

# La Yerba Buena

NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY # 346 DECEMBER 2018

*Holiday Banquet, Thursday, December 13<sup>th</sup>, 2018*

*Potluck starts at 6:30pm*



**We will provide a vegetarian lasagna AND a ham this year. Please bring your favorite dish to share. Guests are welcome, but please have them bring a dish to share as well!**

**TABLE DECORATING CONTEST:** This year's theme is 'Home for the Holidays'. Decorate your table and win the trophy! The Garden Center will be open for table decorating from 1p to 3p.

**WHITE ELEPHANT GIFT EXCHANGE:** We will continue the tradition of the 'White Elephant Gift Exchange' (value \$20) for those who want to join in the fun!

**DOOR PRIZES:** 'Tis the Season! What might we be giving away to the lucky winners?!

We will also provide paper goods, utensils and non-alcoholic beverages. Feel free to bring wine or your beverage of choice – but make sure you have a designated driver!

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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

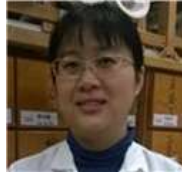


## Like the new look?

It is very versatile and can be expanded! Suggestions or content submissions are welcome! Send to

Mary Beth at  
[saherbsociety@gmail.com](mailto:saherbsociety@gmail.com)

## November Meeting Notes



*Dr Tan was so engaging, we forgot to take pictures! We learned some health benefits of ginger and when to use it for cold and flu symptoms. She had us all wondering what color our tongues were!*

*She shared a delightful ginger tea with us – the recipe is below*

### Ginger tea Standardized Recipe (25 servings)

Recipe (Edible Purchase)				As Purchase		Procedures
Ingredients	Quantity(Q)	Unit(U)	EY%	Q	U	
Brown sugar	40	oz	100	40	oz	
Sliced fresh ginger root	10	oz	70	14.29	oz	
Whole dates	20	oz	100	20	oz	
water	25	cup	100	25	cup	

Time/Temperature Control for Safety Food (TCS): Hold food for service at an internal temperature of 135° F or above. Cool leftover product quickly following UMN standards. Reheat leftover product quickly (within 2 hours) to 165° F or above. For quality and safety reasons. It is recommended leftovers be reheated only once and old product is not mixed with new.

*It was very sweet with the dates & brown sugar, so here is a different recipe using lemon and honey:*

- 1-inch fresh ginger root (no need to peel it)
  - 1 cup water (boiling)
  - 1 tablespoon [lemon](#) juice (freshly squeezed)
  - 1 tablespoon honey (raw, unpasteurized)
  - Optional: 1 shot whiskey
1. Grate the ginger into a teapot, medium bowl or large measuring cup. In most culinary uses, you want to peel ginger, but there really is no reason to do so.
  2. Pour 1 cup boiling water over the ginger and let it steep for 3 minutes.
  3. Meanwhile, put the lemon juice and the [honey](#) in a large mug.
  4. Strain the ginger tea into the mug.
  5. Stir to dissolve the honey, taste, and add more honey or lemon juice if you like.
  6. Serve hot.

*So many people wished to hear more, so if you missed it, she has agreed to come back in March with a broader topic!*

# Herbal Happenings

San Antonio  
HERB SOCIETY  
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sanantonioherbs.org

## Culinary SIG II

SKY FALL was our theme: anything having to do with James Bond, or *Sky Fall* the Ian Flemming novel or just Fall in general. A pretty safe broad category that we could all get behind.

We met at the home of Sandra and Lyndon Woodall. Greeted by Sammy, their rescue dog. Our first course was a Hubbard squash curry soup. Sandra also made her no-Knead bread that went so well with the soup. It has been featured here previously

Mike's contribution was broccoli cheese casserole\* from Robyn Stone (<https://addapinch.com/broccoli-cheese-casserole-recipe/>). It is copyrighted, so I have included the site. This was excellent, and worth looking up. He also made pumpkin bread. Right after Halloween is a good time to snag a few pumpkins, roast and core. Save in the freezer for making pumpkin bread.

Robin tried an experimental grilled broccoli with lemon. With the newly cleaned out fireplace and a new grill set over the coals, she wrapped long pieces of broccoli in foil and steamed them. Then removing from foil, placed the oiled and herbed vegetable on the grill. Cutting a lemon in half, she grilled that, too. When the lemon is charred a little, the juice is very easy to extract to squeeze over the broccoli. The recipe left a lot to be desired, as we did not know how long to steam it, and it was a little tough. The lemon was more abundant than necessary, so we would use less next time. Grilling certainly added a lovely flavor to the broccoli. The recipe just needs a little more development.

Julie made oatmeal raisin cookies that were very soft but oh, so sweet.

So, what is the take-away from our Culinary Sig? We would love to start a second one, maybe during the day. Culinary groups are limited in size because they depend on the size of the dining room. But they have an inherent issue: some people can't always attend. We will keep publishing our adventures, and hope this will inspire you and some friends to form another group.

*-Submitted by Robin Maymar*

*\*See recipe in Culinary Contributions page6*

## WEED AND GLOAT: DIA DE LOS MUERTOS EDITION



October has to be the best month to be out in the garden. The Mexican Mint Marigolds is in full splendor. The garden is abundant. The basil: culinary, lime, and spicy are all in full leaf, some in flower, and some already into seed.

The Purple Porter Weed in the bed next to ours, stands a good three feet in a sphere shape, is literally covered with monarch butterflies, on their way to Mexico for the Day of the Dead. Mayan tradition is that the butterflies returning on the 31<sup>st</sup> of October are the spirits of their dear departed loved ones. They head to the cemetery with picnic baskets of wonderful foods, and enjoy the butterflies all over the place.

What a splendid time to go out into the garden.

Basil and Mary Jo Aivaliotis, Michael and Lisa Kelly, Gloria Ortiz, Marsha Wilson and Robin Maymar, would love to have you join them at the Botanical Garden the last Monday of November for Weed and Gloat. (pictured above.)-Submitted by Robin Maymar

## A Look Back: Plant-based Holiday Rituals

As the darkest night of the year approaches, we're adorning our homes with evergreen wreaths, mistletoe above our doors and aromatic fir trees. **This need to bring "the green" indoors around Winter Solstice is not a new phenomenon.** These plant-based rituals have evolved from a variety of different traditions.



### Mistletoe

While most of us just see mistletoe as an opportunity to give our loved one a smooch, it was much

more than that to the ancient druids. Mistletoe was considered a sacred plant, and it was symbolic of Winter Solstice. During this time, the druids would wear white robes and red cloaks. They cut down the mistletoe from a host tree and brewed the plant for different potions. Mistletoe stays green and bears fruit through the winter because it has a parasitic relationship with the tree it grows on. Because of its abundance during winter, **mistletoe seemed quite magical to the ancients and symbolized fertility.** In some traditions, people would tie mistletoe to their fruit trees to promote harvest (not something we would encourage these days) or place it in their bedroom as a fertility charm.



### Poinsettia

Before the arrival of Europeans, the Aztecs of central Mexico cultivated the flower we know as poinsettia and called it *Cuetlaxochitl*. The flowers were used to create a purple dye, and the milky white latex of the plant was used for the treatment of fevers. **The Aztec name was said to mean "mortal flower that perishes and withers like all that is pure."**



### Holly

European holly, *Illex aquifolium*, is commonly used in Christmas illustrations and wreaths displayed around the holiday season. The use of this plant pre-dates Christian celebrations, as the druids wore holly wreaths around their heads, and the spiky evergreen **holly leaves were said to protect against dangerous powers.**

Excerpted from: [www.traditionalmedicinals.com/articles/inspiration/look-back-plant-based-holiday-rituals](http://www.traditionalmedicinals.com/articles/inspiration/look-back-plant-based-holiday-rituals)

## Christmas Tradition of Gingerbread

By Mac Carey

Gingerbread is a popular Christmas treat all over the world, in many different forms. Gingerbread first appeared in central Europe in the Middle Ages, made from sugars and spices that had been brought back from the Middle East by soldiers returning from the Crusades. In England, gingerbread only meant "preserved ginger," referring to the preservative effect of ginger on breads, cakes, and other pastries. It wasn't until the 15th century that gingerbread referred specifically to the sweet cake made with treacle and ginger. And it wasn't until the nineteenth century that the treat became associated primarily with Christmas.

Gingerbread became so popular in Europe that "gingerbread fairs," gatherings where people could sample the popular delicacy, proliferated in small and large towns alike. The sweet became most popular in Germany, France, and England. Gingerbread took on different forms from region to region, from spiced cake, to thin cookies, to a dark brown bread served with cream. From early on gingerbread was cut into interesting shapes and symbols that reflected the season. At autumn fairs cookies were shaped into animals and birds. At Easter, buttons and flowers were popular shapes. Sometimes the cookies were just flattened and cut into simple circles, called "snaps."

Excerpted from: <https://mymerrychristmas.com/christmas-tradition-of-gingerbread/>

See recipe in *Culinary Contributions*

# Of Herbal Interest

## HERBAL NAIL CARE TIPS

If your nails are less than attractive, I have some homemade remedies from my mother who was a hand model in the 30's while she went to "beauty school" and which she later used in her three beauty salons.

First, combine ½ teaspoon of **dried horsetail** with 1 teaspoon of **comfrey** in a cup of boiling water; steep for 15-20 minute; let cool; soak nails for 5-10 minutes several times a week and brush your cuticles with an old nail brush.

For dry, split-prone nails rub them with **chamomile**-infused olive oil to soothe and moisturize. A good herbal salve rubbed into your fingers at night will also make a real difference, especially one made with comfrey and horsetail.

Now for Mom's favorite: For dry, ripped cuticles rub a drop of castor oil into the cuticle of each nail. Because castor oil is thick and has lots of vitamin E, it's like food for the cuticle skin. It also makes the nails shiny. You can add a drop or two of **carrot seed, lavender, or sandalwood** essential oils to a two-ounce bottle of castor oil for an herbal nail treatment.

When the nails are better, remember to get regular manicures and to wear rubber gloves.

-Submitted by Julia Hudgins

### *More on Horsetail (or Equisetum)*

*Equisetum* breaks down into two Latin words, meaning "horse" and "bristle."



#### **5 benefits of horsetail**

##### **1. It is diuretic**

The ponytail is **one of the best natural supplements that exist to help promote fluid removal**, making it ideal for those who suffer from inflammation, arthritis or gout and also for those suffering from kidney, bladder and stone problems in the kidneys.

##### **2. Soft depurative**

Combined with other medicinal plants such as nettle, milk thistle or dandelion, it allows purifying our body of toxic agents. We recommend taking this plant once a day for a month, twice a year. Preferably during spring and autumn.

##### **3. Improves the condition of the skin and nails**

Its high content of silicon helps to maintain and recover the connective tissues of the skin, rejuvenating and invigorating it.

In this regard, **it also helps to form the collagen that our nails need.**

##### **4. Helps to lose weight -eliminate fluids-**

Because of its cleansing effect, horsetail also helps prevent and eliminate cellulite. **It fights toxins in our body**, making it a great complement for those who are on a diet. However, it must be taken into account that **what is eliminated is liquid, not fat.**

##### **5. Strengthens our bones and tendons**

The high mineral content of the ponytail makes this plant have a **remineralizing effect**, helping to nourish and strengthen our bones. Ideal to help prevent cavities, osteoporosis and improve wound healing.

It is, therefore, **a good complement for those people who do sport in a habitual way**, since it affects positively on the flexibility of the tendons and the vessels walls.

*Excerpted from: <https://robis.es/en/horsetail-the-5-benefits-of-this-plant/>*

# Culinary Contributions

## Broccoli Cheese Casserole

Total Time 45 minutes

Prep Time 10 minutes

Cook Time 35 minutes

### Ingredients

- 3 heads broccoli cut into florets (about 8 cups)
- 1/2 cup butter
- 1/2 cup all-purpose flour
- 2 cups whole milk or heavy cream
- 1/2 teaspoon Kosher salt
- 1/2 teaspoon ground black or white pepper
- 1/8 teaspoon cayenne pepper
- 1 cup grated Monterrey Jack cheese
- 1 cup sour cream
- 1 cup grated Cheddar cheese
- 2 cups crushed buttery crackers

### Directions

1. Preheat oven to 350° F. Spray a 13 x 9 - inch baking dish with nonstick cooking spray.
2. Add broccoli florets to a large heavy-bottomed stockpot of boiling water. Cook for 3-5 minutes and then drain broccoli from the water. Set aside.
3. Melt butter over medium heat in a small saucepan. Whisk in flour until well-combined, then whisk in milk, salt, pepper, cayenne pepper and 1 cup of Monterrey Jack cheese. Reduce heat to simmer and continue to whisk until sauce simmers slightly around the edges and has thickened slightly. Stir in sour cream.
4. Arrange broccoli in casserole dish and then pour cream sauce over broccoli. Top with cheddar cheese and crushed crackers.
5. Bake uncovered for 35-40 minutes.
6. Serve warm.

All images and text © Robyn Stone for Add a Pinch

Broccoli Cheese Casserole <https://addapinch.com/broccoli-cheese-casserole-recipe/>

## Favorite Old-Fashioned Gingerbread

Prep: 25 m

Cook: 1 h

Ready In: 1 h 45 m

### Ingredients

- 1/2 cup white sugar
- 1/2 cup butter
- 1 egg
- 1 cup molasses
- 2 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon salt
- 1 cup hot water

### Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9-inch square pan.
2. In a large bowl, cream together the sugar and butter. Beat in the egg, and mix in the molasses.
3. In a bowl, sift together the flour, baking soda, salt, cinnamon, ginger, and cloves. Blend into the creamed mixture. Stir in the hot water. Pour into the prepared pan.
4. Bake 1 hour in the preheated oven, until a knife inserted in the center comes out clean. Allow to cool in pan before serving.

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Printed From Allrecipes.com 12/1/2018

# Spiced Champagne Punch

eatyourwayclean.com

An herbal champagne punch spiced with cinnamon and clove. A less sugary punch with natural fruit flavors and reduced potential for hangovers!

## Ingredients:

- 2 cup water
- 2 tbsp honey
- 5 cinnamon sticks
- 8 whole cloves
- 2 cups cranberry juice unsweetened
- 1/2 cup pineapple juice unsweetened
- 1 bottle champagne
- 1/4 cup Grand Marnier or any orange liqueur you prefer



## Directions:

1. In a saucepan, bring water, cinnamon sticks and cloves to boil.
2. Reduce heat and simmer for 5 minutes.
3. Discard cinnamon and cloves. Stir in honey
4. Cool to room temperature and pour into a large pitcher.
5. Add cranberry juice, pineapple juice and Grand Marnier
6. Chill in fridge until ready to serve.
7. At serving time, add 1 bottle of chilled champagne

## Recipe Notes

Great served in a punch bowl with an ice ring. Garnish with blueberries, fresh cranberries or pomegranate seeds.



# Pomegranate-Champagne Punch

MELISSA CLARK BON APPÉTIT DECEMBER 2007

Makes 12 servings

## INGREDIENTS

- 1/2 cup water
- 1/2 cup sugar
- 2 750-ml bottles chilled brut Champagne
- 1 1/2 cups white rum
- 1 1/4 cups pomegranate juice
- 1 large lemon, thinly sliced
- Pomegranate seeds
- Fresh mint leaves
- 1 ice block

## PREPARATION

Bring 1/2 cup water and sugar to boil in small saucepan, stirring until sugar dissolves. Simmer 5 minutes. Cool syrup completely.

Combine Champagne, rum, and pomegranate juice in punch bowl. Add enough syrup to sweeten to taste. Mix in lemon slices, pomegranate seeds, and mint leaves. Add ice block to bowl.

# Peppermint Bark

## Ingredients

- 6 ounces white baking chocolate, chopped
- 1 cup crushed peppermint or spearmint candies, divided
- 1 cup (6 ounces) semisweet chocolate chips

## Directions

1. In a microwave, melt white chocolate at 70% power; stir until smooth. Stir in 1/3 cup crushed candies. Repeat with chocolate chips and an additional 1/3 cup candies. Alternately drop spoonfuls of chocolate and white chocolate mixtures onto a waxed paper-lined baking sheet.
2. Using a metal spatula, cut through candy to swirl and spread to 1/4-in. thickness. Sprinkle with remaining crushed candies.
3. Refrigerate until firm. Break into pieces. Store between layers of waxed paper in an airtight container.



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Submit your recipes to [saherbsociety@gmail.com](mailto:saherbsociety@gmail.com) for the January newsletter by Dec 20<sup>th</sup> please

## Minutes, Herb Society General Meeting November 8, 2018

**Introduction:** The meeting was called to order at 7:01 by Mary Beth Wilkinson, President

- Attendees were reminded to silence or turn off cell phones.
- New members and guests were acknowledged. Five guests were present.
- Mary Beth thanked Cyndy, Margie, Lisa and Mike for hospitality and decorations.
- She also thanked members who brought food for the evening.
- Merchandise was for sale in the back. Vicki and Annette were thanked for managing sales.
- Glory Pottery and Heidi's Creations also had items for sale.
- There was a member's only door prize of \$50 to Rainbow Gardens.

### Items for Discussion/Announcements

- The October General Meeting minutes were available in the newsletter. There were no corrections or revisions to the minutes, so they were approved as written.
- The September Treasurer's Report were also available in the newsletter. There were no corrections or revisions to the report, so it was approved as written.
- Events and programs help us get the word out and support our operating costs, and we had two events in October: Encino Park market which brought us \$241 and the Herb Market Association which brought in \$933. Special thanks (along with 2 tickets for the door prize) were given to all who helped at these events.
- Our Banquet will be on December 13, and the Herb Society will provide not only a ham but also a vegetarian lasagna the main dishes. Members are asked to bring favorite dishes but to sign-up to avoid duplicates. The theme for the table decorating contest will be "Home for the Holidays." Members were challenged to take the trophy from Cathy Stein. There will be an optional White Elephant Gift Exchange with a \$20 limit on the gift's value. We will also have door prizes and wine.

**Herb of the Month- Ginger** was presented by Leslie Bingham who told us there are over 1300 species of this amazing plant which has many medicinal uses. She also explained how a ginger root bought at HEB could, with the proper pot, soil mixture and lighting, would in a very short time and provide ginger to harvest in 9 months.

### Program: Dr. Tan, an expert in traditional Chinese medicine

Dr. Tan focused her immense knowledge of the use of herbs to the uses of the Herb of the Month: ginger. She first told us that although people have either warm or cold natures, their natures are not static but fluctuate between the two. (*cont'd*)

# Business

Herb Society General Meeting November 8, 2018 (cont'd)

She explained the best way to determine if you have a warm or cold nature on a particular day is to look at your tongue. Self-diagnosing is important in determining whether the use of ginger would be for you that day. For instance, if the appearance of your tongue shows you to have warm nature, and you have a cold, a cup of warm ginger tea would probably help. She also explained the uses of raw vs. charred vs. dried ginger, and members were able to sample the warm ginger tea she provided.

**Next month:** December Banquet

### Adjournment:

Meeting was adjourned at 7:56 by Mary Beth Wilkinson, President.

<b>October 2018 Accounting</b>	
<i>Income</i>	
Plant Sale Herbs	115.00
Encino Park	241.00
Herb Fest Sales	933.00
San Antonio Garden Center (Refund)	500.00
<i>Total Income</i>	1,789.00
<i>Expenses</i>	
Garden Center Rental	85.00
Garden Center Asst	45.00
Hospitality	
Public Storage	33.00
Herbs	72.00
Spritzer Supplies	44.95
State Farm Insurance	500.00
Printing (Newsletter)	11.54
Rainbow Gardens (Raffle for Nov)	50.00
Sales Supplies	46.39
<i>Total Expenses</i>	887.88
<i>Monthly Income/Loss</i>	901.12
Frost Checking Account	10,724.32
Certificate of Deposit	1,220.19
Scholarship	1,495.77
Petty Cash	50.00
PayPal Balance	300.00
<i>Total Society Assets</i>	14,691.40



## 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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SAN ANTONIO YOGA CENTER

### San Antonio Yoga Center

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San Antonio, TX 78254  
210-523-SAYC (7292)  
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[sanantonioyogacenter.com](http://sanantonioyogacenter.com)

### Diane Rose Lewis

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210-394-5885

Email: [lewisdr@swbell.net](mailto:lewisdr@swbell.net)  
[dianeroselewis.ylsocial.net](http://dianeroselewis.ylsocial.net)



### It Makes Sense

*Natural Health Counseling & Essential Oils*

Jean Dukes, RN, MS, Aromatherapy  
210-566-4379

Email: [itmakescents@earthlink.net](mailto:itmakescents@earthlink.net)  
[youngliving.org/makescents](http://youngliving.org/makescents)

### FloraScapes

*Landscape Design*

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Mary Blasko, TCLP, TCNP

Email: [florasclapes@swbell.net](mailto:florasclapes@swbell.net)



### David's Garden Seeds

7717 Tezel Road  
San Antonio, Texas 78250

[Davids-garden-seeds-and-products.com](http://Davids-garden-seeds-and-products.com)

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