



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY June 2019

Come to the June 13th Meeting and taste all the Basil Creations of Chef Dave!



Chef Dave Terrazas, from the San Antonio Botanical Garden's new solar powered culinary garden will be our presenter for the June 13th meeting. He will demonstrate new and interesting ways to prepare our favorite herb, Basil. He is known for his creative combinations of 'produce forward' tapas style creations. **And there will be a tasting of the dishes!**

San Antonio Herb Society meets on June 13, 2019 at the Garden Center at 3310 N. New Braunfels from 6:30 to 8:30 PM. Every meeting is a potluck, so bring whatever you would like!

Annual member dues paid after Feb are \$35, but if you have not paid your 2019 dues yet, we have a one day SALE going on! Pay your dues at the meeting June 13th, and your dues are only \$25! This offer is good only at the June 13th meeting! So come to the meeting, sample some great basil dishes and save \$10!



From Our New President – Robin Maymar

RESOLUTIONS

It is not the beginning of the year, I know, but it is the beginning of my year as president, and I am pleased and happy to serve.

This May we have had a successful sales event on every weekend. I am looking forward to Chef Dave coming on June 13 to show us Basil recipes. We also have Basil books and a variety of basil plants for sale.

I make a New Year’s Resolution list each year. This year it is very short:

- 1) Have more fun
- 2) Put away things after I use them
- 3) Put away more than I have taken out.

How’s that working so far? Pretty well. With a lot of effort I got to see *Hamilton* when it came to town, and I can tell you about a couple of good movies to go see. The garden is gorgeous at this time of year. Things are gradually, slowly coming together and becoming more and more organized.

Then I was elected president of the Herbal Society. I went to the storage unit to pull out boxes of paperwork, to review past history. And previous board members started bringing paper bags, boxes, notebooks, piles of paper, carloads of stuff. Hidden within? Extra cookbooks, Basil Books, stray eye-pillows, old pieces of paper from everywhere in plastic sleeves. I am getting way ahead on that third resolution!

So my house looks a little bit like the day after New Year. But what I am thinking is that maybe there are other members who need to return products that they have borrowed for speaking engagement. Having been to four events in a row, I know how tired everyone gets at the end of the day. Who wants to drive across town to the storage and stow stuff away? So they just hold it until the next meeting.

Please help me with my New Year’s Resolution: **bring in extra brochures, invitation, blank paper for printing, cookbooks, Resource Guides, whatever you have, that hasn’t been returned yet.**

I would like to make a current inventory and set the budget so we can get on with resolution **#1: Have More Fun!**

Robin Maymar

BOARD POSITIONS STILL NEEDED

Treasurer— (Voting position)

Website Manager

Contact Robin Maymar (830) 459-8415



The Mop Head Mystery

By Marsha Wilson, Weed 'n Gloat SIG

Sometimes Mother Nature presents a puzzle that requires a little sleuthing. That happened to me last spring when I was cleaning the family-room floor. I had just barely started to mop when I noticed clumps of leaves were falling out of the mop head. I pick them up, threw them in the trash, and continued mopping thinking the leaves had come from the pecan tree in the back yard, since the mop is stored outside. A few more strokes later and more clumps of leaves fell out onto the floor. By this time I realized that the leaf clumps were actually segmented cocoons made from leaves. I stopped to pluck out the remaining cocoons from the mop head

My first thought was that the cocoons had to have been constructed by a butterfly, or possibly a moth. However, which family? Which species? I consulted my Butterfly/Moth reference book. No joy. I researched the Texas A & M University master website on insects native to Texas. Still - no joy. I then texted a snapshot of the segmented cocoons to fellow herb society member, Robin Maymar, to enlist her help in the identification process. Robin consulted her reference books and the internet. Again - no satisfactory identification was forthcoming.

We knew that the cocoons had to have been constructed by an insect, but which kind? At Robin's suggestion, I finally decided that the best course of action was to just wait until the cocoons hatched to discover what kind of arthropod. So, the cocoons were placed in a clean jam jar



A few weeks later the cocoons started to hatch. Late one evening in early June, I became the proud mother of two buzzing baby bees! A few minutes later they were placed gently, but appropriately, on the blossom head of a Bee Balm (*Monarda didyma*) plant to start their life time journey of collecting and distributing pollen. And of course, with my smart phone, I was able to memorialize the moment with a photo of the two newly hatched baby bees becoming acquainted with their namesake.

Now that I knew what to look for I was able to refine my search. I discovered very quickly that they were more precisely known as ***Solitary Leafcutter Bees***.

These bees do not live in colonies like the timid Italian honey bees we are all familiar with, but instead, live solitarily in our gardens, pollinating our plants while cutting leaves to form their cocoons for the next generation of Solitary Leafcutter Bees. Rose bush leaves are usually their favorite building medium of choice, but in my back yard, they selected the Lemon Balm herb plant for their go to leaf.



The Mop Head Mystery (cont)

Some interesting facts about Solitary Leafcutter Bees:

- (1) One of them packs the pollinating power of 20 honey bees;
- (2) Leafcutters always cut segments of a leaf in a very neat fashion,
- (3) Leafcutter Bees are cavity dwelling bees that lay their eggs in existing holes in old wood (They do not create holes or damage structures to make homes for their nests);
- (4) Each female is a queen who does all of the chores – gather nectar/pollen, lay eggs, cut holes in leaves for her nest, construct cocoons;
- (5) While they have stingers, Leafcutters are very non-aggressive;
- (6) Leafcutters are important pollinators for wildflowers, summer vegetables and flowers, and for commercial growers of blueberries, onions, carrots and alfalfa;
- (7) They do not produce honey;
- (8) They have a life span of 5-6 weeks;
- (9) Males usually emerge first, are smaller than the females, and are identified by green eyes and a white “Mohawk” patch of hair on the top of their heads; and
- (10) A constructed “bee“ hotel” makes for a safer nesting ground than a mop head.



May Meeting Notes

The Herb Society met on May 8, 2019 for the annual election and installation of officers. Nominations were presented, voting done and new officers were sworn in.

New officers:

President - Robin Maymar

Vice-President- Leslie Bingham

Secretary- Adrienne Hacker

Membership- Aurora Canales

Newsletter- Tera Marshall

Publicity- Vicki Jamvold

Member at Large - Jane McDaniel

**Herb of the month
for June: BASIL!**



Culinary SIG

Afternoon Tea Themed Culinary Sig Meeting - February 2019

It was tea time at the home of Pat Hassar who hosted the culinary special interest group on February 28, 2019. It is amazing what can be made for tea time depending on your background.

Mike Belisle made a delicious and very different Carrot Cake Tea Sandwiches. Julie made some outstanding Cucumber/Dill Tea Sandwiches that reminded us all of teas we had been to in the past. Sandra delighted the palate with a fresh fruit tray. Grace made her venture into tea time with Dill Crab Cake Stuffed Phyllo Cups, no words can describe how it melted in your mouth. Robin delighted us with an English Specialty Baked Beans With Spicy Mustard and Tangerine Crinkles (cookie with tangerine zest). Our hostess Pat made Kensington Palace Scones, Lemon Curd, Strawberry Jam, and Lemon Curd Tarts topped with peppermint leaves and Mock Devonshire Cream. Karen created the radish sandwich and Cranberry Chicken Salad. Pam prepared some lovely date bars appropriate for any teatime. Pat served 4 different teas for each type of food served, tea sandwiches to dessert. What a Spread!

Our June meeting will be on Helen Keller's Birthday, Thurs, June 27th. Theme : Herbal dishes that appeal to any sense except sight or hearing. We will have low light, and fragrance, texture and flavor will all be emphasized. If there are openings, we will pull sub names and notify you.



Culinary SIG news:

Since the Culinary SIG meets in members' homes, the number of members must be limited to the number of people who can be seated at the table.

However, we often have last minute cancellations for any given meeting, and so we have openings for that particular meeting. We have decided to institute a "substitute" list of guests.

At the general meeting on June 13th, we will have cards available for you to sign up. In the future, when a member cancels for a particular meeting or we have openings for a particular meeting, we will pull a name from the hat, and you will receive a one-time only, last minute invitation, which you can accept or decline. This way, you can see what the SIG is like, and may be able to join a new-forming SIG. (or continue to fill in for our no-shows)



Culinary SIG April 2019

Culinary SIG II - CHINESE CARRY-OUT IN THE PARK

Culinary SIG II met at Rimkus Park in Leon Valley on April 25.

We used a tiny hibachi to heat dumplings. Mike brought a smorgasbord of Chinese foods: crab ceviche, boiled shrimp, tiny pork dumplings, egg roll with peaches inside, and asparagus in balsamic vinegar. Pam brought curried rice, both white and black grains, very dramatic, and delicious. Vicki went out for ice to go with the strawberry tea I made. We ate, we talked, we ate some more.

A picnic in the park with Chinese food is always enjoyable, but attendance was lower than we had expected, due to being at Fiesta time. Next time, we will schedule at another time of year.

Robin Maymar

WEED AND GLOAT SIG

May 27, Memorial Day Holiday, but who noticed?

The Herb Garden (which we maintain at the Botanical Gardens) looked spectacular! I think Lenore had been by and put in some larger plants since last month. The poppies were all gone (will spring up next February from seeds) but the mint was back in bushes. This time, since Lenore asked me to be in charge, I cut the mint into geometric shapes. Huge circles, and an attempt at a square. No worries, it's like hair, if it is cut poorly, it'll grow back next month.

The tough part, though, is identifying plants. This spectacular plant was growing in the back. It was very green and had two pairs of opposing leaves that were bright fuchsia. So I will post this picture and ask you all "What is this? "

Below is a photo of the Ginger. Last month, there were no leaves at all on ours, just bare earth, but the ginger had erupted in the medicinal bed next to ours. This month, I went to look for it, but there were huge leaves towering over the bed, similar to banana plants. And there, below all the leaves, were very large ginger flowers, with funny little folds that caught the water. Beautiful !

Next month, Weed and Gloat meets Monday, June 24 at 9 a.m. Ask Lenore or Robin to put you on the notice list. Bring water, a hat, warm weather clothing and a few tools (we share a lot of tools and the garden provides some, too). Let's see what's in bloom this time!



What is this?



Ginger



Anise Hyssop



Weed and Gloat Herb Garden at the San Antonio Botanical Garden

Culinary Contributions

Crab Cakes for an Afternoon Tea

Ingredients

2 tablespoons olive oil
6 green onions, chopped
1 (16 ounce) can crabmeat, drained
1 egg
1 tablespoon mayonnaise
1 teaspoon dry mustard
1 tablespoon fresh Dill, chopped
1/2 teaspoon ground cayenne pepper
1 teaspoon garlic powder
1/4 teaspoon Old Bay Seasoning
salt and pepper to taste

1 cup Panko (Japanese bread crumbs) or regular dry bread crumbs
1/2 cup olive oil (for frying)

Directions

Heat 2 tablespoons oil in a skillet over high heat. Sauté green onions briefly until tender; cool slightly.
Combine all ingredients (except bread crumbs and olive oil).

Form into 1/2 inch thick patties. Coat the patties with bread crumbs.

Heat 1/2 cup oil in a skillet over medium high heat. Cook cakes until golden brown on each side. Drain briefly on paper towels and serve hot.

Hint for Tea: I get the small phyllo cups and make as above but place the mixture in each cup including 1/2 cup Panko crumbs and cook in oven for 15 minutes at 350°. Cool and serve

Citrus Marinated Salad

Ingredients

1 (14.5 oz) can Del Monte cut green beans (Blue Lake), drained
1 (15 oz) can Le Sueur small sweet peas, drained
1 (11 oz) can Green Giant white shoe peg corn, drained
1 (2 oz) jar diced pimento, drained
2 cups yellow sweet onions, thinly sliced
1 cup carrots, thinly sliced
2 cups celery, thinly sliced
1/2 cup sliced pimento-stuffed green olives

Place vegetables in a bowl with lid or in a gallon zip lock bag.

Dressing:

3/4 cup orange juice
1/3 cup fresh lemon juice
1/4 cup cider vinegar
1/2 teaspoon paprika
1/2 cup salad oil
1/3 cup sugar
2 teaspoons salt

Shake all dressing ingredients in a jar until sugar and salt are dissolved. Pour over vegetables and toss lightly. Refrigerate at least for 24 hours.

Stir in bowl, or flip bag over occasionally. Makes about 10 cups.



Herb Society At Festival of Flowers



Herb Society at Basil Fest



Herb Society at Basil fest



Robin Maymar



Weed and Gloat SIG crew

BUSINESS MEMBERS

WE THANK OUR BUSINESS MEMBERS FOR THEIR SUPPORT.

MENTION YOUR S.A.H.S. MEMBERSHIP WHEN YOU PATRONIZE THEM!



Natures Herb Farm

7193 Old Talley Road Lot #7
San Antonio, Texas 78253

Email: naturesherbfarm@att.net



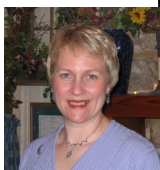
San Antonio Yoga Center

11011 Shaenfield Road
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David's Garden Seeds
7717 Tezel Road
San Antonio, Texas 78250

Did You know ? SAHS Members get a 10% off discount at these local business?

