



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 343 September 2018

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

**San Antonio Herb Society
Will present Connie Sheppard
from 6:30 PM to 8:30 PM Thursday**

September 13, 2018

Learn to make Spice Rubs and Herbal Vinegars!



Dr. Connie Sheppard, an AgriLife Extension county agent, educator on food safety and recipient of the 2014 Superior Service Award shares her expertise on how to safely prepare tasty combinations you can make for your family and friends. Join us for this interactive program prepared to learn and taste something new!

Please join us for this presentation, it is open to the public. The meeting will be held at the San Antonio Garden Center on 3310 N. New Braunfels.

Dill is the Herb of the Month and will be presented by Robin Maymar. The herb will be for sale at the meeting for \$2.00 each. More Oregano on page 7.

Dill featured next month in newsletter.



Members Munch

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

SUMMER SALAD, A WORK IN PROGRESS

With a honeyed date and vinaigrette, curry and citrus

Serves 4- Prep time 10 minutes

Ingredients:

½ lb mixed greens

½ cup local honey

2 oranges peeled, seeded and chopped

2 cups dates, roughly chopped

1 cup canola oil

2 Tablespoons red curry (or yellow)

Salt to taste

Pepper to taste

1 Tablespoon garlic

1 cup rice wine vinegar

1 bunch fresh thyme

PREPARATION

In a food processor add the honey, half of the chopped oranges, half of the dates, canola oil, curry, salt, garlic, rice vinegar and fresh thyme. Blend thoroughly and chill and toss with vinaigrette.

Add greens to a large bowl and toss with vinaigrette, remaining dates and oranges. Toss and serve.

Robin Maymar

Za'atar Puff Pastry Straws

One box puff pastry, thawed and cold from the refrigerator.

1 egg beaten with 1 Tablespoon water

Approximately 2/3 cup Za'atar, your favorite recipe or store bought.

If you don't have a recipe – ask me.

Two parchment lined baking pans (with rims to keep from spilling the Za'atar all over your kitchen), possibly three if the baking pans are small.

On a floured surface with a floured rolling pin, roll one sheet of puff pastry to a 12" x 10" rectangle. With a pizza wheel or sharp knife, cut into 1-inch strips to make 12 strips. Brush lightly with the beaten egg wash. Sprinkle ¼ - 1/3 cup Za'atar over the cut strips. You want a heavy cover. Pick up one strip at a time and twist, then place on the baking pan. After all the strips are twisted, brush the remaining egg wash on the uncoated portions of the puff pastry.

Put the pans in the refrigerator for 15 minutes while you preheat your oven to 400°.

Bake about 15 minutes until nicely brown.

Remove from oven and cool on wire racks.

These are best eaten the same day. You can prepare them early in the day and bake them just before serving, making for a great appetizer.

Carol Hamling

.Green Apple, Chayote, Jicama Salad

2 big green apples like Granny Smith (peeled and julienned)

1 jicama (peeled and julienned)

2 chayote squash (peeled and julienned) remove seeds

1/2 C pepitas raw pumpkin seeds (hulled)

1/4 C olive oil

1/2 C fresh lime juice

1 small garlic clove

1/4 C cilantro leaves and stems (save some for garnish)

2 Tablespoons Dill (apart some for garnish)

1 avocado (ripe)

1/4 tsp. Black pepper

1 tsp. Salt

1/2 C water

Pumpkin seeds:

Over low-medium heat toast the pumpkin seeds in a pan, stir, after 3 or 4 minutes (start popping) remove from heat set aside in a dish.

Dressing:

Blend toasted pumpkin seeds, olive oil, lime juice, garlic, cilantro, dill, avocado, black pepper, salt, water.

In a big square dish toss apples, jicama, chayote, with the avocado dressing, garnish with cilantro and dill, it's better serve cold

Gloria Ortiz

Gazpacho

Ingredients:

1 1/2 lbs ripe tomatoes

1 Lebanese cucumber, diced

1 green capsicum, chopped

2-3 cloves of garlic, crushed

1-2 tablespoons fine chopped black olives

1/2 cup white or red wine vinegar

1/4 cup olive oil

1 tablespoon tomato paste or puree

Preparation:

1. Score top of each tomato with an X, cover with boiling water for 1 minute, plunge into cold water, drain and peel away skin. Chop finely, almost puree.
2. Mix together tomato, cucumber, capsicum, garlic, olives, vinegar, oil and tomato paste. Season to taste. Cover set in the refrigerator for 3 hours.
3. Use 2-3 cups of chilled water to thin the soup to your taste.

Garnish with spring onions, red capsicum chopped, mint or parsley chopped and garlic and herb croutons.

Grace Emery

Over the Fence...



2018 Program Line-up
SAHS online calendar:

<http://www.sanantonioherbs.org/Calendar/CALENDAR.htm> **2018 soon**

- September 13: Connie Sheppard, vinegars and herb rubs, Karen Lopez, Dill**
- October 11: Don Crites, Perennial Herbs Care, Carol Hamling Thyme**
- November 9: Dr. Lin Tan, Chinese Herbs that grow in South Texas and how to use them Medicinally Leslie Bingham, Sage**
- December 13: Annual holiday banquet**

Next Board Meeting

September 4: 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.

Vicki Jamvold for details.
vickijamvold@yahoo.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://sanantoniogardencenter.org>

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 meeting the 3rd Thursday, free and open to the public, bcmg.org
 Ruby Zavala, Junior Master Gardener Program, September 20 1-3 pm

Membership:

Total: 104

Submitted by Julie Hudgins



Earth Friendly Gardening & Landscaping
 Exposition and Workshops

Presented by the Bexar County Master Gardeners

Saturday, September 8, 2018

8:00 am to 2:00 pm

University of the Incarnate Word
 International Conference Center
 847 Hildebrand
 San Antonio, TX 78212



Expo and Mini-demos are *free*
 Educational Workshops are 3 for \$10

For more information and seminar registration:
bexarmg.org/cultivate
 Or, contact: Anna Vogler (anna.vogler@bexarmg.org)

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

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SAHS General Meeting Minutes August 2018

I. Meeting was called to order at 7:01 pm by Mary Beth Wilkinson, President.

II. Welcome:

President Mary Beth Wilkinson recognized guests at the meeting and briefly explained its format. She also asked guests to be sure to sign-in at the registration table and let us know if they wanted to receive our newsletter via email.

Attendees were reminded to silence or turn off cell phones and to refrain from private conversations during the speaker's presentation. Cyndy, Margie, Lisa and Mike were thanked for the hospitality table and decorations. Members who brought food were also thanked. Members whose last names begin with K-Z were reminded to bring a dish next month and asked to provide a tag listing its ingredients. Recipes are always appreciated.

Mary Beth directed members attention to the ice cream sundae table provided by the Board as a way to say thank you.

Merchandise sales were open in the back, including \$2 pots of this month's Herb of the Month: oregano. Our "Share" table, where members can bring their garden's overflow and other items, was also in the back.

Monica from the Butterfly Ranch gave a brief description about becoming certified as an official butterfly habitat garden, saying San Antonio was the first city to be nationally certified, and they hope to have 300 certified butterfly gardens by Oct. 31 to celebrate the city's 300th anniversary. She encouraged members to register or find more information about this, go to their website texasbutterflyranch.com.

III. Items for Discussion/Announcements

Minutes from the July General meeting were approved.

The Treasure's Report from July was approved.

Attendees were asked to join our Facebook group.

Because there were no volunteers to take over the used book sales, book prices on the Book Sale table were reduced to \$1 for hardbacks and 50 cents for paperbacks.

Mary Beth asked those who would like to be a part of the Welcoming Committee to see her.

There was a request for 2-3 volunteers for Cultivate, which will be on Sept. 8.

There was also a request for volunteers for Encino Park market days on Oct. 6 & 7. The hours are: Set-up on Friday from 6:00-8:00 pm, Saturday from 9:00-5:00, and Sunday from 10:00-4:00. Because this is a multi-day event, more volunteers are needed. It was suggested if you don't want to be involved sales or chatting with the public, we need people to help make and package items prior to an event. Please let Mary Beth know if you would like to help in this way.

III. Herb of the Month: Oregano

Marsha Wilson, a member of the Herb Society and also part of the Weed and Gloat SIG, explained there are over 200 varieties of the cultivar *Origanum vulgare*, noting Nature's Herb Farm has over 16 varieties. Italian oregano is the most popular. Successfully growing oregano requires a sunny location with rocky, limey, well-drained soil. She advised it is best to plant this herb in the Fall and not to over-water.

IV. Speaker: Grace introduced John Vann, a BCMG whose specialty is water conservation using drip irrigation systems and rain barrels. John began by saying drip irrigation is more efficient than a sprinkler system because it delivers water directly to the root system of plants and so reduces water loss due to evaporation or run-off, eliminates mildew and blackspot on leaves, inhibits weeds, and reduces the leaching of nutrients. Drip irrigation systems are particularly good to use if you have sloped land, odd shaped beds or containers.

.These systems can be installed in existing beds as well as new ones, and sprinkler systems can be adapted easily to the drip method using equipment found at local hardware stores or dripworks.com. John said a drip irrigation system allows a homeowner to water daily even during water restrictions provided watering occurs during the mandatory times.

Two planter of combinations herbs were given as door prizes.

V. Meeting was adjourned by Mary Beth at 8:25 pm.

VI. Next Month (Sept. 13):

The Herb of the Month will be: dill, Robin Maymar

Our speaker will be Connie Sheppard

Submitted by Jamie Whitfield



We are heading into fall. And along with pumpkin spiced well, *everything*, come fall festivals. The Herb Society attends some of these events as a way to spread the word about us, and to raise funds for operating expenses throughout the year. Rent, speakers, copies, postage, paper goods and more are ongoing expenses.

The Herb Society doesn't have 'required' attendance or volunteer hours. However, participating in events to support our organization doesn't seem like an unrealistic expectation. For years, it's been the same people working events (thank you!), while others.... Well - don't. With over 100 members, staffing outreach events with 10 people just shouldn't be hard.

We have two big upcoming events in October, and **we need help!** Encino Park Market days October 6 and 7th (with setup on the 5th) and Herb Market at the Pearl October 20th. Items need to be made or packaged ahead. Staffing at the event to just talk to people about the Herb Society, or sell our wonderful products to support your Herb Society. We have already had to cancel events due to lack of participation.

So please consider helping. We need you! These events are actually festive and fun. Volunteers get in for free, and there is always time to browse and shop the other vendors. Just a few hours of your time will make the biggest difference! Sign-up sheets will be available at the next meeting September 13th or you may email me any time directly at saherbsociety@gmail.com.

Mary Beth Wilkinson, President

Sandy Oaks Olive Orchard Visit

Sandy Oaks Olive Orchard was enjoyed by the members who attended. We learned how the olive orchard started in the sandy soil and not on the Mediterranean. There are 11,000 trees ready to harvest in the next week, a time and labor-intensive job where they lower the tree branches and hand pick them all. The farm area had a variety of types of cattle but that is the other business. We had a tour of the facility and learned that even the pits are ground up to get the oil! Sandy Winokur, the owner and founder of the olive orchard, is best known for her olive trees, olive oil and a fine line of quality olive-based skin care products.

We wandered to see all the fascinating plants and of course there is always the gift shop. We ate lunch at the restaurant there which was phenomenal and then we went to a canning demonstration by Connie Sheppard. We all made a jar of Dilly tomatoes to take home with us, ready to eat of course.

Looking forward to our next members outing!!



Treasurer Report July 31, 2018

Revenue

Membership dues	\$50.00
Plant sales Herbs	\$99.00
Name Tags	\$50.00
Book Bundle	\$25.00
Tee and apron	\$35.00

Total \$249.00

Expenses

Garden Center Rental	\$85.00
Garden Center Attendant fee	\$45.00
Plants of the month	\$41.40
Name Badges	\$27.00
Postage , membership	\$50.00
Post office box 1 year	\$182.00
Public Storage	\$116.00
Speaker honorarium	\$50.00
Dollar tree	\$8.66
Newsletter Print	\$4.33
Speaker handouts	\$5.03
AA freight Brittle supplies	\$40.00
Walmart Brittle supplies	\$ 7.59

Total \$623.38

Monthly income loss - \$-374.38

Scholarship Funds
Used books \$39.00

Total Assets 72018

Frost Cert of Deposit	\$1220.19
Frost Checking	\$9594.11
Scholarship Fund	\$1,451.29
Cash on Hand	\$50.00
Pay Pal Balance	\$1194.47
Total Assets	\$ 13,135.68

Submitted by Kate Klein

Newsletter Deadline for September

All materials for newsletter due on September 23rd
If your Special Interest Group meets after the announced deadline, your report may appear in the following month's issue.

SAHS Board

Mary Beth Wilkinson -President

210-788-8831 C

Grace Emery- Vice-President Program Chair/

210-875-6919 C

Kate Klein –Treasurer

210380-0456C

Jamie Whitfield –Secretary

864-933-1589 C

Julie Hudgins- Membership Chair

210-413-1614

Jane Mc Daniel– Newsletter Chair

210-381-4931

Vicki Jamvold - Publicity / Speaker's Bureau Contact

210-461-2849 C

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

Weed-n-Gloat

How many Weed N Gloaters does it take to trim a summer herb garden? The answer is

Three, tough under a sun hat kind of chicks. We pulled a few weeds, clipped and trimmed some herbs. We always look forward to a cup of coffee and a nosh when we are done. A new coffee house called Berry to Beans was Robin's pick. Turmeric coffee was delicious. It's located on Broadway across the street from The Witte Museum.

What happened to the rest of the team? For some it's just way too hot, even at 9am. For others, summer travel takes some to other states and some to foreign countries. I look forward to the stories of travel when they return.

Surprising how green and lush the herbs are when the temps are so high. The garden does get watered every other day. There is a light layer of mulch, when it breaks down it creates the compost for the herbs. The herb garden doesn't receive fertilizer.

Even in this heat and time of slow growth, herbs still need to

be trimmed to maintain health. If you don't need to use the herbs you trim, you can dry them, to save for later, or bury them under the dirt to compost.

September will have the volunteer breakfast, keep an eye out for the date and time.

If you are interested in joining our team, to get dirty and learn how to grow and maintain an herb garden, email tinkyny@earthlink.net

Submitted by Lenore Miranda



Culinary Sig

The Culinary SIG met at the home of host Mike Belisle for our month dinner. We had 11 attendees with many delicious soups and salads to enjoy .

Mike made two wonderful hot soups and I do mean hot, there was a Hatch Green Chilli Soup and a Mushroom Soup, flavorful and hearty. Mike also make a wonderful dill potato salad. Pat Hasser all the way from Ohio brought her family favorite macaroni salad with a totally unique flavor and a Ham and Bean Soup that literally melted in your mouth. Pam skewered some yummy vegetables, and cheese coated with a dressing that was delicious. Grace made a Gazpacho with her garden tomatoes and peppers with lots of fixings to pull it together. Sandra did a gorgeous loaf of kettle bread that was out of this world. Gloria out did herself with a cold salad of Green Apple, Jicama and Chayote Squash. Robin made a Summer Salad with honeyed date, curry and citrus vinaigrette. Elton made a wonderful salad with everything and some special fried onions on the top. Julia brought some of the best fresh croissants I have ever tasted. Best of all was the two cobbles, homemade by Mike , apricot and blueberry and of course vanilla ice cream.

Next month our hostess Pam is taking us to the Leon Valley Café on Evers Road on September 27th at 6:30PM.

More info to come or contact Grace Emery at gemery49@yahoo.com



Final Book Sales at September 13 Meeting



Oregano, Herb of the Month

Oregano (From the Greek meaning “shinning mountain” or “mountain splendor”)

Family: Labiatae Species: *Organum vulgare* Local/Common Name: Wild Marjoram

Climate: Grown as a perennial in zones 6-9, full sun. It prefers a hot, relatively dry climate.

Native Habitat: Grows in sunny, rocky places, in limy soils, on arid slopes and in dry sparse woodlands from the plains to the mountains: Europe, Mediterranean region.

Cultivation: Plant in light, well-drained soil in a sunny location. Lightly mulch plants each spring with organic matter such as compost or well-rotted manure. Oregano preferred pH range between 6.0 (mildly acidic) and 8.0 (alkaline). Because oregano plants tend to lose their potency after three or four years divide the clumps, or replant with new settings, every few years, or the flavor will deteriorate. Its flavor and growth vary tremendously according to climate, season and soil.

Water: Don't overwater oregano. Water thoroughly, only when the soil is dry to the touch.

Spacing: Plant oregano 8-12 inches apart in your garden. Oregano can grow up to two feet tall and spans about 18 inches across. If you are planting oregano in a container, be sure the pot is about 12 inches in diameter.

Propagation: Grow from seeds or cuttings. Since seedlings will not always produce the same flavor as parent plants take cuttings or divide roots in the spring or early fall for best results.

Companion Planting: Oregano is an excellent companion plant for tomatoes, peppers, broccoli, cauliflower, basil, sage, and thyme. Acts as a repellent of aphids and provides ground cover and humidity for peppers if allowed to spread among the plants.



Monica Maeckle with 300 by 300 Monarch Butterfly Pollinator Garden Campaign

Pests and diseases: Usually free from pests and diseases; check occasionally for aphids and spider mites. Over watering can result in root and stem rot.

Harvesting and storing: Snip fresh sprigs as needed all summer. Allowing the plant to flower will reduce or stop growth and reduces the flavor of the leaves. It is preferable to harvest when the oregano is 5” tall, before it flowers, on warm days after the morning dew has dried. Some of the gardening literature suggests cutting back the whole plant in June and again in late August. Hang foliage in bunches to dry in a cool, dry, dark well-ventilated location. After leaves are dry, they can be removed from the stems and stored in sealed containers.

Plant Content: The leaves of the oregano plant contain vitamin E, vitamin K, calcium, magnesium, zinc, iron, potassium, copper, boron, manganese, vitamins A and C, and niacin.

Culinary Uses: Used to flavor sauces, Italian pizza and tomato dishes, salads, Mexican chili powders, bouquet garni, etc.

Medicinal Uses: The leaves are antiseptic and can be applied to swellings, rheumatism, and stiff-necks; leaves can be chewed for temporary relief of toothache. Macerate the plant tops in oil, and use as a rub for rheumatism and aching joints or headache. Oil, infused with oregano, or fresh leaves, will soothe a toothache, and a pillow stuffed with the dried herb may help with insomnia. As an essential oil, it is a powerful antiseptic, but can irritate skin and mucus membranes.



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



7715 Texel Road
San Antonio, TX 78250
Davidsgardenseeds@outlook.com

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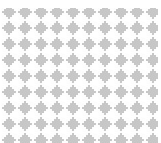
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Business Members

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