. Should be great fun and there is a trophy involved!! Thursday, December 14, 2017 is the date.

Due to family emergency, Dr. Abdo was not available for this evening's program. In his place, Mary Beth Wilkinson and Grace Emery presented a program of Sustainable Gardening with seed harvesting and propagation. There was a lively question and answer session. Many thanks for our members "pinch hitting"

Next Board Meeting is at La Madeline, October 30, 2017 at 11:30am Adjournment: 8:30 p.m.

Robin Maymar

Membership

Total 132

New members:

Kathy Stein 210-846-0928

Beth Crowley 210-428-7954

Ester Constante 210-214-0869

Michelle Leib

Submitted by Karen Lopez and Julia Hudgins

Members in Action

HERB MARKET

"We had a great time!", "The weather was incredible!" Yeah, but, really, what was new? Great Sales Team! That's what. Annette Hoffman made sure everyone got to test the Organic Lavender Spritzer and appreciate our Lavender Eye-Pillows. The raspy Eucalyptus Mint Gardener's Soap sold out. We are going to have to twist Mary Beth's arm to have her show us how to make that good soap. We know it is a process, and takes time, but we are all eager to learn. Elaine Garcia and Annette De Roux gave everyone a taste of our three Herb Blends. Dill got the best rating, but we sold more of the Taragon Ranch made with sour cream. Go figure. They also sold our Herb Salt blends: garlic salt, rosemary lemon, Smoked Paprika and Ancho Pepper, and Tuscan Herb. Special thanks to Carol Hamling, who not only invited new members to join Herb Society, but also sold Tranquil-A-Tea and lavender Spritzers like a champion. She sets an example for all of us shy clerks.

Gloria, Mary Jo, Basil and Sandra all manned the Cookbook, brochures and garden information booth. We always meet people who really want to visit about herbs. So we set up a number of comfortable chairs in a little "living room" area (We had the best spot in the whole Herb Market). Friends and soon-to-be friends came and chatted.

I forgot to mention, Milan, Andrew and a few other volunteers got all of our tables and tent set up in record time. Milan, the master of gadgets, built and supplied us with a "hand-wash station". Everyone commented that it was very useful.

Marilyn brewed, chilled and brought our samples of Tranquil-A-Tea. Allison went out of her way to procure more sample cups, so we could share our restful tea with everyone. And, Adrienne brought enormous sun flowers and put a big floral arrangement on our table. I am so glad people think of these things, I just never do.

At end of day, our take-down team, Milan, Alison, Sandra, Marsha and Evan all pitched in to re-box, fold, repack, and roll all of our gear away. Satisfied with a good day, I went home to dig my own eye-pillow out of the freezer and take a well-deserved nap. Thankful for a great team that made Herb Market a wonderful event this year.

Thanks to all again for your help to make our event a success!

Treasurer Report September 30, 2017

Herb Society Speakers Bureau out and about

Our speakers have been out again this month, Grace Emery did the 12 Herbs presentation to the Live Oak Garden Club on October 17, then on October 26 to the vegan and Vegetarian Group in Leon Valley. On November 6th Grace will speak at the Windcrest Garden Club on Lasagna Gardening. Leslie Bingham will speak about her travels as a gardener to the San Antonio Garden Center group on November 1st. Any one interested in helping let us know.



Culinary Sig I has a Mexican Inspired feast in October!!!

Culinary Sig I

Revenue

Cookbooks (preorder/cash/orcheck)	\$324.15
Cookbooks (pre-order \$10.83 Pay Pay)	
Name tags	\$20.00
Used books/tshirt sales	\$56.00
Merchandise/Cultivate event	\$76.00
Total	\$516.15

Expenses

Garden Center Attendant fee	\$45.00
Garden Center monthly rent	\$85.00
Speaker fee	\$40.00
Reimburse hospitality items	\$44.10
Printing cookbooks	\$ 723.20
SA Herb Market	\$280.90
Web hosting	\$30.00
Storage (\$1040-\$104=)	\$936.00

Total	\$1248.20
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Net income (income-expenses)	732.05
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Assets (9/31/2017)

Frost cert of dep. as of 7/31/17	\$1220.19
Frost checking	\$4778.27
Scholarship fund	\$1,197.15
Cash on hand	\$50.00
Total Assets	\$7,245.61

Submitted by Marsha Wilson

Newsletter Deadline for December

All materials for November 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

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

Adrienne Hacker - Vice-President Program Chair
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Marsha Wilson –Treasurer
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Robin Maymar –Secretary and Book Wranglers
210 494-6021 H; 830 459-8415 C;
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Karen Lopez and Julie Hudgins- Membership Co-Chairs
I_quilts@yahoo.com and emhulgins@aol.com

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



Culinary Sig II does Tongs Thai!

SIG-nificant Stuff

Culinary 9

With cooler weather finally here, our October host Mike suggested the spicy and well-seasoned foods of Mexico would be especially appreciated, and he was right! Once again, we had a culinary feast, with tacos, enchiladas, tamales and more, much more.

With sangria or peach tea in hand, we started with a delicious and refreshing tomato-based gazpacho. An array of scrumptious street tacos, beautifully presented in white corn tortillas, included whole shrimp in *crema*, shredded chicken, pulled pork and shredded beef along with do-it-yourself toppings: pico de gallo, corn niblets, chopped white onion, avocado wedges, fresh pineapple wedges and cilantro. We loved black bean enchiladas, with a bean, cream cheese green pepper and onion filling bathed in a tasty sauce and baked with lots of melting cheese on top. Enchiladas salsa verde were made vegan with plant-based 'chicken'-stuffed tortillas smothered with tangy tomatillo sauce and dollops of non-dairy sour cream on top. Home-grown roasted sweet potatoes and well-seasoned black beans made for more great tacos to sample, topped with an excellent guacamole and/or cojita. Yucatan-style shredded pork tacos wowed, with the meat wrapped in banana leaves and slow-cooked in a marinade of fresh lime and orange juices, vinegar and achiote paste, then served in tortillas with a selection of sliced radish, cilantro, lime wedges and red onion pickled with habaneros for garnish. We *needed* tamales, naturally, and another cook provided with beautiful ones stuffed with lovely Mexican cheese and Hatch green chilies, so good with a bit of salsa or pineapple or pico on the side.

Side dishes included a tasty arroz a la Mexicana, a recipe from Diana Kennedy and made according to out of the ordinary techniques (and therefore especially fun to make!). A refreshing slaw, called 'simply seedy', was made from red and green cabbage, and tossed with pepita, sesame and poppy seeds, and finished with a tangy lemon-based dressing. Somehow we made room for dessert, which included a yummy flan as well as slices of an unusual and delicious pineapple tamale. We even had sweet little gifts to exclaim over, including small tulle bags of aromatic lavender buds, and darling Halloween-themed wine glasses filled with homemade pralines. Our host had pre-instructed us to come hungry and leave happy, which we certainly did!

Next month, Madeline will be choosing a restaurant where we will continue our culinary adventure (and also provide a nice break from the season's marathon cooking events!). Stay tuned!

Submitted by Jeanne Hackett

Culinary Sig 99

What do you do when the dining room table is small and all your friends want to get together? Meet them at Tong's Thai oat 1146 Austin Highway. That's exactly what we did. Pam De Roche had just return from San Francisco, so we all went out.

Tong's has added a new room. It is well lit, has banquette seating- just like a fancy Manhattan restaurant, but without the high-volume noise. We remarked that our gettogether felt intimate because it was so quiet.

I just love it when the wait staff are attentive and efficient. As we arrived intermittently, we ordered appetizers to share: spring rolls made of pork, mushrooms, carrots and clear noodles wrapped in rice paper and deep fried. We gathered slowly, and then the orders began.

Grace and Pam ordered Kelly Roll Sushi: asparagus, salmon, shrimp, smoked salmon and cream cheese with tempura flakes on top. Mike likes spicy, so he ordered Pad Khing with pork, mushrooms, onion, fresh ginger. The menu showed only one chili pepper but peppers in the dish were a little overwhelming, so he took them off. One of the dangers of Thai food, everyone has their own thermometer when it comes to hot.

Gloria ordered Green Curry, called Kang Keo Wan, a mixture of zucchini, bamboo shoots, bell pepper, peas, carrots, Thai eggplant, fresh Thai basil, spicy coconut milk and green curry. Delicious.

Robin ordered Crab Supreme, a huge departure, because she ALWAYS orders Red Curry, which is incredible, a mixture of rich, sweet and spicy flavors. Crab Supreme comes with tiny glass noodles, which are so tiny and fine. They are a little bit crunchy and wonderful to eat. Made with carrots, celery, tomatoes, egg, green onion, and crab. The whole dish was just grand.

Milan always gets the same thing, too: fried rice. This time with pork. He absolutely loves their fried rice.

Lyndon had Pad Thai: shrimp, chicken, tofu, green onion, peanuts, bean sprouts, in a zesty tamarind sauce, with Thai noodles. Tong's always had a generous serving. They did not disappoint.

I returned to Tong's because I was not sure of my spelling. I asked to look at the menu again. Then, one of the staff offered to take me on a tour of their garden. They grow a huge amount of things for the kitchen right there on the property. Tumeric leaves are used for baking fish, sometimes loofa is used as a squash. They have thorny Bergamot trees, spicy Thai basil, lots of different kinds of peppers, bitter melon, papaya, banana and lemon grass.

They grow a wide variety of their own herbs used in cooking. They also make their own curry pastes on site, from Thai ingredients. Mild or spicy, Tong's is the place to go for Thai food.

What is on tap for the next SIG? Tamale making at Mary Beth's. This will be on a Sunday, October 29.

Dig out Abuelita's recipe, tell the tias to get ready. Get the beer. Boil the water. It is a Tamalada!

Submitted by Robin Maymar

Weed-n-Gloat

The Weed n Gloat team mets on Monday, October 30, 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. Looking forward to the update after that!!

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

Texas Healthy Living

No meeting news.

More information contact Marilyn Nyhus or Diane Lewis

Herbal Crafts

Apothecary Project was not held but we look forward to next month.

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

Madhatters

All are welcome to join the Mad Hatters at any time...
Contact me at lnbdesignline@aol.com

Tea wisdom for the month...
- Its strange, how a cup of tea can represent at the same time, the comforts of solitude & the pleasure of company...
Happy Fall to you all,
Submitted by Linda Barker

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).

Our meeting date in October will be October 28, 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

COME PICK YOUR NEW COOKBOOK UP AT THE NEXT MEETING



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.

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

Another chance to educate the community on herbs from 10 am – 4:00 pm and we need some volunteers still to help.

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.vlsocial.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

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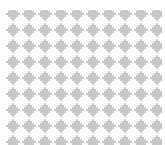


Business Members

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



PLEASE SEND TO:



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San Antonio, TX 78209
www.sanantonioherbs.org