

La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY # 344 OCTOBER 2018

September is here with its rains and promises of cooler weather!

Whether you have a plot, a patio or just a sunny window, now is a wonderful time to start to grow almost any herb here in San Antonio! With the days still warm, most common herbs can easily be started from seed, though local nurseries have established plants ready to grow.

The fall season is far gentler on our tender herbs. Cool season annuals like borage, cilantro and dill and parsley planted now will flower and set seed in spring before dying back when the weather heats up.

Planting evergreen and perennial herbs now allows plants to establish strong roots before being subjected to our hot Texas summer. Try lemon verbena for a fragrant shrub, a bay tree, or a rosemary bush. Mexican mint marigold gives cooks the taste of tarragon and has lovely yellow flowers in fall.

Remember when planting to leave room for the size your plants will be when they are mature. Your seedlings make look a little lonely at first, but this will avoid overcrowding and potential fungus later on. Especially important for successful container gardening is to keep plants with similar watering and light requirements together.

Now is a great time to replace your woody, leggy basil. Placed in a pot that can be moved indoors in the event of a freeze, basil can be harvested all winter long. Thyme and oregano are quite frost tolerant and should last several seasons.

So, if you've considered starting or adding to your herb garden – now is the time to do it! The October meeting is perfectly timed for your fall herb garden needs.

Our next meeting Thursday, October 11, our own Carol Hamling will talk about thyme, the Herb of the Month. Don Crites from Bexar County Master Gardeners will present all about perennial herbs. Every meeting features an Herb of the Month with limited supplies offered for sale at a great price!

-Mary Beth Wilkinson, President

Norm Hastings

It is with regret that we inform you of the passing of Norm Hastings on August 27, 2018. Norm was a long time member of the Herb Society and past Membership Chairman. He was always found setting up at Spring Bloom, Herb Market and anywhere help was needed. As a member of the Culinary SIG he was the one the group counted on when the ice cream churn needed an extra burst of effort during the annual Ice Cream Social. Norm was the nicest person you could meet. We will miss him.

We greatly regret the passing this year of a number of our most loyal and active members: Marilyn Nyhus (and husband Rudy), Virginia McGuire, Jinnie Perkins and Beverly Tibbs ("Auntie Bev".) What a gap they leave in our Herb Society! We honor their service to the SAHS and mourn their passing.

August 2018 Accounting:

Income		Expenses	
Aug. 3rd event	\$ 226.00	Garden Center Rental	\$ 85.00
Plant sale herbs	77.00	Garden Center Asst.	45.00
Membership dues	25.00	Public storage	116.00
Name badges	10.00	Speaker honorarium	25.00
		Herbs	60.70
		Ice Cream Sundae Supplies	35.53
		Newsletter print & 12 herbs.	6.61
		Walmart Printer Ink	46.52
		AAA Freight (Brittle Supplies)	25.00
Total Income:	\$ 338.00	Total Expenses:	\$ 445.36
Monthly income/loss:	- \$107.36		
Used Book Sales Scholarship	31.50		
Frost Checking Account	\$ 9,322.75		
Certificate of Deposit	\$ 1,220.19		
Scholarship	\$ 1,482.79		
Petty Cash	\$. 85.00		
PayPal Balance	\$ 1,3309.18		
Total Society Assets:	\$13,312.55		

I. Introduction

- Attendees were reminded to silence or turn off cell phones. New members and guests were acknowledged, and Cindy, 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 A-J were reminded to bring a dish next month and asked to provide a tag listing its ingredients.
- Merchandise sales are open in the back (thank you to Annette and Vicki). Two varieties of dill, the Herb of the Month were for sale.
- Newsletter articles and recipes are due by the 20th of each month. Please send them to Jane's email. Also, please remember to include the name of the recipe or article topic with your own name. Recipes will also be published on the website.
- The following SIGs (Special Interest Groups) invite interested members to join: Weed N Gloat, Tx Natural Living, Culinary SIG II, and Healthy Living with Herbs. Culinary SIG I, Crafting with Herbs, Aromatherapy and Mad Hatter SIGs are on indefinite hiatus. Any member may start an appropriately herbal SIG if there is interest and support.

II. Meeting was called to order at 7:00 pm by Mary Beth Wilkinson, President.

- Minutes from the August General meeting were approved.
- The Treasurer's Report from July was approved.
- It was announced that Grace Emery, our Vice President, resigned from the Board. Mary Beth wished her well putting her extensive energies into her other projects and said Grace was at the Red Cross tonight.
- Jane McDaniel will be taking over the newsletter effective immediately, and members were asked to submit articles, recipes, etc., to Jane.
- Mary Beth reiterated the on-going problems with the website and asked for web developer recommendations.
- Kate was thanked for saving the Herb Society at least \$400 a year on the storage facility.
- Mary Beth explained the need for volunteers to help with events, saying our participation in them is not only a way to increase our presence in the city thus gaining new members but also a way to increase revenue. She added that those who don't feel comfortable working/selling at events can help with producing and/or packaging products.
- ∞ Two members asked to address the group:

Carol Hamling told the members she would like to start another culinary SIG which would meet once monthly (time/day to be decided later). Those wanting to be a part of this SIG would be required to be Herb Society members in good standing; willing to host, co-host, or planned an outside event; bring a dish with enough recipes for everyone; and be in only one culinary SIG. No children or guests would be allowed to attend meetings, and members of the SIG missing more than 6 meetings would be eliminated from the SIG. Those interested were asked to leave their names at the sign-up table.

Jane McDaniel, the newsletter chair, asked members to submit articles on anything to do with

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herbs, but told members the 24th of each month was the cut-off date for submissions.

III. Herb of the Month: Dill

- ∞ Robin Maynar gave a 10 minute presentation on dill, noting dill is in the same family as cumin, fennel and anise. She said dill does best in a sunny location and should be planted in September or October. Dill is hard to transplant because of its tap root but will self-seed easily. Dill makes a good companion planted with cucumbers or fennel, but shouldn't be planted with tomatoes. Dill is a great pollinator plant, and Robin laughingly advised to have two dill plants: one for yourself and one for caterpillars.

IV. Speaker

- ∞ Dr. Connie Sheppard gave a very informative talk, and an abundance of handouts, on drying and using herbs. She said it's best to use a dehydrator when drying herbs, but you can also use an oven, a

microwave oven, or simply put herbs in a paper bag, turn the bag upside down and store it in your garage. One of the members added the idea of putting herbs in a vehicle in the sun with windows up.

- ∞ Connie also said a good way to have herbs for sauces is to embed herbs in soft butter in an ice cube tray with water and put the tray in the freezer. Then use a cube when herbs are needed for sauces.
- ∞ She said herb oil cannot be made safely at home because it requires a higher temperature and pressure than can be found in a household environment, but herb infused vinegar can be made if the vinegar used has an acidity of 5% or greater. Also, it is best to eliminate as much moisture as possible from the herbs before using them in vinegar.
- ∞ She recommended using the National Center for Home Food Preservation website (nchf.uga.edu) as a resource for information on using herbs.

V. Wrap-Up

- ∞ Michelle Norman told the group about two cooking classes that meet monthly.
- ∞ Mary Beth told the group that any unsold books would be donated.

V. Meeting was adjourned at 8:02 pm.

VI. Next month:

Speaker: Don Crites will speak on "Perennial Herbs"
Herb of the Month: Thyme

Robin Maymar gave a fascinating look at Dill.

A couple of pertinent and important facts:

** Propagation: dill is difficult to transplant so sow directly in a pot or in the ground. Sow seeds in September/October, or in February to May.

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** Plant in a sunny location. Spacing: dill grows 24 - 36 ins tall, spread 12 - 24 inches. Final spacing; plants should be 12 inches apart.

** Companion planting: plant with asparagus, corn, cucumber, onion, lettuce, basil or any vegetable in the cabbage family.

** Harvest: dill does not freeze well, but the leaves and seeds can be dried.

** Use: culinary: use in preserving dill pickles, use in salads, breads, baked potatoes, soups and butters. For vinegar use dill seed, fresh or dried. Use fresh in green beans and with fish. Medicinal: use for insomnia, reduces nervousness, seeds aid digestion.

Dill Dip

2 cups mayonnaise

2 c. Sour cream

3 tablesp. Chopped onion

1 teasp. Seasoning salt

Lemon Dill Popcorn

24 c air popped popcorn

1/4 cup butter flavored popcorn oil

2 tbsp. Minced fresh dill

1 tbsp. Lemon zest

3 teasp. Dried dill weed

1 Tbsp. Fresh lemon juice

1 tablesp. White sugar

1 Teas. Salt

1/4 teasp. Garlic powder

Medium bowl: mix all ingredients,
and refrigerate for at least 8 hrs.

Small bowl: combine oil and all ingredi-
ents except popcorn.

Before serving to blend flavors.

Place popcorn in a large roasting

popcorn

pan. Drizzle oil mixture over

and then toss gently to coat.

Enjoy!!

Lemon Cake. (Carol Hamling)

Cake

2 ¾ cups cake flour – if you use regular flour, your cake will be too heavy

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½ teaspoon salt, regular not kosher

2 ½ teaspoons baking powder

1 cup unsalted butter – room temperature, not melted

1 ½ cups white granulated sugar, if you use organic sugar, the crumb won't be as fine

4 large eggs, room temperature

1 teaspoon lemon extract, not oil

2 teaspoons pure vanilla extract

1 cup whole milk

1 tablespoon freshly grated lemon zest

Sprinkles for the frosting if you wish

Frosting

1 (8-ounce) block cream cheese, room temperature

¾ cup unsalted butter, room temperature

3 cups sifted powdered sugar

1 ½ teaspoons pure vanilla extract

Directions:

Preheat oven to 350° F. Grease a 13 x 9 x 2 – inch pan, line with parchment then grease or spray with baking spray.

In a medium sized bowl, whisk the flour, baking powder and salt together.

Put the butter in your mixers large bowl and beat for a minute or so, add the sugar gradually, continue beating for 3 minutes. Beat in the eggs one at a time until they are combined. Beat in both extracts.

Add half of the dry ingredients, beat until combined then add half of the milk. Add the remaining dry ingredients, beating until just combined then add the remaining milk. Beat in the lemon zest.

Pour the mixture into the prepared pan. Bake for 20-30 minutes, until set in center. Remove from oven placing on a wire rack. Let cool for 5 minutes, then lift out of the pan by the edges of the

parchment and set back on the wire rack to cool completely before frosting.

Cream Cheese Frosting

Beat the cream cheese and butter until creamy, add in the powdered sugar until combined. Beat in the vanilla extract. Frost the cooled cake and top with sprinkles.

Perfect Italian Pesto. (Annette DeRoux and Dilcia Arosamena)

1/4 cup pine nuts, toasted in an ungreased skillet until golden
2 oz. fresh basil, washed, dried and chopped
6 - T olive oil, 1/3 cup grated Romano cheese
1/4 cup grated Parmesan cheese, Salt and Pepper to taste.

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Place all ingredients in a blender or food processor, blend until creamy. Stir in cheeses, and season to taste with salt and pepper.

Ensalada Rosa (Russian Salad)

3 lbs. potatoes, peeled, cut in 1/2 inch pieces and cooked until just tender
1 1/2 cups celery, cubed
1/2 cup white onion, chopped
2 cups beets, cooked, peeled and cubed
2 cups peas
1 cup Greek yoghurt
1/2 cup mayonnaise
2 hard boiled eggs to decorate, sliced or quartered
Salt and Pepper to season the salad.

Mix all ingredients. Yields 20 - 25 portions. YUM!

Annette DeRoux and Dilcia Arosemena

SAHS Board

Mary Beth Wilkinson - President.	210 788 8831 Cell
Kate Klein Treasurer	210 380 0456 Cell
Jamie Whitfield Secretary	864 9331589 Cell
Julie Hudgins. Membership	210 413 1614
Vicki Jamvold Publicity/Speakers Bureau Contact	210 461 2849 Cell

Lisa Kelly and Margie Larkin. Co-Chairs Hospitality

Annette Hoffman and Vicki Jamvold. Co-Chairs SAHS New Merchandise

INFORMATION: SAHS web page: www.sanantonioherbs.org

New Membership Dues per annum

Current:		New:	Existing Members:
Single	\$25	\$35	Renewal by 28 Feb 2019: \$25
Dual	\$30	\$50	Renewal by 28 Feb 2019: \$30
Business	\$40	\$65	Renewal by 28 Feb 2019: \$40

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Don't Forget:

** Goodies for the October meeting: members K - Z. Thank you all!!!
for submitting texts/photos to each newsletter: 24th of each month.

** Deadline

THE NEWSLETTER OF THE San Antonio HERB SOCIETY

Nature's Herb Farms

Mary Dunford (SAHS Founding Member)

7193 Old Talley Rd #7, SATX. 78253

210-688 -9421

www.naturesherbfarms.com

David's Garden Seeds

7715 Tezel Road

San Antonio, TX. 78250

Davidsgardenseeds@outlook.com

Diane Rose Lewis

Herbal cooking, Crafting, Gardening, Aromatherapy and Wellness Classes

210-394-5885

lewisdr@swbell.net

Dianeroselewis.visicial.com

San Antonio Yoga Center

Randy Mass, ERYT, Studio Mgr.

11011 Shaenfield Rd., SATX 78254

210-523-7292 (SAYC)

www.sanantonioyogacenter.com

randy@sanantonioyoga.com

FloraScape

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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.
