



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY June 2019

Come to the July 11th Meeting

Using Herbal Essential Oils in Making Salves and Tinctures by Leslie Bingham, Horticulturist!



Come and see how we can use these amazing plants and their volatile or “essential oils” in the preparation of some basic cosmetics, personal hygiene products and household cleaners.

Leslie Bingham, herbalist, horticulturalist (and SAHS member) will conduct the class, using volunteers from the audience to participate, and prepare the mixtures

So bring a notebook and a pen...This will prove to be a messy but fun evening. (I will have aprons to protect the participants!)

There will be handouts of at least three recipes + a key of terms explaining the difference between a tea and a tincture etc. All three products we make that evening will be raffled off before we adjourn. There will be lots of opportunity to discuss methods and ask questions. Hopefully, you will take home some knowledge you did not have before that can be put to practical applications.

Hope to see y'all there July 11th!

San Antonio Herb Society meets on July 11, 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!



HOT WEATHER

Summer heat is upon us! I think that a lot of the difficulty adjusting to the heat is the contrast. I go from an air-conditioned house, out into the heat, then into a very hot car. It is hard on your heart to go from a low temperature to a high one, then back into a low temperature.

This summer seems to have started out being very warm. The humidity is very high and the dew point was at 78. The weatherman said that was as high as he had ever seen it. Well, maybe it is not just old age, but the combination of humidity and heat has really got me down.

I love to get up early, very early in the morning, I fix coffee in the dark, and amble out to the porch to watch the sun rise. The birds are usually just getting around to singing, and it is quiet and still. It is sixty-eight degrees and still. It is really a lovely part of the day.

If that is where you begin, as the day warms, you seem to adjust as it warms up. I head to the garden, weed and mulch before the sun has even thought of peeping over the tops of the trees. I collect rain-water from the catchment barrels and bring jugs in to water the house plants. I sift a little compost to mix into my raised bed mixture. Then put a few pots together to start seeds for planting out later in the summer.

When it eventually gets too hot, I head for the shade. There is almost always a breeze. The cardinals are patrolling the yard. The flickers have decided to investigate the newly turned compost, and it is a good time to read a book.

After a late lunch is a good time to take a nap. Later in the day, the heat really seems to be oppressive. Time to head to the front yard, to water the potted plants in the shade.

But, when it gets oppressively hot, I have small pool. The cool lasts the rest of the day.

So, where is this leading? Think about going out into the garden more often. Almost all of the time, it is beautiful out there in the early morning. But you have to take the heat gradually. Maybe just early in the day, to really appreciate the cool air and the breeze, regular features of early San Antonio mornings.

And be sure to stay hydrated in our hot San Antonio summers!

Grace Emery and Tera Marshall have agreed to be our new website content managers. So watch for some great improvements there!

**Deborah Wilson has accepted the Board position of Treasurer!
Welcome aboard, Deborah!!**

Herb of the Month

Lemon Balm (*Melissa officinalis*)

Lemon Balm is a member of the mint family and is easy to grow here in San Antonio. It has heart shaped leaves, and square stems, that have a strong lemon fragrance and flavor when crushed or brushed against. It flourishes in fall and winter, never freezing back.

In summer, Lemon Balm puts forth lots of small flowers, which attract bees. It prefers shade and plenty of water. It will start to look wilted in the extreme heat of our summers, then bounce right back again as the weather cools.

You can find Lemon Balm plants in the herb section of your local nursery, but wait until cooler weather to plant it. Once you do, it will grow fast! (It can be invasive!) It's easy to propagate, too, so you can easily share plants with your friends, or take some to plant exchanges.

Lemon Balm adds a nice lemon flavor in cooking, and also has medicinal value as a calming agent, and mood up-lifter. It makes a great tea. We will be serving **Lemon Balm Sun Tea** at the meeting July 11, so come and taste it!

Lemon Balm Pesto

From vintagekitty.com

3/4 cup lemon balm leaves firmly packed
1/2 cup pine nuts
3/4 cup Parmesan cheese
1/4 cup extra virgin olive oil
3 Tablespoons lemon juice
1 tsp fresh chives
salt and pepper to taste

Place all ingredients in a food processor and pulse until smooth.

Add salt and pepper to taste.

Store in an airtight container for up to one week in the refrigerator or 3 months in the freezer.

Meeting Minutes

San Antonio Herb Society June 13, 2019 Meeting

Meeting called to order at 7:05p.m. by President Robin Maymar. Attendees were welcomed and thanked for coming.

We have 3 new members, Martha Edwards who joined at the Festival of Flowers event, Sheri McShane and Debra Wilson were introduced to the group. Guest Mohammed from Mali and Manul from Cameroon were welcomed.

Not present with us this evening is Julie Hudgins, our 2018 Membership Chair and an active member of the Culinary SIG. Sadly, she passed on May 28, 2019. She will be sorely missed by everyone who knew her.

Robin thanked Cyndy Moore, Sandra Woodall for the lovely table setup and all that brought food. She reminded members to send in their recipes to Tera Marshall, for inclusion in the Newsletter. Robin also gave a shout out to all the members of the board who have worked hard during this transition. Specifically to Vicki Jamvold for managing to create publicity and getting it acknowledged by the print media so quickly. Auroa Canales for immediately diving into and attempting to get membership renewals generated, Linda Barker for taking notes, Jamie Whitfield for providing historical minutes and Vicki and Annette Hoffman for “faithfully” manning the sales table.

Robin also thanked Tera Marshall for “conquering”, the Newsletter and getting it out on time. Newsletter submission deadline will be the 24th of every month.

Discussions/Announcements

Robin reminded the membership that the board position of Treasurer is still open. Debra Wilson volunteered to serve, nomination was seconded and approved.

Members were then asked for any additions or corrections to the last General meeting minutes. They were approved. Robin has a copy of the last Treasurer’s report available for anyone interested to review.

Robin opened the floor to anyone wanting to discuss changes in membership dues. No one responded.

Open invitation to the Culinary SIG “Helen Keller B-Day celebration ” June 27th, contact Robin.

Program

Leslie Bingham was thanked for already establishing a speaker line up through the January 2020. The membership was informed of the last minute cancellation of Chef Dave and how Leslie and Grace Emery moved the heavens to put together our speaker and basil presentation for tonight’s meeting. Grace Emery began the program with a presentation on Basil

Highlights—60 varieties of basil , Handout - 7 things to do with Basil other than Pesto. Discussion on Purple Ruffle Basil how it seems to withstand heat and overwinter the best.

Leslie introduced our speaker Liz Campanella owner, Uprooted Gardens. Liz’s company specializes in landscaping, installing raised beds, garden “sitting” and all methods of growing plants in an urban environment. She emphasized that in the SA area we have 3 planting seasons for edible goods – our spring, our short fall and a longer fall/winter. She discussed crop rotation and natural pest control, soil conditioning and introduced us to Foxfarm soil and fertilizer company.

Culinary Contributions

Cut out to file recipe

Eggplant Parmigiana

Eggplant Parmigiana

from *Silver Plate Cook Book*,. Submitted by Robin Maymar

2 small eggplants (about 2 pounds in all)

Salt, for draining the eggplant

2 cups ricotta cheese

2 eggs

¼ cup grated Parmigiano-Reggiano cheese

1 cup chopped Italian flat-leaf parsley

Salt and freshly ground pepper to taste

Approx ¼ cup olive oil

2 cups spaghetti sauce

½ lb. whole-milk mozzarella cheese grated

Slice eggplant into ½-inch-thick pieces and layer in colander, salting slices heavily as you go. Set aside for 30 minutes.

Combine cheeses, eggs, and parsley. Season with salt and pepper.

Rinse eggplant slices well and pat dry with paper towels.

Heat 2 Tablespoons olive oil in large skillet over med-low heat until it begins to smoke. Add a single layer of eggplant slices. Turn slices quickly to coat both sides lightly with oil; reduce heat slightly. Fry eggplant until lightly browned on both sides. When slices are brown, drain on paper towels. Pour 2 tablespoons more oil into skillet and cook another layer of eggplant. Repeat until all eggplant pieces are done.

Pre heat oven to 400°F

Spread ½ cup of spaghetti sauce into 9x12 baking dish. Arrange layer of eggplant slices over sauce. Top each eggplant slice with a tablespoon of ricotta mixture and sprinkle about 1/3 of the grated mozzarella over the layer. Repeat, arranging next layer of eggplant slices to cover gaps between slices in first layer. Add more ricotta mixture and mozzarella. Add final layer of eggplant, cover well with remaining spaghetti sauce, and spoon remaining ricotta mixture down center of dish. Sprinkle remaining mozzarella over exposed tomato sauce. Bake uncovered until well browned and bubbling, 25 to 30 minutes. Let stand for 10 minutes before serving.



Culinary SIG

Culinary SIG met June 28 at the home of Robin Maymar. The theme was Helen Keller's Birthday, and as we started dinner, Robin told us the story of Helen Keller's life. The lights were turned down low, to simulate Helen's world.

Each person in the SIG brought 1 or 2 dishes, and each dish was treated as a course. As the dish is passed around, the person who prepared it told about how the dish was made and any special notes about it. Written recipes were brought to pass to everyone.

We had a vegetable relish tray with dip, Coconut Shrimp, Asian Cucumber Salad, Pasta Salad, Eggplant Caponata, served both plain and piled on chicken, No-Knead Sage bread (baked in a cast iron dutch oven) and for desert, Peach Cobbler with whipped cream and Rum Cake.

Herb Society Board

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Culinary SIG 1



WEED AND GLOAT SIG

June 2019 Weed and Gloat, San Antonio Botanical Garden

The humidity was high. It was about 85 degrees and a light rain was falling. A sticky time to go outside. Once there, though, we hardly noticed as we were busy tidying up.

The herb garden looked spectacular, even before we started weeding. There were small onions here and there, and a certain amount of grass to pull. With the moist soil, it took no time at all to clean the area. We trimmed the rosemary into a beautiful sphere. Continued with our plan to make large geometric shapes out of the hedges of mint plants. Accomplished a circle, a heart shape, and a border hedge.

Then we planted a lovely **Mrs. Reid Rosemary**, in remembrance of our friend and fellow member, **Julie Hudgins**. She had told us that her mother made a rinse out of rosemary to put on hair. It kept dark hair dark. She ran three beauty parlors, so we think she was on to something successful.

Members, join us at the Botanical Gardens on Monday July 29 at 9 a.m. for Weed and Gloat. We weed for about an hour, then sit on the bench and admire our work. We take a few pictures, the some of us go out for coffee. This is a great opportunity to learn more about growing herbs and developing friendships. Contact Lenore Miranda for information tinkyny@earthlink.net



The Weed and Gloat Crew



Rosemary planted in memory of Julie Hudgins

Culinary Contributions

Cut out and file recipe

Peach Cobbler

Peach Cobbler

From myrecipes.com, submitted by Grace Emery

1/2 cup unsalted butter
1 cup all-purpose flour
2 cups sugar, divided
1 tablespoon baking powder
Pinch of salt
1 cup milk
4 cups fresh peach slices
1 tablespoon lemon juice
Ground cinnamon or nutmeg (optional)

Melt butter in a 13- x 9-inch baking dish.

Combine flour, 1 cup sugar, baking powder, and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).

Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon, if desired.

Bake at 375° for 40 to 45 minutes or until golden brown. Serve cobbler warm or cool. Can top with ice cream or whipped cream to serve.



June Meeting



Herb of the Month– Basil

We'd love to publish your photo or article contributions in the newsletter!

Send them to

unicorn45@yahoo.com



Liz Campanella, our June speaker



Eggplant from Robin's garden

July Gardening Chores

Tom Harris, Ph. D., BCMG Class 13
"The Hill Country Gardener"

www.thehillcountrygardener.com



Work outside early in the morning or late in the evening so you can avoid loss of water in your body. Drink cool or cold water before, during and after working outside and sweating. Use sunscreen and work in the shade as much as possible.

Watering by hand is good therapy after coming home from work, but is the WORST thing you can do to your plants.

Birds and Wildlife

- Keep birdbaths full and clean.
- Butterflies are attracted to overripe fruit, blooms, and mud.
- Hummingbirds will reward you with their antics if you keep plenty of sugar water in feeders for them.

Color

- Keep rose bushes cleaned out.
- Fertilize caladiums with slow-release lawn fertilizer at the rate of 1/3 - 1/2 lb. per 100 square feet of bed.
- Deadhead spent flowers on annuals and perennials.
- Plant zinnias.
- To brighten a landscape in the heat of the summer plant lantana, bougainvillea, mandevilla vine, allamanda, hibiscus, salvia, periwinkle, marigold, zinnia, portulaca, purslane, copper plant, and Bush morning glory.
- Mulch heavily.
- Water plants by hand when needed and

not according to the calendar or day of the week.

Fruits and Nuts

- Water fruit trees with one inch of water over the drip line per week until the fruit are harvested.
- Take out the old canes in the blackberries.

Ornamentals

- Iron deficiency (chlorosis) can show up in landscape and garden plants at this time of year. Look for yellowed leaves with darker green veins. Frequent applications of iron sulfate (Copperas) as a foliar spray or applications to mulching materials may be needed. Green sand can also be used and is effective.

Shade Trees and Shrubs

- It's safe to prune oak trees in July and August. Be sure to paint with latex-based paint all the cuts.
- This is NOT a good time to plant trees and shrubs. It's too hot.

Turf Grass

- Set your lawnmower height at the highest level while it's hot. 3 1/2 - 4 inches for St. Augustine in the sun and 4 - 5 inches in the shade.

2019 Backyard Basics Expo

August 1, 2019
8:00 a.m.— 12:30 p.m.

Raffle

Make plans to join us at the San Antonio Garden Center
(3310 N. New Braunfels, San Antonio, TX 78209)

Cost is \$20/participant

Expert speakers, vendors, and much more!

Register online @ <https://agriliferegister.tamu.edu/BexarCounty>

**Goodie
Bags**

A special "Thank you" to our sponsors: Capital Farm Credit and San Antonio Water System

TOPICS

- Attracting Butterflies & Hummingbirds
- Backyard Chickens
- Benefits of Compost & Mulch
- Controlling Diabetes through Healthier Food Choices
- House Plants
- How to Deal with City Critters
- Making Every Drop of Water Count in Your Lawn/Landscape
- Making Raspberry Chipotle Jam
- Oak Wilt & Other Tree Issues
- Planting 101, Landscape Watering 101
- Rainwater Harvesting
- Selecting and Growing Fall Tomatoes
- The Benefit of Bees



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