

La Yerba Buena

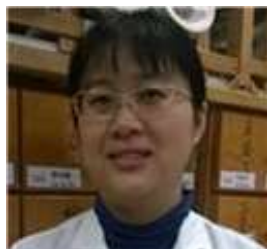
NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY # 345 NOVEMBER 2018

Next Meeting, Thursday, November 8th, 2018



Herb of the Month - Ginger -will be presented by **Leslie Bingham**.
Learn all about how to grow Ginger here in San Antonio!

Main Presentation



Dr. Linying Tan, MD, PhD, who teaches Traditional Chinese Medicine at Texas Health and Science University, will be sharing about some of the medicinal properties of ginger. She will share how to self-diagnose to see if you would benefit from ginger, and how to apply it if you do. She will also be teaching us how to make ginger ale and ginger tea dates (a traditional Chinese tea). Samples will be available for all.

Holiday Banquet in December

Thursday, December 13th

Bring your favorite dish in ANY category! Please sign up to avoid duplicates. A main dish (or two), beverages and tableware will be provided. Feel free to bring an adult beverage of your choice. We will continue the tradition of the 'White Elephant Gift Exchange' (value \$20) for those who want to join in the fun!

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WANTED:

Interim Board Positions-now through May 2019

VP, PROGRAMS – Program speakers are already scheduled. Coordinate what is required for their presentation. Back-up for President (Voting position)

NEWSLETTER EDITOR:

Knowledge of Microsoft Word a must. Obtain content from members and insert in preformatted layout. (Non-voting position)

WEBSITE MANAGER

Update content monthly. Patience and knowledge of WordPress needed



Like the new look?

It is very versatile and can be expanded! Suggestions or content submissions are welcome! Send to Mary Beth at saherbsociety@gmail.com

Get a jump on Holiday Gifts!

Special Shopping Opportunities at November 8th Meeting!

Heidy's Creations will have a table with her wonderful upcycled bottle art. Prices range from \$15 to \$25



Also, Gloria O'Brien of To the Glory Pottery will be back!

Prices range from \$25 to \$100+



We will also have Herb Society products for sale!



Spritzers, Eye Pillows and maybe some of our addictive brittle!

Herbal Happenings

San Antonio
HERB SOCIETY
EST. 1983

sanantoniherbs.org

Encino Park Holiday Market

A new venue for SAHS, and honestly a little slow. But we had decent sales, talked to many people and had 2 visitors at the last meeting as a result



October SAHS General Meeting



An amazing presentation by Carol Hamling and everyone got a handmade present!



Don Crites shares his knowledge of perennial herbs

Herb Market at the Pearl



Thanks to all the members who help in all ways never expecting recognition or reward

Culinary SIG II

Leon Valley Café

Pam De Roche selected this little gem of a café, for our get-together this month. It is not easy to find, outside Loop 410 on Evers Road, unless you know where the Leon Valley Civic Center is. Luckily, we had all been there for the Irish Heritage Festival in March, so we had a clue. All in my carpool were looking for it, and we still missed the turn. It is JUST BEFORE the Civic Center as you travel north on Evers Road, and you turn right to get into the driveway.

The Café is a converted house, with little nooks and crannies for dining. Our group was large, ten people, and this is often an issue for a small café, as the tables or the benches are built in, and cannot be moved. Luckily, their architects had thought of this, and we were seated at a long bench and a series of tables pushed together. Our service staff was attentive, as we came in bit by bit.

A number in our party ordered the Adobo Seafood at \$14.50 Mahi Mahi, shrimp, basmati rice, roasted corn, onions & pepper slaw, avocado, cream of poblano sauce. Milan had Fideo Soup: vermicelli cooked in tomato chicken broth (\$3.95) and a Caesar Salad. I sampled the Mussels soup (\$8), so salty it tasted like the ocean, but in a delightful way. Sandra had the Grilled Vegetable salad (\$10.95): greens, peppers, asparagus, squash, onion, avocado and fresh tomato, balsamic vinaigrette. She was surprised to find cheese in her salad. We had both assumed that this would be a vegetarian salad.

Mike bravely ordered the LVC hamburger (\$12.95) It is a half-pound beef patty, Muenster, avocado, tomato, sautéed mushroom, caramelized onion, homemade roll. The hamburger was larger than his head! After a valiant effort, he gave up and asked for a small box to take the rest home.

We had heard that the desserts were the reason to come, so were surprised that they were not listed on the menu. Apparently, they change offerings each week, so you just have to ask. We had to choose between apple tart, hazelnut creme brulée, tiramisù and some other wonderful choices. Unfortunately, by the time we had eaten many were no longer available. No worries, we tried the crème brulée. It was incredible. Savored every bit of it. If it had not been rude I would have licked the bowl.

Other than a very scratch music playing in the background, the atmosphere was very pleasant. We did not feel rushed. The meal was served in a very relaxed way, giving us an atmosphere of home. If I were to go there again and I plan to, I would order my dessert first, just to make sure I got what I had my heart set on. I might split the large hamburger with a friend. And I would order an Ahi Tuna Poke bowl as an appetizer. Want to know what is in that dish? You'll have to drop by the Leon Valley Café to find out.

-Submitted by Robin Maymar

Mountain Rose Herbs Mercantile

On a recent trip to Oregon I was fortunate to be able to go to Eugene where Mountain Rose Herbs has opened a Mercantile in downtown Eugene. To call it a botanical oasis is an understatement. You can see, smell, and touch everything before buying. Because my garden has taken such a hit this summer many of my herbs have not made it and this was a perfect opportunity to replenish my medicinal supplies. Upon first entering your first inclination is you want some of everything, then a sense of reason takes over and you calmly look at all of the bins with their organic offerings. You know you need more almond oil, yes add it to the basket, in go the cocoa butter wafers. Don't I need some more glass bottle, you can't have too many mister jars. What was I going to use that blackberry leaf for? Can't remember but throw it in the basket with the calendula flowers because I need to make more salve. My husband calmly stands beside me holding my basket as it gets heavier and heavier. Elder berries are added, why not, as is the dried holy basil (my plant decided to not live this summer). I do believe my sense of reason has left, I grab the rose petals as I head to the checkout. If you are new to Mountain Rose Herbs they have a wonderful website www.mountainroseherbs.com

Oh, and as soon as we left the Mercantile, we headed to a UPS pack and ship where I had to have them pack and ship the package home since my luggage was already full of Smith Tea and Jacobsen Salt, but that is a story for another day. -Carol Hamling



Culinary Contributions

Flourless Fudge Cake

By [The Good Housekeeping Test Kitchen](#)

As if this intensely chocolatey cake wasn't heavenly enough, it also happens to be gluten-free (and perfect for Passover).

YIELDS: **12**

TOTAL TIME: **1** hour **0** mins

Ingredients

1 c. (2 sticks) unsalted butter, plus more for pan
8 oz. bittersweet chocolate, chopped
1 1/4 c. sugar
6 large eggs
1 tsp. pure almond extract
1 c. unsweetened cocoa powder, plus more for dusting
Whipped cream, for serving

Directions

1. Heat oven to 350°F. Line 9-inch springform pan with parchment and lightly grease.
2. In medium saucepan on medium-low, melt butter and chocolate, stirring until combined.
3. Remove from heat and cool slightly, 5 minutes. Add sugar and mix to combine. Whisk in eggs 1 at a time until fully incorporated, then stir in almond extract and cocoa powder until smooth.
4. Pour batter into prepared pan and bake until just set in center, 25 to 28 minutes. Cool cake in pan on wire rack 10 minutes, then remove from pan and let cool completely. Dust with cocoa and serve with whipped cream if desired

Za'atar

1 1/2 c. dried thyme
3/4 c. sesame seeds, not toasted
1/4 c. dried oregano
1/4 c. kosher salt - scant measure
1/4 c. dried sumac

Mix all ingredients together. Keep in an airtight container.



Homemade Labneh

Serves: 4-6

Prep time: 24 hrs.

12 ounces of your favorite Greek yogurt, not non-fat

Small pinch of salt

1/4 teaspoon fresh lemon juice

3 tablespoons good olive oil

1 tablespoon za'atar

Line a fine strainer with a few layers of cheesecloth and set over a bowl.

In another bowl, combine yogurt, salt, and lemon juice. Stir to incorporate. Spoon yogurt mixture into the cheesecloth-lined strainer and fold layers of cheesecloth over the yogurt to cover completely.

Transfer yogurt (and strainer and bowl) to the refrigerator for 12-24 hours. After 12 hours, the yogurt mixture will have thickened into standard labneh; after 24 hours, it will have thickened further, into the extra-stiff labneh.

Remove strained labneh from the fridge, unfold cheesecloth, and transfer labneh to a serving bowl. Use the back of a spoon to make a swirly pattern in the top of the labneh. Drizzle the oil over the labneh and sprinkle with za'atar. Serve cold, with sliced vegetables and/or warm pita.

Carol Hamling – October 2018

Submit your recipes to saherbsociety@gmail.com for the December newsletter by Nov 25th please

SAHS General Meeting Minutes Oct 11, 2018

Introduction: The meeting was called to order at 7:05p by Mary Beth Wilkinson, President.

- Attendees were reminded to silence or **turn off cell phones**
- New members and guests were acknowledged.
- Hospitality and decorations “thank-you” Cyndy, Margie, Lisa & Mike
- thank you to those of the members who brought food for this evening.
 - Next month if your LAST name begins with K-Z, please bring a dish to share. And PLEASE a tag that says what it is! Recipes are appreciated!
- Merchandise sales are open in the back. Thanks to Vicki and Annette.
 - We now have herb of the month -**Thyme** plants for sale too!!

Items for Discussion/Announcements

1. The minutes from Sept General meeting and the August Treasurers report were approved as presented.
2. Newsletter update. Jane will not be continuing to do newsletter, so a new editor is needed.
3. Clarification on price increase. NO increase on renewals, provided paid by 2/28/19
4. Members were asked to sign up to volunteer to man booth at Herb Market 10/20. Signup sheets passed.
5. Holiday Banquet in December.
 - a. This year, sign up for whatever you would like to bring rather than assigned categories.
 - b. Signup sheet passed.

Kate Klein, Treasurer addressed group to advise that through Board working together, we saved at total of \$1300.00 annually by switching storage space. Thanked Mike and Lisa Kelly for helping move everything! Reiterated need to help volunteer to supplement SAHS income.

Herb of the Month: Thyme was presented by Carol Hamling. Despite feeling ill, Carol did a beautiful job discussing the herb, its growth habits and several uses. In addition, she prepared Za’atar herb blend in a beautiful handmade package and gifted all attendees – thank you, Carol!

PROGRAM: Don Crites, BCMG on Perennial Herbs. Don provided a comprehensive and informational presentation, covering many herbs and how to grow them here.

Next month: November. Herb: Ginger by Leslie Bingham. Presentation: Dr Tan, Dr of Chinese Medicine will share medicinal uses for ginger with Ginger based recipes to try.

Adjournment: 8:15pm

Business

September 2018 Accounting	
<i>Income</i>	
Plant Sale Herbs	109.00
Membership Dues	25.00
Name Badges	10.00
Cookbook, Apron, 3 Clay Pots	39.00
Total Income	183.00
<i>Expenses</i>	
Garden Center Rental	85.00
Garden Center Asst	45.00
Hospitality	
Public Storage	217.64
Herbs	34.20
Newsletter and 12 Herb Print	4.33
3 Name Badges	27.00
Total Expenses	413.17
Monthly Income/Loss	-230.17
Used Book Sales Scholarship	12.25
Frost Checking Account	9,086.51
Certificate of Deposit	1,220.19
Scholarship	1,495.77
Petty Cash	50.00
PayPal Balance	1,274.79
Total Society Assets	12,897.09



BUSINESS MEMBERS

WE THANK OUR BUSINESS MEMBERS FOR THEIR SUPPORT.
MENTION YOUR S.A.H.S. MEMBERSHIP WHEN YOU PATRONIZE THEM!



Natures Herb Farm

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FloraScapes

Landscape Design
"We can help with your gardening projects"
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David's Garden Seeds

7717 Tezel Road
San Antonio, Texas 78250

Davids-garden-seeds-and-products.com

*DID YOU KNOW...? SAHS MEMBERS GET 10% OFF AT THESE LOCAL
BUSINESSES!*

