



# La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 337 March 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.*

On March 8 the San Antonio Herb Society will feature David Schulze of David's Garden Seeds discussing **Companion Planting with Herbs** and the fine points of growing from seed.

Growing vegetables, fruits, herbs, and flowers is a lot of fun. Homegrown veggies taste a lot better than the ones you find at the grocery store. They usually contain more nutrients since they are allowed to ripen on the vine, especially tomatoes. At David's they specialize in growing tomatoes and tomato grafting as well as growing hot pepper plants and seeds.

David is a veteran who started his business after his return from serving with our military in the Middle East. David's Garden Seeds is committed to providing top quality, non-GMO seeds and sound gardening knowledge so families can learn to garden and love it.

The meeting will be held at the San Antonio Garden Center on 3310 N. New Braunfels starting at 6:30 PM. There is no charge and the public are invited.



**2018 Membership Due**  
**Don't forget to renew your membership**  
**today!**

## Members Munch

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

### Beet and Pomegranate Salad

Ingredients:

5 or 6 medium beets or 3 cans of beets

1 can of corn

1 jar of pickles, diced

1 bunch of fresh dill, finely chopped

Seeds of big pomegranate

½ C. pecans

2 Tbls. of pomegranate molasses

Juice of 1 lemon

1 clove garlic minced

1 tsp. salt

Olive oil

Boil or roast beets with skin on, cool, peel the skin, dice.

(or 3 cans of beets, dice them)

Combine all ingredients and season to taste.

Gloria Ortiz

### Fabulous, No-knead bread (from "My Bread" by Jim Lahey via the "Express News").

This no fail recipe makes a 3-pound loaf!

Ingredients:

860 grams of flour (I use whole wheat)

12 grams of salt ("Express News" recipe specifies 16 grams; I find that too much)

1 gram active, dry yeast

herbs to taste (I have used rosemary, sage, and for the present recipe the Palestinian herb combination Za'atar -- oregano, roasted sesame, sumac, olive oil, Dead Sea salt)

chopped nuts if desired

690 grams water

Combine dry ingredients in bowl (I use a stand mixer with a dough hook). Add water and continue stirring until all ingredients combine and dough pulls away from sides of bowl.

Brush with oil, cover with plastic wrap and let sit overnight or up to 18 hours.

Transfer dough to a bowl lined with parchment paper. One can let it rise longer before baking or not.

Place 5.5 qt Dutch oven with lid (I use cast iron, but heavy enamel would work) in oven and heat to 500 degrees (allow 30 minutes).

Transfer dough in parchment paper to Dutch oven and cover with lid

Bake 30 minutes

Remove lid and bake an additional 15 minutes.

Remove bread from oven and cool at least 15 minutes before serving.

Sandra Woodall

### EVAN'S MUSHROOM SOUP 3-4 serving

1 oz. dried black mushrooms

2 ½ cups boiling water

6 healthy scallions

1-inch piece of ginger root, grated

1 medium clove of crushed garlic

1 tablespoon peanut or soy oil

½ pound fresh mushrooms, cleaned and sliced

tablespoons tamari sauce

¼ cup dry sherry or Chinese rice wine

Lots of freshly grated black pepper

1 tablespoon corn starch

1 cup water or stock

1 teaspoon honey or sugar

1 tablespoon wine vinegar

½ up thinly sliced water chestnut

Chinese sesame oil

Prelude:

Rinse the dried mushrooms and place them in a bowl. Pour 2 ½ cups boiling water over them, cover the bowl with a plate and let it stand for 30 minutes while you prepare other ingredients. Drain the mushrooms in a strainer lined with cheesecloth and save all the water! Squeeze all the excess moisture from the mushrooms; rinse and squeeze again. Remove and discard the stems; thinly slice the caps.

Remove the scallion tops and set aside. Chop the whites, coarsely. Sauté these with the ginger and garlic in the oil, in a saucepan or kettle. Stir-fry for several minutes over medium heat. Add the sliced, fresh mushrooms, and stir-fry a few minutes more. Add the prepared black mushrooms, and sauté 2 minutes more.

Add all the remaining ingredients except the scallion tops and sesame oil. (Include the black mushrooms' soaking water.) Cover and let simmer 15 minutes, stirring occasionally.

Finely mince the scallion greens. Top everyone serving with a few of these and a drizzle of sesame oil. Robin Maymar



Tinky and Robin say goodbye to the lemon grass at the Botanical Herb Garden!

### Hospitality Table

Schedule:  
March K-Z

### Members' Sale Tables

Please contact the Program Chair to arrange for your tables at least two

## Over the Fence...



2018 Program Line-up  
**SAHS online calendar:**  
<http://www.sanantonioherbs.org/Calendar/CALENDAR.htm> **2018 soon**

**March 8:** SAHS General Meeting: Companion Gardening with Herbs David Schultz , David's Seeds

**March 3:** Cultivate

**March 3-4:** Monarch Festival at the Zoo 10-2

**March 10:** Spring Bloom at SAWS 9-1

**April 12:** Tammy Martinez Overview Organic Teas

**May 10:** Spring Banquet and Installation

### Next Board Meeting

**March 5:** 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.  
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, Mary Beth Wilkinson, 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

### 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>

### Gardening Volunteers of South Texas

Contact 210-251-8101, [info@gardeningvolunteers.org](mailto:info@gardeningvolunteers.org)  
Web site: [HTTP//gardeningvolunteers.org](http://gardeningvolunteers.org)

### Bexar County Master Gardeners

BCMG general meeting the 3rd Thursday, free and open to the public, info 210-207-3278 .[bexarcountymastergardeners.org/](http://bexarcountymastergardeners.org/)

## Culinary SIG II enjoying wine, soups and desserts!!!



We enjoy our Botanical Garden toasts at the beginning of the year!



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## SAHS General Meeting Minutes February 2018

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

Attendees were reminded to silence or **turn off cell phones**

New members and guests were acknowledged.

Hospitality "thank-you" and thank you to those of the members who brought food for this evening.

**We need to change to division of who brings food! It is now LAST NAME starts with A-J or K-Z A to J, K to Z is more balanced at about 50-50 now. So next month, if is if your last name starts with K-Z! (If you are K-N and brought food, feel free to skip!)**

The decorations are wonderful, thanks to Lisa, Mike, Margie, Jane and Cyndy.

Merchandise sales are open, in the back. thanks to Vicki and Annette.

Reminder that Newsletter articles & recipes are due by February 20, 2018. 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.

Items for Discussion/Announcements:

The minutes from January General meeting were available in the newsletter, the minutes are approved as written.

The Treasurer Report for December were available in the newsletter, the Treasurer Report was approved as presented

Membership renewals, began in December. \$25.00 for single, \$35.00 for dual and \$40.00 for business. It is time to renew!

Website – HUGE progress. The content is there, now it is just the appearance.

Reminders to members:

sign up to volunteer at upcoming events

New board of directors in May – think about nominating yourself or someone else!

Sandra Woodall spoke to us about CVG, the Children's Vegetable Garden at the Botanical. It is a great place to learn about growing in Texas and help children too. Each family has a plot and all the produce they harvest is their's. It is a rewarding experience and they need volunteers part or full time but sign up on SABOT.org

Carol Hamling, update of Resource guide. No report

Three events coming up: Cultivate, March 3, volunteers are covered but this is a great opportunity to learn varied subject matter on gardening, info in the newsletter, it is from 9-1, Spring Bloom March 10 at SAWS, we need you, the sign up is going around and Irish Festival at Leon Valley Civic Center on Evans Road on March 25 from 12-5, which is a great one and lots of fun just to attend, we have volunteers covered.

PROGRAM: Adrienne Hacker introduced Andrew Labay, head horticulturist at SABOT

Andrew spoke on Winegrapes Growing in Texas, the Culinary Garden has wine grapes planted also. Some facts you will be surprised about:

17th century wine grapes grown in Texas

2012 census says 7000 acres

700 + growers, 408 wineries

Texas Hill Country #2 destination for wine in US behind NAPA

13 billion dollars added to Texas economy each year

Issues that wine growers face are disease, weather, labor retention

The best soil is sandy loam and the best weather: dry, windy summers and relatively cool summer nights. A very good grape for the area is Blanc Du Bois, available at Lomack Nursery and Fanick's locally and mail order from New York at WA vineyards. Another table grape recommended is Victoria Red also available locally. Andrew was an engaging very knowledgeable speaker and no questions were left unanswered.

Next Board Meeting is at La Madeline, March 5, 2017 at 11:30am

Announcements: Next month David's Seeds, perfect timing for the Spring on March 8th. Adjournment: 8:40

### Membership

Total: 55 have renewed and paid their dues

As of 2/28/2018, 75 members have not paid their dues.

Please pay your dues as soon as possible. Thank you.

Submitted by Karen Lopez and Julia Hudgins

### Members in Action and Talking



Celebrating Valentines Day in Style!!





**Treasurer Report January 31, 2018**

<b>Revenue</b>	
Used Books (Scholarship fund)	\$94.00
Membership dues	\$430.00
<b>Total</b>	<b>\$524.00</b>
<b>Expenses</b>	
Garden Center Rental	\$85.00
Garden Center Attendant fee	\$45.00
Irish Festival fee	\$35.00
Utility Media (Website hosting)	\$49.00
Reimbursement hospitality	\$43.80
Reimbursement name tag	\$9.74
Printing newsletter	\$6.50
Speaker fee	\$50.00
Hops presentation supplies	\$43.30
State controller:2017 sales tax	\$382.00

Storage Rental (\$624-\$104=520.00 )

**Total**  
**\$749.34**

**Net Income** \$225.34

<b>Total Assets 1/31/2018</b>	
Frost Cert of Deposit	\$1220.19
Frost Checking	\$8,035.13
Scholarship Fund	\$1,309.13
Cash on Hand	\$50.00
<b>Total Assets</b>	<b>\$ 10,614.75</b>

Submitted by Marsha Wilson

**Newsletter Deadline for February**

All materials for newsletter due on March by 25th. 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](mailto:gemery49@yahoo.com)
  - Mary Beth Wilkinson Co-President**  
210-788-8831 C; [soapfisticated@gmail.com](mailto:soapfisticated@gmail.com)
  - Adrienne Hacker - Vice-President Program Chair**  
[hackla@aol.com](mailto:hackla@aol.com)
  - Marsha Wilson –Treasurer** [mwilson47@yahoo.com](mailto:mwilson47@yahoo.com)
  - Robin Maymar –Secretary and Book Wrangler**  
210 494-6021 H; 830 459-8415 C  
[robinmaymar@gmail.com](mailto:robinmaymar@gmail.com)
  - Karen Lopez and Julie Hudgins- Membership Co-Chairs**  
[I\\_quilts@yahoo.com](mailto:I_quilts@yahoo.com) and [emhudgins@aol.com](mailto:emhudgins@aol.com)
  - Sandra Woodall - Publicity / Speaker's Bureau Contact** 210-824-5422 H, [lswoodall@gmail.com](mailto: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](http://www.sanantonioherbs.org)  
Our website contains an archive of past newsletters and a membership form PLUS a PayPal link for your convenience.

**Volunteers Needed!**

Saturday, March 3, 2018	Cultivate	<b>University of the Incarnate Word in the International Conference Center</b>
Saturday, March 10, 2018	Spring Bloom	<b>SAWS HQ</b>
	Irish Fest	Leon Valley Community Center
May	Basil Fest	Pearl
May 26, 2018	Festival of Flowers	SA Garden Center
Saturday, May 12 Mother's day weekend	Rainbow Gardens - Celebrate herbs	Rainbow Gardens Bandera Rd
		<b>University of the Incarnate Word in the International Conference Center</b>
Sept	Cultivate	
Saturday, October 20, 2018	Herb Market	Pearl
Saturday, November 10, 2018	SAHS Holiday Magic	SA Garden Center

## SIG-nificant Stuff

### Culinary 9

The flu caught up with our normal meeting night. Stay tuned!

Submitted by Jeanne Hackett

### Texas Natural Living SIG

TNL SIG Tea Party February 20, 2018

The Texas Natural Living SIG had a double feature this month! We gathered on February 20, 2018 at the home of Diane Lewis for a tea party celebrating the joy and great health benefits that special friendships bring to our lives. On February 21, 2018 our friend Lien Wilcox hosted a delicious lunch and learn on Vietnamese cooking. We all enjoyed having our friend and former member Marguerite Hartill join us for both events, during her winter escape to San Antonio! Gloria Ortiz will host the March meeting at the home of her friend, the topic will be Elderberry.  
Submitted by Diane Lewis



### Herbal Crafts

The Herbal Craft SIG will take a break.

### Culinary Sig 99

Culinary SIG II-ETP

ETP stands for Extra Temporal Perception, and I think Julie must have that. Way back in June we set our calendar, and she offered to be hostess. She chose "Soups and Stews" for our focus. How could she know so far in advance that we would have a cold and drizzly night to meet? It was the perfect weather for Soup.

We began with appetizers and wine served by Elton. His own sausage and sauce concoction, as well as smoked salmon. Julie had baked a lovely light corn bread to go with the appetizers. Then, when we had all assembled, Julie demonstrated her new Instant Pot, a clever counter-top combination of pressure cooker and slow cooker. She had all the ingredients for Chicken and White Bean Chili with Tomatoes. Pour all ingredients in, stir, seal the lid and push SOUP. Set timer for ten minutes. Just long enough for a glass of wine. When the timer went off, she released the steam and the soup was ready. Clever device!

We began our repast with a beet salad featuring finely chopped beets, pomegranate, corn, lemon and nuts. A lovely light taste to

begin with, a deep red color. Then came a tiny bowl of Mushroom soup. The recipe came from Mollie Katzen's *The Enchanted Broccoli Forest*. It features dried black mushrooms as well as fresh ones. Simplicity to make; it requires time only to soak the dried mushrooms in boiling water. It is a light, water or vegetable broth soup. We then had a Carrot-Parsnip Soup with Ginger. It is a beautiful peach colored soup. Made to be served hot, Karen decided to serve it cold, instead. We topped it with bright green tiny bits of parsley, which made it even more visually stunning. And, even though some people did not care for parsnips, the soup pulled together to please all palates. Mike brought Sopa De Ajo. This soup, made with garlic, was a dish he had enjoyed in San Miguel de Allende. Not versed in Spanish, he could not find out how to make it. When he returned to the states, he researched different recipes and adapted them to match what he had experienced in Mexico. The recipe involves bay, cilantro, ketchup, Parmesan cheese, and egg yolks. Smooth and gravy brown, you serve it poured over toast croutons. Yum!

Grace brought Savory Kale, Cannellini Bean and Potato Soup. This is a favorite from our current cookbook. It was developed by Marilyn Nyhus. The kale is the Tuscan type, that looks like tall feathers. We enjoy planting this, as you can continue to harvest it throughout the season. If you remember to cut only the outer leaves, the center continues to grow. When making the soup, the kale needs only a few minutes to incorporate into the soup. This soup fooled me, I was sure I would find a piece or two of chicken, but as were the first three soups, this one was also vegetarian.

It took a while for the steam to release on the Instant Pot. Julie served the chicken soup she had created for us. The pepper and spices gave this soup a nice, mild kick. Not too spicy, but just enough to make it interesting. Sandra baked a yeast rising bread, which we had featured previously in this column. It was firm and filling. A perfect accompaniment to all of our soups. I am hoping the Yerba Buena will feature this recipe, as I do not have a copy. Soup, salad, breads, a rainy cold night and friendly conversation around the dining table, what more could you ask? Well, there's Martha Stewart's recipe for rice pudding with golden sultanas, cinnamon and cardamom for dessert! Raspberries? Whipped cream, anyone? Pam knows how to perfect the end to a lovely meal shared with friends.

So out into the rain storm, thunder and lightning to arrive way after we have safely returned to our beds. Karen suggested that we begin having a Special Interest Culinary Group during the day, as driving late into the night is difficult for many of us. Are you interested? Perhaps our group could morph, amoeba-like, into two separate groups. If you have an interest in joining a Culinary Sig, be sure to contact Robin Maymar.

### Aromatherapy

The Aromatherapy SIG is on a break. Please contact Jean Dukes @ 210.566.4379 if you would like to join the SIG or if you have any questions.

## Madhatters SFG

The Mad Hatters had plans to meet at Craftiques Mall for tea this month but couldn't make it work. So we will get our ladies together next month if we can fit it in with everyone's busy schedule. I am also thinking about having a Tea dying event, with all kinds of historic info. This will be using all kinds of herbals & black teas. Just an idea.

I am sharing another Tea Event for those interested.

1st ANNUAL TEAL TEA

Saturday March 3

18610 Tuscany Stone

10- 12:30

DRESS is GARDEN PARTY / BRUNCH... Attire

There will be a DERBY HAT CONTEST.

This event is hosted by the San Antonio National Ovarian Cancer Coalition

I realize that the event may have passed by the time you get the newsletter but if so keep this event in mind for next year. That's all from the Mad Hatters.

TEA WISDOM: There is always time for a cup of TEA.....

Linda Barker

## Weed-n-Gloat

When Mother Nature had a moment of calm, we gathered for the first time in the New Year. The Lemongrass was a tall stand of dried brown strands, after trimming was about one foot tall and unrecognizable. The Ginger, some do-gooder trimmed it to the ground. Robbing us of the delight of hacking it away, which I had put off waiting for the last freeze to pass.

Trimnings put in a barrel, dirt knocked off our trowels, time to unpack the champagne and glasses for our traditional New Years Toast. We raised our glasses to the year that had passed and put them to our lips looking forward to what will grow in our gardens.

Hops (*Humulus lupulus*) is the Herb of the Year for 2018. Not enough time to start Hops from seed, don't know anyone in Austin that is a grower or brewer. I contacted a few places for plants – no luck. On my current trip to Washington, I mentioned my search to a friend. Two days later, I am presented with baggies that were filled with brown material. Yes, it was bare root hops, on their second year. The plants should flower the second or third year. Thank you for the bare roots goes to David Greenwood of Kent, Washington. He is a Master Brewer and tutors brewers in their private endeavors to make the best home crafted beer. He also grows and supplies hops plants to Mary Olsen Farm Museum in Auburn, Washington.

I am carefully waking the bare roots from their slumber to plant them when they peak out their little vines. I have a variety called Cascade and another called Brewers Gold. The Cascade is known to do well in the south. The Brewers Gold will be a test. The vines can grow up to twenty feet. I hope they have some strong trellis at the garden, these babies could take down a fence when they are full grown.

Thank you to our SAHS member Randy Mass for donating some of her organically grown Turmeric thumbs for us to add to our garden.

To join the Weed and Gloat team and Lenore Miranda, email her at [tinkyny@earthlink.net](mailto:tinkyny@earthlink.net)

Submitted by Lenore Miranda

## Weed and Gloaters celebrating the New Year



**Nature's Herb Farms**

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

**Diane Rose Lewis**

*Herbal Cooking, crafting, gardening, Aromatherapy & Wellness Classes.*  
210-394-5885  
[lewisdr@swbell.net](mailto:lewisdr@swbell.net)  
[Dianeroselewis.vlsocial.net](http://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](mailto: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, MS, Aromatherapy  
210-566-4379  
[itmakescents@earthlink.net](mailto:itmakescents@earthlink.net)  
[www.youngliving.org/makescents](http://www.youngliving.org/makescents)

**Powerhouse Bakery**

Suzanne Parker, RD  
4901 Golden Quail #101  
San Antonio, TX 78240  
[nutrion\\_matters@icloud.com](mailto: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](mailto:yvonne943@yahoo.com)  
<http://www.boerne.holistichealth.com>

**Lyn Belisle Studio**

*A Place of Creative Belonging*  
Lyn Belisle  
210-860-9468  
[www.lynelisle.com](http://www.lynelisle.com)

**FloraScape**

Mary Blasko TCLP, TCNP  
[florascape@swbell.net](mailto:florascape@swbell.net)  
*"We can help with your gardening projects"*

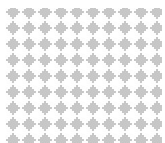


**Business Members**

*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](http://www.sanantonioherbs.org)