



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY August 2019

## August 8th "Show & Tell" Meeting

For August we are bringing back an idea that always worked in the past, and our members seemed to enjoy. It is "Show and Tell" evening. What exactly does that mean?

Well, we want you - our members – to look around your tool shed, your attic, your kitchen or wherever your fancy leads you and bring something – an object, a favorite garden tool, a cookbook, a recipe, a plant, that really captures your imagination, something you really love and have used for years or maybe just discovered - to our next meeting. It does not have to be anything fancy – in fact if it's a favorite tool, shake the dirt off pop into a plastic bag and bring with...perhaps you can fool us into trying to discover what this object actually is...an old farm implement, an indispensable part of the kitchen garden – you name it, it's up to you.

But, do be prepared to say a few words about it for all of us to share. Nothing fancy or involved, just why you love it!!

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**San Antonio Herb Society meets on August 8, 2019 at the Garden Center at 3310 N. New Braunfels from 6:30 to 8:30 PM.**

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**Every meeting is a potluck, so bring whatever you would like to share, and bring the recipe, too!**

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Our goal at the Herb Society is to promote growth, knowledge and use of herbs. We are basically an educational group.

At our August 8 meeting, we will renew our Books for Scholars effort. Do you have a craft, gardening or cook book that you would donate for this worthy cause? Please bring them to a monthly meeting! We will sell them at a table during our general meeting, with 100% of the money going toward scholarships for local students. This has been an effective fund raiser, and we all enjoy the meeting where we acknowledge our two scholars. We are starting small, but like our seedlings, we will grow. So bring a book or two, come prepared to enjoy our collection.

I want to give a Special Thanks to Debarah Wilson, our new Treasurer. She has put in endless hours to make sure all the bookkeeping is in order and helps with so much Board business. Thanks, Debarah!

August 8 is our general meeting. This month, we will again start having vendor tables at meetings. The vendors must be SAHS members, and the fee is simply that they will donate a door prize for the meeting. So we will have more door prizes, and also get to shop for unique items at our meetings! See you then!

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

August 26, 9 a.m. is Weed and Gloat at the Botanical Garden. Volunteer forms and information is available at the General Meeting.

Robin

**San Antonio Herb Society will have a sales booth at the Herb Market, October 19, 2019 at the Pearl Brewery.**

**Sign up as a volunteer at our monthly meeting, August 8**



**Tarragon**

# Herb of the Month

## Comfrey (*Symphytum officinale*)

is a member of the borage family.

Comfrey grows as a perennial, with large, hairy, prickly leaves. The leaves grow from a central crown and a comfrey plant can spread to more than 30 inches across.

**Growing Comfrey-** be sure to allow plenty of room for the plant to grow. Comfrey needs a lot of water, and appreciates some shade here in San Antonio. After a freeze, it will die back but return in spring.

It does not spread by roots, so it is non-invasive. However, you can easily propagate by digging up an established Comfrey plant, cutting the roots into several pieces, and planting the pieces. (This is best done in the fall, when the weather is not too hot.)

Comfrey can be harvested at any time. If the prickles bother your hands, wear gloves. The leaves can be dried but will take longer to dry because of their high moisture count.

**Culinary uses: NONE. Comfrey is toxic to humans and livestock and should NEVER be ingested.**

**Medicinal uses:** It should not be applied directly to open wounds. Comfrey has long been used to aid healing because the leaves contain allantoin, which aids granulation and cell formation. Crushed foliage can be applied externally to rashes and poison ivy or ant bite blisters.



## Comfrey Salve

Fill a canning (heatproof) jar with crushed, fresh comfrey leaves, then fill with olive oil.

Set on a candle warmer for 24 hrs, stir occasionally with a wood spoon. (A candle warmer a small warming plate, available anywhere candles are sold—Hobby Lobby, Walmart, etc, approx \$5.00. It provides a safe low heat)

After 24 hours, strain out all plant material and add shredded beeswax (Maybe a tablespoon, depending on the size of your jar). Heat in microwave 10 seconds to melt beeswax. Wait for it to cool. If the salve is too soft for your preference, add more beeswax, microwave again to melt, and let cool. If the salve is stiffer than you prefer, add a little more olive oil.

Apply to ant bites, mosquito bites, rashes, Great for hot spots / flea bites on the dog, too. (The salve is greasy, but it works within 15 minutes.)

After adding the beeswax, you can also add essential oils as you choose. Mix in before it cools and hardens.

Suggestions are: Tea Tree Oil, Lavender, oregano oil.

# Meeting Minutes

## San Antonio Herb Society Meeting July 11, 2019

Meeting called to order at 7:05 p.m. by President, Robin Maymar. Attendees were welcomed and asked to please silence cell phones.

New members Suzanna Watson and Liz and Jeremy were acknowledged. Robin thanked Cyndy Moore and Sandra Woodall for the lovely table setups.

### Business

The Treasurer's Report was posted in the newsletters, members with comments or questions were directed to contact our new Treasurer, Debarah Wilson.

Assembly was asked for any additions or corrections to the last general meeting also posted in the July newsletter. None recorded.

### Announcements

Weed and Gloat meets the last Monday of the month at SABOT. The next meeting will be Monday, July 29, 2019. Please contact Tinky at tinkyny@earthlink.net for additional details

2019 Backyard Basics Expo being held Thursday Aug. 1, 2019 at the Garden Center. Over a dozen seminars, hosted by well-know gardening experts. Registration \$20.00, classes 8:30 am to 12:30.

Herbal Wreaths: we will be having a demonstration on the art of making herbal arrangements. **Please begin planning your harvesting and gathering of supplies, including cuttings from your gardens.**

Next Board Meeting will be 7/28/2019 at Debarah Wilson's clubhouse, contact her for details.

The next member meeting will be August 8, 2019 at the Garden Center 6:30-8:30 p.m. The "Show N Tell Meeting", bring something you love, use all the time, whatever, that is related to herbs or medicinal or gardening, etc.

### The Program

Our resident Herbalist and Horticulturist Leslie Bingham, conducted a brief essential oils overview and a volunteer-led demonstration on using essential oils for mixtures for skin, healing and cleaning.

### Highlights of the evening

- Essential oils are the life force of the plant
- Due to concentrated nature, more is not better. Standard measurement 1 drop per 1 teaspoon carrier oil.
- Overview of applications and kinds of carrier oils to use
- Topical skin care applications and inhalations
- Infusions, including teas
- Online recommendations for quality sourcing of oils

Volunteers from the audience then made preparations and raffled off samples.

Thank you, Leslie, for an informative presentation and lovely handouts and recipes



## Culinary SIG

Culinary SIG met July 25 at the home of Mike Belisle. Mike's home and yard are just gorgeous, what a great setting for a fun dinner!

The theme for the Culinary SIG was "Breakfast". We had: Breakfast Casserole, Brunch Eggs, Watermelon / Blueberry salad, Breakfast Berry Crepes, Peach Tea, Cowboy Corn Casserole, Sausage and Crescent Roll Casserole, Breakfast Banana Splits.

### Herb Society Board

#### President

Robin Maymar [robinmaymar@gmail.com](mailto:robinmaymar@gmail.com)

#### 1st Vice-President (Programs)

Leslie Bingham [lesliegw@live.com](mailto:lesliegw@live.com)

#### 2nd Vice-President (Membership)

Vacant position

#### Secretary

Adrienne Hacker [hackla@aol.com](mailto:hackla@aol.com)

#### Co-Secretary

Linda Barker [LNBDesignline@aol.com](mailto:LNBDesignline@aol.com)

#### Treasurer

Debarah Wilson [debarah\\_wilson@bellsouth.net](mailto:debarah_wilson@bellsouth.net)

#### Newsletter

Tera Marshall [unicorn45@yahoo.com](mailto:unicorn45@yahoo.com)

#### Web Content

Grace Emery [gemery49@yahoo.com](mailto:gemery49@yahoo.com)

#### Member at Large

Jane McDaniel [janesirish@att.net](mailto:janesirish@att.net)



Our 2nd Vice-President (Membership Chair) position is vacant.

If you are interested in filling this position, please contact President Robin Maymar

## WEED AND GLOAT SIG

July 2019 Weed and Gloat, San Antonio Botanical Garden (SABOT)

Our goal at the Herb Society is to promote growth, knowledge and use of herbs. We are basically an educational group.

That's why our monthly trip to the Herb Patch (Weed n Gloat SIG) at the Botanical Gardens is always so popular with members. There are always weeds to deal with, of course, but each month they change. Sometimes it is purslane, an edible weed. Poppies always take over in the spring.

Last month it was a spectacular lamb's quarter. This month it was Johnson Grass in the very edge of the curb and more nut grass. Each weed tells us about the environment of the garden. It is interesting to see the changes over time. Undaunted, we weed away.

Lenore Miranda directs our efforts. She is a wealth of information about the life span and growth of our herbs.



This month, It was so hot that it was hard to plant much, so we sat in the shade and made plans: plant seeds for the future.

August 26, 9 a.m. is Weed and Gloat at the Botanical Garden. Volunteer forms and information is available at the General Meeting. See you then!

Contact Lenore Miranda for information

[tinkyny@earthlink.net](mailto:tinkyny@earthlink.net)



**Shampoo Ginger Plant**

# Culinary Contributions

Cut out and file recipe

## Cowboy Corn Casserole

### Cowboy Corn Casserole

Submitted by Pam DeRoche

- 10 slices of bacon cooked and crumbled
- 2 tablespoons chives
- 4 ½ cups corn, frozen or defrosted
- 1 teaspoon garlic powder
- 3 tablespoons all-purpose flour
- 1 teaspoon black pepper freshly ground
- 1 tablespoon Kosher salt
- 1 teaspoon paprika
- 3 cups cheddar cheese
- 4 ounces cream cheese, softened to room temp
- ¼ cup heavy cream
- ½ cup whole milk



Preheat oven 350°F.

In a large bowl whisk cream cheese, cream, flour, paprika and garlic powder, until combined. Fold in corn, 2 ½ cups cheese and bacon and season with salt and pepper. Sprinkle with remaining cheese and bake for 20 minutes.

Let cool for 5 minutes, then garnish with chives and serve.

# Herbal Butters

By Pat Hasser

If you are trying to think of a way to preserve your bountiful harvest, what better way then to make herbal butter compounds. It is a great way to add zest to your steak, fish, bread, even soups.

The hardest part is deciding on a blend and then picking pick the little leaves off the stems and chopping them up finely. While you are getting your herbs ready, make sure your butter is already out to soften. You want it soft, (if it is cold, chop it up, so will soften faster). Do not microwave to soften. The butter should be slightly firm when beginning to blend.

Use two tablespoons of herbs to one quarter pound of butter (1/2 stick). Just keep cutting the herbs into the butter. If you use a food processor or mixer, do not overwork to where the butter starts to melt.

Taste your butter on a piece of bread, or cracker to see if you need to add more herbs. Enjoy.

You can store your butter in an airtight container or place it on wax paper and roll it into an oblong shape and freeze in freezer bags. Sliced, it makes beautiful discs to place on a steak or fish, even to let melt in your favorite soup.



## Herbal Butters (cont)

The following are some suggestions but I like to mix several together.



Rosemary, Garlic, Salt is my favorite combination. I use it on bread, pot roasts, beans, it's so fantastic.

Basil - about a dozen fresh leaves or about 1 tap dried

Chives - 6 leaves snipped into short pieces - 2 tsp dried

Dill - three or four 'fronds' chopped - 1 1/2 tsp dried

Garlic - one or two cloves finely chopped depending on taste - add some parsley as well. Dried 1/2 to 1 tsp - to taste

Mint - 6 leaves chopped finely - 1 tsp dried

Parsley - loose handful - 2 tps dried

Rosemary - a sprig, leaves snipped into pieces - 1 tsp dried

Sage - 4 leaves - up to 1 tsp dried

Thyme - about a tablespoon fresh leaves, chopped - 1 tsp dried

There are many other herbs you can use as well. Google "Herbal Butter Recipes" for lots more ideas!

We are resuming selling books to fund our Scholarship Program. Please bring any gardening books you can donate to the next meeting!



## 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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**Featured Speaker:**  
Chris Wiesinger  
"The Bulb Hunter"



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# Local Gardening Events



**August 1, 2019. Backyard Basics Expo:** "The Art Of Self Reliance" covering a variety of topics (see flyer below) with concurrent sessions so you can choose your classes, about will be held Thursday, August 1, 2019 at 8:30 am - 12:30 pm. at the San Antonio Garden Center, 3310 N. New Braunfels, 78209. Registration begins at 8 am, program begins at 8:30 am and concludes at 12:30 pm. \$20 Fee. [Register Online](#).

**August 2, 2019. WEBINAR - 2019 All Bugs Good and Bad: GMOs and Their Effect on Insect Populations** presented by Dr. Rudy Pacumbaba, Alabama Extension. Explore the world of insects and how genetically modified crops affect their populations in this webinar. August 2, 2019 at 1 pm – 2 pm (Attend webinars from the comfort of your own home, on a computer or tablet or smart phone). <https://www.bexarmg.org/event/2019-all-bugs-good-and-bad-webinar-series-gmos-and-their-effect-on-insect-populations/> Free.

**August 3, 2019. Family Fairy Gardening** with Marianne Rodriguez from Whimsical Fairy Gardens. Saturday, August 3, 2019 10 am- 12 pm at [Northeast Community Learning Center](#), 8750 Tesoro Dr, 78217. Grownups, grab your little ones (ages 5-12) and bring them to an afternoon of fairy gardening! Adults and kids alike will have fun choosing their container, picking their plants and fairies, and customizing their fairy gardens by using their imagination. Bring your own container (10 x 10 x 4 is best) or purchase one from the instructor and come prepared to get a little dirty! A \$30 supply fee, payable to the instructor at the beginning of class, covers all materials for your fairy garden. Registration and supply fee are for one fairy garden. \$35 Fee. [More information](#)

National Garden Club will present a 2 day Gardening School on August 24 & 25 at The Garden Center. Deadline to register Aug 15. [More info](#)

**August 3, 2019. Superstar Landscapes with Texas Superstar Plants** presented by MG Lynn Cox. Learn about Texas Superstar plants. Saturday, August 3, 2019 at 10 am- 11 am at Rainbow Gardens, 2585 Thousand Oaks, San Antonio, TX 78232. Free. 1 CEU; Code 001, and 1 Watersaver Rewards Point. [RSVP here](#)

**August 9, 2019. Brown Bag - Lunch & Learn for August: Lawns and Landscapes Surviving the Summer Heat** presented by MG and Irrigation Efficiency Specialist Anna Vogler. Join the lunch group on Friday, August 9, 2019 at Noon in the County Extension Office, 3355 Cherry Ridge, Suite 208, 78230. Free.

**August 17, 2019. Texas Bird Walking Workshop.** Learn about resident and migrant birds in the San Antonio Botanical Garden, their characteristics, and their requirements for food, nesting, and protection. Saturday, August 17, 2019 at 9 am - 11 am at the San Antonio Botanical garden, 5500 Funston Place, 78209. Meet at 9 am in the Greenwood Breezeway of the Halsell Welcome Building. Free to SABOT members or with paid admission, but registration is required. For more information about ALL their walks, visit <http://www.sabot.org/walks/> or call 210-536-1400.

**August 17, 2019. Back To School With Essential Oils** presented by Jean Dukes and Raquel Scates. Tips and tricks to keep those kids healthy, happy, and focused all school year long! Join us for a fun and informative hands-on workshop where learn and also get to make some items to help your kiddos throughout the school year. "Healthy Hair Spray", "Study Stick" (roll on to improve focus), and "Bedtime Rub" to relax and unwind for a good night's sleep. Saturday, August 17, 2019 at 10 am-11 am at Rainbow Gardens, 8516 Bandera Road 78250. \$15. Register at <https://www.rainbowgardens.biz/event/back-to-school-with-essential-oils>.



Tom Harris, Ph. D., BCMG Class 13 "The Hill Country Gardener"  
[www.thehillcountrygardener.com](http://www.thehillcountrygardener.com)

*August is deep summer in San Antonio. Good xeriscape plants will make it through the month without supplemental watering; others will need conscientious watering to stay prosperous. Generally, no fertilizing or planting is done during this month.*

#### **Birds and Wildlife**

- Move the hummingbird feeders to the patio.
- Change your sugar water every week. Pour the old liquid in a shallow dish for the butterflies.

#### **Color**

- It's time to plant mari-mums, zinnias and sunflowers this month. Lantanas, firebush, purslane, portulaca and periwinkles are prospering in the heat.
- Lantana bloom can be rejuvenated with a string trimmer.
- Bougainvillea loves the Texas summer heat; if they're root bound in the pot, even better.
- Prune the roses back.
- Trim back petunias and impatiens to encourage new growth.
- Thin spring-blooming bulbs.

#### **Fruits and Nuts**

- Pecan trees need 1 inch of water per week over the entire root area
- Apply borer spray to the peach trees this month.
- Early apples are ready for harvest.

#### **Ornamentals**

- Moy Grande hibiscus produces 12-inch blooms in full sun.
- Gold Star Esparanza produces fragrant yellow flowers clear up until frost.
- Stake or support larger-growing plants that have become heavy or are leaning over.

#### **Shade Trees and Shrubs**

- Shade trees can reduce the heat gain in a home by 40-80 percent.

- Cotton root rot is stimulated by hot soil temperatures.
- This is the second-best time to prune live oak trees.
- If you have scale problems on your shrubs, use light summer oil.
- Fall webworms may appear on pecan, mulberry, ash, persimmon, and other trees. Spray *Bacillus thuringiensis* (B.t).
- Windmill palm, Mexican fan palm and Sabal palm are especially well-adapted to this area.
- Mulch, mulch, mulch.
- Remember that newly-planted trees need watering once per week for the whole first season.

#### **Turf Grass**

- In August, all grasses require water to stay green.
- When you see your footprints in the grass, it's time to water.
- Grub worms eat the roots of grass plants.
- Chinch bugs do their damage in the hottest part of summer in the hottest part of the lawn
- There is still time to establish a new lawn.
- Remember when laying new sod; roll the turf to insure good soil-root contact.

#### **Vegetables**

- Early August is the best time to start planting the fall garden. Use transplants for tomatoes and peppers and direct seed corn and beans later in the month.
- Plant pumpkins in early August. Get the 90-day variety.
- Other vegetable crops to plant in August are cucumber, eggplant, lima beans, black-eye peas, peppers, and squash.
- Write me at [gardener@gvtc.com](mailto:gardener@gvtc.com) to get the recommended vegetable varieties for the state of Texas.

### **Vendor Tables at Meetings.**

We will have vendor tables at meetings, limit of 3 tables per meeting. Vendors must be members of SAHS. There is no fee for a vendor table, but the vendor must donate a Door Prize for the meeting. If you wish to book a vendor table, contact **Leslie Bingham, Program Chair**

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Email: [naturesherbfarm@att.net](mailto:naturesherbfarm@att.net)

Website: [naturesherbfarms.com](http://naturesherbfarms.com)

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