



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 334 December 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 Holiday Banquet

Happy Holidays!

It's that time of year again. We may not have any snow but we do have the festivities with friends and family with all the trimmings. SAHS, on December 14th, cordially invites the entire membership and guests to share dinner and celebrate the holidays during the December meeting. We'll supply the smoked turkey and spiral ham, napkins, plates, cutlery and beverages and you supply yourself and guest and the food. WINE is always welcome for your tables as well.

A table decorating contest will be added to the fun so please email Grace Emery for your table reservation to decorate. We have five tables reserved!! Need 3-4 more decorating teams. A trophy will be awarded to the winning team which will be passed on the next year.

We are doing a gift exchange with no more than \$10.00 value. Yankee trader game only 3 takeaways!

At our annual winter celebration, everyone brings a dish to share and remember we have turkey this year.

Food table alphabet: Entrée Dishes I-P, Side Dishes, Vegetables Q-Z; Appetizers, Salads A-H; desserts were signed up for at the general meeting.

Come on you all! Bring yourself, your spouse/partner/friend, food and a desire to bask in the friendships at the San Antonio.

Herbs a Resource Guide for San Antonio" and Carol needs your help!

Menus and Recipes for the updated resource guide.

Please E mail me if you are planning on doing a menu and the recipes for the up dated resource guide. Many people have told me in passing that they are going to do a menu with recipes but so far I have only confirmations from a couple. So far I have an Italian dinner, a Vegan Mexican Dinner, An Irish Dinner, an Afternoon tea menu and a Panamanian Dinner. Remember, I need the recipes by the 20th of December.

Thanks to everyone

Carol Hamling

210-493-8713

carol.hamling@gmail.com

**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 November meeting:

Salted Caramel Sauce

3 cups granulated sugar
1 cup water
4 tablespoons salted butter, room temperature
¾ cup heavy cream, let set at room temperature for an hour
1 teaspoon kosher salt
1 teaspoon vanilla extract

Put sugar in a 3-4 quart saucepan. Pour in water, and heat over medium heat. Do not stir. Take a damp pastry brush and brush any sugar crystals from the side of the pan as the syrup mixture cooks. Do not get into the syrup mixture.

The sugar will begin to bubble and dissolve. Brush the sides of the pan as needed to keep the dried sugar crystals out of the mixture.

Watch for the sugar mixture to change color from clear to golden amber, you will start to smell a difference, it will have a scent of caramel but not scorch. It will deepen color to a reddish brown color. Once it reaches the correct color, immediately remove it from the heat and stir in the butter. Then the salt, now add the vanilla and the cream. Stir with a very clean wooden spoon or heat resistant spatula.

Serve right away or place in glass container in the refrigerator. May rewarm slowly in a saucepan or in the microwave in 5-8 second intervals. You may need to thin with a little more cream. Makes a little over 2 cups.

Caramel Apple Cream Cheese Spread

8 ounces cream cheese, a block – not soft
Caramel sauce
Toffee bits
Sliced apples, sliced pears

Place cream cheese on a serving dish. Pour as much caramel as you want evenly over the cream cheese. Sprinkle with the toffee bits. You can thin the caramel a little with cream and place in a pitcher or small bowl for "extra".

Serve with sliced apples, pears and or pretzel sticks.

Carol Hamling

COCONUT RICE FROM MOOSEWOOD RESTAURANT LOW-FAT FAVORITES

This golden-hued fragrant variation of plain cooked rice can add flair to many Indian, Asian, African, or Caribbean meals.

Sauté 2 cups of brown rice in a little oil with ½ cup unsweetened coconut flakes and 1 ½ teaspoons turmeric for 1 or 2 minutes. Add 4 cups of water and ½ of a cinnamon stick, cover and cook as usual (about 35 minutes or until water is absorbed). Remove the cinnamon stick before serving.

Robin Maymar

Easy Arugula Salad

4 cups arugula
1 cup cherry tomatoes/halved
1/4 cup pine nuts
2 T grapeseed oil or olive oil
1/4 cup Parmesan cheese

1T rice vinegar

Salt and pepper to taste

1 large Avocado, peeled, pitted and sliced

Directions:

1. In a large plastic bowl with lid, combine arugula, cherry tomatoes, pine nuts, oil, vinegar and parmesan cheese. Cover, shake to mix.
2. Divide salad into plates and top with slices of avocado.

Submitted by Mike Belisle

Interesting Info:

Traditional Herbs, Trees, Holly, Modern Ornamentals and Christmas

The earliest herbal stories of Christmas are rooted in the desert of the Holy Land, and begin with the wise men bearing gifts of gold, myrrh and frankincense to the newborn child. Other holiday traditions, especially those of the Northern regions of Europe are passed down from times before when the people endured the dark days of midwinter on the hope of eternal rebirth of the Sun and Earth. Many of these stories and legends of miraculous herbs and plants were folded into the new Christmas stories, and all were passed down to us from mother to child, generation to generation, to form our own unique Christmas traditions.

Although the Christmas tree is now the season's dominant icon, throughout most of history holly and ivy enjoyed top billing. Both were powerful talismans in Europe's pre-Christian religions, because they flourish, and even bear fruit, in the dead of winter. To the Druids, holly's green leaves symbolized life; its red berries, creation and rebirth. Holly is in fact the origin of what are to this day the season's official colors. Ivy is soft and embracing. As a graphic metaphor for love and harmony, a cluster of holly bound with ivy presided over festivities in England until the mid-nineteenth century.

Year-round health earned conifer trees (spruce, fir, etc.) the respect of Nordic peoples well before the birth of Christ, but the ornamented Christmas tree only recently became predominant in English-speaking countries. German immigrants first brought it to America in the late eighteenth century; fifty years later it was introduced to Britain and Canada by way of Prince Albert, Queen Victoria's German consort.

A host of modern ornamentals owe their Christmas connections to serendipitous flowering times or coloring. Poinsettia (*Euphorbia pulcherrima*) is a dark-green Mexican plant whose leaves (bracts) turn bright red as the days get shorter. As does Christmas cactus (*Schlumbergera buckleyi*), an epiphyte that grows on Central American trees. Christmas fern (*Polystichum acrostichoides*) owes its common name to the fact that it remains green through the holidays.

Pat James Hasser

Hospitality Table

*Schedule:
December A-Z*

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

December 14:

United Nations Christmas Around the World, Decorating contest.

Sign up for a table!!!

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

TBD: 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/](http://bexarcountymastergardeners.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.guadalupecountymastergardeners.org.

Inside this issue:

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

SAHS General Meeting November 9, 2017

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

New members and guests were acknowledged.

The hospitality committee, headed by Lisa Kelly was thanked for their Thanksgiving decorations. All those who brought food were thanked.

Merchandise and herbal blends, spritzers, eye pillows and salts were available on the sales tables. Our new cookbook was also available for \$15

Announcements:

HOLIDAY BANQUET Thursday: December 14 we are having the Holiday Banquet, you are all invited to bring dish to share. We will have turkey this year; you may also bring a bottle of wine.

A - H Appetizers and Salads

I - P Entrée

Q - Z Side Dishes and Vegetables

Robin Maymar circulated a sign-up sheet for desserts on the clip board. Eight people have signed up.

We will be **DECORATING** the Garden Center for the banquet from 1:30 to 3:30 Dec 14

ADOPT A TABLE CONTEST 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!!

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

Discussion:

HERB MARKET: Our market on October was a huge success. We made lots of friends and introduced them to our herbal way of life.

SOLAR FEST was equally successful.

RESOURCE GUIDE: Carol Hamling asked us for both menus and accompanying recipes. She is editing a number of pages to update our Guide.

MEMBERSHIP RENEWALS will begin in December, so the membership form will be in the newsletter. \$25.00 for single, \$35.00 for dual and \$40.00 for business

CRAFT SIG: There will be no meeting this month. We will resume meeting the 3rd Saturday in January at the home of Marilyn Nyhus for a planning session.

HOLIDAY MAGIC MARKET: has been scheduled for NEXT YEAR: November 10, 2018.

PROGRAM: Adrienne Hacker introduced our speaker: Jess Mayes of *Terra Advocati*, which advocates for empowering individuals to work for a better, fairer society and a healthier planet! Jess is with the SAC environmental consortium. He spoke about Permaculture, which is based on fourteen principles. These include:

Produce no waste, by taking small steps at a time to recycle and reuse

Design from nature's patterns, by considering the landscape itself

Integrate, rather than segregate, make small and slow solutions

Use and value diversity. A good example is companion planting.

Use edges and value the marginal.

Creatively use and respond to change.

Jess showed us a map of zones to be considered in the garden. Zone zero is the home itself, zone 1 are the spaces to check daily. The furthest zone is 5, which is the wild zone. What he had to say resonated with his audience. You need to check out his space at San Antonio College to find out more about Permaculture, and take a walk through the Mahncke Park Garden, which is just down the street from our Garden Center where we are now.

Next Board Meeting is at La Madeline, November 27, 2017 at 11:30am

Happy Veterans Day to our service members!!

Adjournment: 8:30pm

Membership

Total 132

Submitted by Karen Lopez and Julia Hudgins

Members in Action



Let's Weed and Gloat!!!

Treasurer Report October 31, 2017

Solar Fest

We had some new members volunteer, Vicki Jamvould and Anny Du Roux joined us for this usual event on November 4th, anything solar was available, you could even drive a solar car and some solar toys. Lots of information and everyone was excited about our herb teas, eye pillows, blends, salts and spritzers and of course of books!



Solar Fest a Success



Healthy Living Sig on trip to Hill Country locations.

Revenue	
Transfer from Pay Pal(old acct)	\$835.00
Merchandise polo, book, apron	\$35.00
Membership fees	\$25.00
Cookbook sales	\$150.00
SA HERB market cash sales	\$731.00
PAY Pal Transfer (May to October net charges)	\$1683.08
Speakers gift Bel Meade	\$50.00
Total	\$3,509.08

Expenses	
Garden Center Rental	\$85.00
Garden Center Attendant fee	\$45.00
Stampco nametags	\$29.23
SAHS bookmarks printed	\$76.32
Refund Jane McDaniel	\$21.66
Reimbursement Cups for event	\$6.00

Storage Rental (\$936-\$104=\$832.00)

Total	\$236.21
Net Income	\$3,245.87

Total Assets 10/31/2017	
Frost Cert of Deposit	\$1220.19
Frost Checking	\$7,880.11
Scholarship Fund (+ \$.12 interest)	\$1,197.27
Cash on Hand	\$200.00
Total Assets	\$ 10,497.57

Submitted by Marsha Wilson

Newsletter Deadline for January

All materials for December 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**
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 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 emhugdins@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

Our November meeting was a relaxed affair at a funky SA favorite, The Cove restaurant, arranged by Madeline. The casual eatery, which includes a car wash, laundromat and live music venue in the bar and open air patio, features organic and locally sourced foods. Our group settled into the patio around a long and weathered wood table to enjoy the food, company and ambiance.

Food orders are placed at the cash register and then brought table-side by wait staff, all of which gave us lots of time to catch up with each other. Talk became much slower when the food arrived, much of it burger-centric. The variety included a mushroom and Swiss combo made with grass-fed beef, and another that was dressed with goat cheese, red-peppers, pesto and spring mix. A bison burger was a hit with one member, but another was underwhelmed by a shrimp taco....avocado and cole slaw amid which two small shrimp were hidden so well as to be lost. A vegan version of a bacon cheeseburger was interesting with a soy based 'bacon' and a cashew cream 'cheese', but our member wished she'd tried the barbecued jackfruit sandwich instead. All of us felt we got some nice ideas for jazzing up the burgers we made in our home kitchens.

A huge warm beet salad with candied walnuts, spring mix and a citrusy dressing pleased, as did a tall glass of homemade ginger ale. We also loved our hand-cut skin-on french fries and similarly prepared sweet potato fries served with a side of siracha mayo.

December is our annual Christmas cookie exchange, this year at Jeanne's. It is hard to believe another year has almost ended as we head into a season of gratitude for all the good things in our lives. Stay tuned!

Submitted by Jeanne Hackett

Culinary Sig 99

We had a wonderful time and our aprons for sure needed to be washed. Some were new and some were veterans but we worked together for a delicious batch of pork tamales.

Cookie Exchange coming upon December 7 at Margie's home.

Submitted by Robin Maymar



Weed-n-Gloat

The Weed n Gloat team meets on Monday, November 27, to do the Fall planting of herbs. So bring your tools and lets dig in!

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

Texas Healthy Living

Our numbers were small this month, but we had a DELICIOUS lunch when 6 of us met for the Healthy Living SIG. Everyone brought a dish seasoned with Vitality essential oils, which are the only oils approved for internal use. We enjoyed: Mediterranean Noodles, Brown Butter Roasted Carrots, Cilantro Lime Cauliflower "Rice," Lemon Broccoli, and Chicken with basil/lemon parmesan sauce. Just a couple of drops of essential oils added to food provides a mouthful of delicious flavors! More information contact Marilyn Nyhus or Diane Lewis.



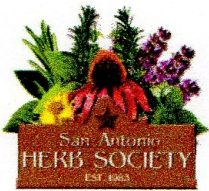
Several of us from the Healthy Living SIG, the Aromatherapy SIG, and some new friends took a day trip to Dripping Springs. Our first stop was Hamilton Pool. It's a large crescent-shaped area with a "swimming hole." The hike was a bit strenuous but definitely worth it. A friendly Travis County Park Ranger gave us a guided tour and shared lots of interesting information about the trees & fauna, as well as some history of the area. Our next stop was the Texas Hill Country Olive Orchard, where we had an informative tour of the orchard with Gwen, who told us lots of interesting stories and facts, and we also toured the production area. We were able to taste lots of free samples and purchase their wonderful varieties of olive oils & balsamic vinegars. We all had delicious lunches, including olive oil gelato, and had a nice unexpected visit by the owner, John Gambini who gave us even more information and answered our many questions. Our last stop was Solstice Gardens, a quirky nursery with an interesting variety of art and sculptures. We had a wonderful day visiting the Texas Hill Country.

Herbal Crafts

The Craft SIG will take a break over the Holidays. Our Planning Meeting is Jan 20, Sat. 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.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

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.lynelisle.com

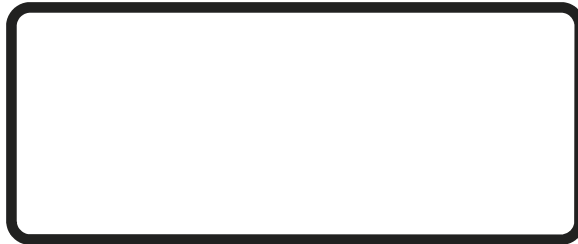
FloraScape

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

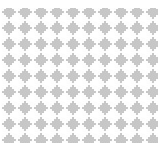


Business Members

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