



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY September 2019



Have you noticed that the sunniest place to choose for growing is the toughest place to plant? Rock, solid rock, pavement, blacktop or just stubborn soil? We have an answer that is flexible and practical:

Raised Beds

September's talk is about simple construction, soil preparation, and growing in a constricted area. From the size of a barrel, up to many eight by twelve free standing beds, or anything in between, Liz and Nick Camponella will be here to guide you through the process. Herbs thrive well in sunny locations, so make a list of what to grow and come with a simple yard map and questions for our speakers. They will be discussing aspects of urban gardening for fall, preparing the garden for winter, what sort of crops we can grow and when to plant both cuttings and seeds. Expect to find clever ideas that will work for your yard and garden September 12, 2019...

P.S. Even if you have wonderful soil, a raised bed can add interesting levels to the contour of a garden, bring gardening within reach, and color close to the eye.

San Antonio Herb Society meets on September 12, 2019 at the Garden Center at 3310 N. New Braunfels from 6:30 to 8:30 PM.

Every meeting is a potluck, so bring your favorite dish to share, and bring the recipe, too!



First rule of camping: whatever you pull out of your knapsack, use it right away. So, if you have just hiked to the camp site, and the tent is set up, you open the bag and a toothbrush is first - go brush your teeth. I am using this rule on organizing projects. We need cookbooks reprinted; we need products produced and new products introduced. We want more Special Interest Groups such as Crafts, and the Red Hats to return. And we need to have a lot of fun doing all these things. So, which comes first? I am choosing the one closest at hand, the most accessible and the most group-friendly.

I have tracked down the printer who did such a nice job on reprinting Cookbook Vol II with a large spiral binding. They had moved, but once I found them, they had all the records and are ready to print. So, that is in the works.

Cultivate! Is coming up next, and I have a group ready to come to the sales table. All members and friends are invited to this free Expo event - Saturday Sept 7 from 8am to 2pm. Register and pay for workshops \$5. Register on-line at <https://www.bexarmg.org/events-programs/cultivate/> for featured speaker, Chris Wiesinger, "The Bulb Hunter". All the workshops are approved for SAWS WaterSaver Rewards. This comes to quite a bit of money saved when you participate.

We have ordered lavender and roses from San Francisco Herb Company. Turns out, they are pretty expensive to ship.

But, what about The Red Hats? And the Crafts SIG? And a new tea blend? And even Herb Blends for Herb Market? Next layer in the knap sack, soon to get there...right after the New Products group meets, the board meets and before we have a booth at Rainbow gardens. All in good time...

September 26, 9 a.m. is Weed and Gloat SIG 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, Set 12

San Antonio Herb Society Website:
<https://sanantionioherbs.org>

Where you'll find back issues of the newsletter, and much more information. Visit it soon!

Herb of the Month

Feverfew, Herb of the Month

By Grace Emery

Feverfew (*Tanacetum parthenium*) belongs to the family Asteraceae (daisies), is a daisy-like perennial plant found commonly in gardens and along roadsides. The name stems from the Latin word *febrifugia*, “fever reducer.” Also known as “featherfew,” because of its feathery leaves. It is a short, bushy, aromatic perennial that grows 12–39 inches in height. Its yellow-green leaves are usually less than 3 inches in length, almost hairless, and pinnate–bipinnate (chrysanthemum-like). It blooms from July to October. This aromatic plant gives off a strong and bitter odor.

Feverfew is now found in Australia, Europe, China, Japan, and North Africa and United States. The plant grows along roadsides, fields, and along the borders of woods from eastern Canada to Maryland and westward to Missouri.

The plant has been used to treat arthritis, asthma, constipation, dermatitis, earache, fever, headache, inflammatory conditions, insect bites, labor, menstrual disorders, potential miscarriage, psoriasis, spasms, stomach ache, swelling, tinnitus, toothache, vertigo, and worms. Feverfew also has been used as an insecticide, and as treatment for coughs and colds. Traditionally, the herb has been used as an antipyretic, from which its common name is derived.

In Central and South America, the plant has been used to treat a variety of disorders. The Kallaway Indians value its use for treating colic, kidney pain, morning sickness, and stomach ache. In Mexico, it is used as an antispasmodic and as a tonic to regulate menstruation. In Venezuela, it is used for treating earaches.

The leaves are ingested fresh or dried, with a typical daily dose of 2–3 leaves, or can make a tea, often sweetened before ingestion.



Feverfew is also sometimes planted around houses to purify the air because of its strong, lasting odor, and a tincture of its blossoms is used as an insect repellent and balm for bites.

How to Grow Feverfew

Feverfew is a short-lived, bushy perennial. It has fragrant, ferny foliage and white flowers with yellow centers.

Plant it in full sun, or light shade, in well-drained sandy or loamy soil. Start seeds indoors in late winter, or direct sow in the garden after all danger of frost has passed. Germination of seeds is 10 to 14 days.

Harvest feverfew in the plant's second year when the flowers are in full bloom, around mid-July. Take care not to cut more than 1/3 of the plant when harvesting.

A tea is made from the dried flowers.

Meeting Minutes

San Antonio Herb Society Meeting Aug 8, 2019

By Adrienne Hacker

Meeting called to order at 7:05 pm by President, Robin Maymar

Attendees were welcomed and thanked for coming
* Members were reminded to turn off cell phones
* Guests Victoria and Pablo were welcomed
* Copies of the Roster of Members were distributed, see our Treasurer, Deborah Wilson for copies and forms to make corrections
* Big thanks to Deborah too, for fixing our Pay Pal issues. It's working now.

Business

- * Gently used books will be available for sale during the meetings, again. We are looking for volunteers to set up, man the table and pack up. Contact Robin
- * Comfrey plants are for sale along with seed packets of Parsley and Thai Basil
- * Sign up sheet for CULTIVATE, circulated. Need help on Sept. 7, early morning. Contact Robin
- * Need to form committee to develop and implement production of herbal products to sell during fall./winter festivals. Please contact a board member to put your name on the list
- * Sept. 28 Botanical Scarecrow Contest. Interested members contact Robin
- * Weed n Gloat SIG meets last Monday of every month at 9:30 am at The Botanical Garden
- * Culinary SIG meets last Thursday of each month. August is Italian night
- * Copy of Treasurer's report is available for review
- * Minutes from the last General Meeting were published in the newsletter. Are there any additions or corrections? None
- * Next Board meeting scheduled Sept 8, 2019. Call for details

Cyndy Moore and Sandra Woodall were thanked for their wonderful table decorations. Reminder to Members who brought food, please share your

Presentation

Tera Marshall led the program with a discussion on Comfrey
* Plant propagates well
* Decayed leaves excellent for stimulating compost
* great for healing in salve, historical name "bone-knit"
* Healing properties for rashes and insect bites
* Do not ingest Comfrey, can be toxic to humans and animals

Member Share presentation

- * **Leslie B.** brought her trusty serrated Ginzu knife, which she uses for multi uses in the garden. A regular hand trowel is her tool of choice for anything to do with plants in containers. Just the right size
- * **Robin M.** recycles those oversized vac storage bags that do not stay deflated. She finds them perfect for easy clean up when repotting or splitting plants on large tables or keeping things organized on the ground. They last for years.
- * **Adrienne** brought her Alaskan Uluu chopper and the complete herbal guide reference manual
- * **Patti K.** introduced us to the Gard N Gro filter. A long life dechlorinator and alerted us to a Petsmart service that tests water samples for chlorine.
- * **Marsha. W.** brought in a wonderful composting bucket that seems to really keep the bugs and rodents away while decomposing food stuff in a timely fashion. It's from Compost Queens a local company
- * **Frankie C.** Showed of her crafty ways by recycling broken or damaged pieces into bedazzled pots and simple garden jewelry
- * **Lisa K** brought in her artful creations. Homemade feeders and garden whimsy made from concrete, plastic sheeting and molds made from an assortment of natural leaves like cabbage



Culinary SIG

Culinary SIG met August 22 at the home of Tera Marshall.

The theme for the Culinary SIG was "Italian Food". We had: Lasagna, Rosemary Focaccia, Mini Italian Frittata, Garlic Parmesan Roasted Zucchini, Squash and Tomatoes, Alfredo Tortellini with Shrimp, Stuffed Shells with Marinara, and Pesto Pasta. Each person explained about their dish, and we all got copies of the recipes.

Herb Society Board

President

Robin Maymar robinmaymar@gmail.com

1st Vice-President (Programs)

Leslie Bingham lesliegw@live.com

Membership

Vacant position

Secretary

Adrienne Hacker hackla@aol.com

Co-Secretary

Linda Barker LNBDesignline@aol.com

Treasurer

Debarah Wilson debarah_wilson@bellsouth.net

Newsletter

Tera Marshall unicorn45@yahoo.com

Member at Large

Jane McDaniel janesirish@att.net

Our website: <https://sanantonioherbs.org>



Membership position is vacant.

Requires friendliness, greeting members at meetings. able to work with others, and working with Microsoft Excel. (We can train)

If you are interested in filling this position, please contact President Robin Maymar robinmaymar@gmail.com

WEED AND GLOAT SIG

Aug 26, 2019 Weed and Gloat, San Antonio Botanical Garden (SABOT)

By Robin Maymar

Have you ever noticed that everything turns into a big project? We were weeding along in the Botanical Gardens Herb Patch last Monday, no problems.

Then, Marsha Wilson finds this interesting vine. What is this? Looks like a nasturtium leaf, heart shaped with white veins, has an interesting, orchid-like flower with the shape of a Venus fly-trap, brown lip-like sides and tentacles coming off the edge. “Dutchman’s Pipe?,” she thinks.

So, now, I need to find out about this character. Usually, weeds just get pulled out and sent in tubs to be composted. However, if we find a non-herb, sometimes we transplant and return to the greenhouse people, so they can place elsewhere. In this case it was compost as I had no idea what to do with it. Next time I will know.

And, here’s the rub. I look it up. First off, the internet, (an excellent source of all things true and false) says “*it (the purple type)* is poisonous to butterfly larvae that hatch and feed on its leaves. The survival of the rare Richmond birdwing butterfly *Ornithoptera richmondia* is threatened by **Dutchman’s pipe**. ... Dutchman’s pipe is a re-

Then I run across “The plant is also called pipe vine and is suitable for gardens in USDA zones 8 to 10... They are a tinged plum color with speckles. This one is yellow and brown, not purple. Now I have conflicting reports!

More pictures, a bunch of purple, and eventually one sample of yellow and brown, “*Aristolochia fimbriata* is a really cool deciduous groundcover Dutchman’s pipe that spreads out to 2’. The prostate little green stems are clothed with medium green rounded leaves, each highlighted with dramatic silver veining. In winter, the stems retreat back to the base so there are no invasive problems with this gem! The only “ornamental” downside is that aristolochia is a delicacy for pipevine swallowtail butterfly larvae in midsummer...less foliage, but more butterflies!” However, “The flowers have a variety of unpleasant scents, mostly mimicking carrion. This foul odor is attractive to flies that pollinate the flowers, but you and your guests may find it offensive.”

Time to call in the ‘big guns’; Dennis Joy is our horticulturist. He is always cheerfully on hand to make sure we have supplies for weeding. A web-site said they would gladly sell me a Dutchman’s Pipe for \$17 plus shipping. Should we have transplanted? I call to find out more about our visitor...

For more adventures in horticulture, join us on Monday, September 30 at 9 a.m. at the Botanical Gardens. If you have not been a volunteer at the Botanical Gardens, see Lisa Kelly at our next General Meeting, September 12.



Weed n Gloat gang



Dutchman’s Pipe



Ginger

Culinary Contributions

Cut out and file recipe

MINI ITALIAN FRITTATAS

Mini Italian Frittatas

Submitted by Robin Maymar, from Make-Ahead Cookbook

2 tablespoons good olive oil
1 ½ cups chopped leeks,
4 ounces sliced Italian prosciutto, chopped
8 ounces fresh baby spinach
2 ½ tablespoons julienned fresh basil leaves
1 tablespoon freshly squeezed lemon juice
1 ½ cups (4 oz) grated Italian Fontina cheese
8 extra-large eggs
1 ½ cups half-and-half
Kosher salt and freshly ground black pepper
4 tablespoons freshly grated Parmesan cheese



Preheat oven to 375°. Brush standard 12-cup muffin tin with olive oil.

Heat olive oil over medium heat in a large sauté pan. Add leeks and sauté for 3 minutes, until tender. Add prosciutto and sauté for 2-3 minutes, breaking it up with a fork. Add spinach, tossing, then cover pan and cook for 3 minutes, tossing, until spinach is all wilted. Off the heat, stir in basil and lemon juice and set aside for 5 minutes. Divide mixture among 12 muffin cups, leaving any liquid behind. Sprinkle Fontina evenly on top.

In large measuring cup, beat eggs, half-and-half, ½ teaspoon salt, and ¼ teaspoon pepper together with fork. Pour egg mixture evenly over the filling in each cup, fill the muffin cups to the top. Sprinkle each frittata with Parmesan cheese.

Bake frittatas for 20 -25 minutes until puffed and lightly browned. If you insert a toothpick in middle, they should feel firm. Cool for 5 minutes, remove, and serve hot or warm.

Make it Ahead: Bake frittatas, then cool, cover and refrigerate for up to a day. Reheat for 15 minutes at 350

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

Books on Offer

Growing Plants from Seed by Doc and Katy Abraham is a comprehensive beginner's handbook for vegetables, flowers, herbs and more. It has a whole chapter dedicated to growing herbs and sprouts. Has 200 pages of good information in a paperback book. \$3

The South Texas Garden Book by Bob Webster, in paperback. Has chapters on landscape design, grasses, trees, shrubs, bedding plants and bulbs, vines and ground cover. A good choice for someone new to South Texas, in a new home and wanting local information . \$4

Country Living Country Gardens, old-fashioned flowers, modern techniques, timeless beauty. An inspirational hard-back, coffee-table book. I keep picking it up and looking through it again and again. \$7

Bringing the Outdoors In, by H. Peter Loewer, hardback. This book has charming illustration, lots of really technical information about all kinds of plants. Chapter five is all about taking cuttings or other ways of propagating more plants. Chapter 7 is about Vines about the Windows. Nine is Cacti and Succulents. There is even a chapter on wild flowers. Having a hard time deciding whether I need to buy this myself. \$5

Tip Of The Month

By Robin Maymar

Did you know that if you sharpen a paint scraper (pictured) you can use it as a crevice tool to remove weeds from very narrow cracks. We use one to remove stubborn Bermuda grass from the expansion gaps in the driveway. These are easy to find at garage or estate sales and should be very low cost. Sharpening on a wheel should bring up a good edge. This is a simple and useful addition to your tool bag.



The San Antonio Botanical Garden (SABOT) has lots of educational programs available to members and non-members. To see a calendar of their activities, click [here](#).



Earth Friendly Gardening & Landscaping
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CULTIVATE!

Saturday, September 7, 2019, 8:00 am to 2:00 pm
University of the Incarnate Word, International Conference Center

Free Expo admission.
Workshops and Featured
Speaker are \$5 each.

For more information and
workshop registration:
bexarmg.org/cultivate

All Workshops are Approved
for SAWS WaterSaver Rewards



Featured Speaker:
Chris Wiesinger
"The Bulb Hunter"



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

Cooler weather is on the way. It's not time to plant cool season plants yet but you definitely should continue watering and fertilizing (liquid fertilizer) the container plants. Check the plants often to stay ahead of the bugs.

Birds and Wildlife

- Keep bird baths full of water.
- Watch for hummingbirds as they make their way south.

Color

- Add compost to your flowerbeds for a little extra kick that tired flowers need.
- Flowering annuals can be transplanted now: alyssum, calendula, dianthus (pinks), flowering cabbage and kale, pansies, petunias, phlox, Shasta daisies, snapdragons, and stocks.
- Continue to feed patio plants and hanging baskets with a water-soluble fertilizer, such as 20-20-20 or Hasta-Gro.
- Fertilize roses one last time for continual blooming.
- Be careful about ordering bulbs from northern catalogues. It's a lot colder much sooner there than it is here.
- Plant bluebonnet seeds about ½ inch deep now to allow them to germinate in the fall. Water thoroughly.

Fruits and Nuts

- Cut back your blackberry bushes. You can maintain new canes at about 3-4 feet.

Ornamentals

- Caladiums need plenty of water this month.

Shade Trees and Shrubs

- You can plant trees and shrubs this month but next month would be even better.
- If you prune your oak trees, be sure to paint as soon as you cut.
- If you have trouble getting enough sunshine to your turf, do some "selective" pruning to open the canopy of the tree.

Turf Grass

- Cut way back on the lawn irrigation this month.
- This is a good month to plant Bermuda to get it established before winter sets in. Keep the seeds MOIST for about 10 days or so.

Vegetables

- Protect young seedlings from hot sun.
- Tender seedlings and transplants MUST be protected from the hot sun as well as from spider mites, stinkbugs, grasshoppers, and deer. Old sheer curtains do a great job. Mulching with oak leaves does a great job, too.
- Vegetable crops benefit from a side dressing of fertilizer to enhance their growth and production potential
- It's time to plant squash, bush beans, cucumbers, radishes, carrots, beets, sweet corn, and potatoes.
- Check the drip irrigation system to be sure you're putting the right amount of moisture on the veggies when they need it.

Questions?

Write gardener@gvvc.com; to get a complete list, go to: www.thehillcountrygardener.com. and click on "Publications."

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, Texas 78253

Email: naturesherbfarm@att.net

Website: naturesherbfarms.com



Nick and Liz Campanella

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