



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY November 2019



## **Constructing Wreaths With Mary Dunford**

Founding member of the Herb Society, **Mary Dunford** is on the board of the Herb Market association and owner/manager of **Nature's Herb Farm**.

We are pleased to feature her as our speaker this month at the Herb Society Thursday, November 14.

---

Building a wreath is no small task. She will tell us about a variety of materials to grow and collect to make wreaths, how to weave them into our wreath, and a variety of styles. She will bring lots of ideas and suggestions for many different styles of wreath, not just for Fall or Christmas, but all year round.

Our members have been saving and drying herbs from their gardens. It will be a challenge to see how to incorporate these into a holiday wreath.



We will also feature juniper as the Herb of the Month, with a short presentation on growing and using juniper

**San Antonio Herb Society will meet on November 14, 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!**

---



## .ANNUAL WREATH

Cold wind, rain, dark in the morning when we get up, the season has begun to change. And with it comes thoughts of holidays: Halloween, Thanksgiving, Chanukah, Christmas. And thoughts of decorating. Autumn leaves the orange, reds, green and yellows of fall. A perfect time to make a wreath.

One year, Lenore Miranda (Tinky) and Marilyn Nyhus had a workshop to make wreaths.

“Bring things you have dried,” they said. “Gather some grape vine so we can use it to make the wreaths.”

So, I went out into the back yard. I had cleared a huge area so that I could eventually put in raised beds, and in doing so, had cut out a few miles worth of grape vine. But had I saved any? Dried any? Wrapped it into wreaths? No, of course not. I had carefully cut it into short pieces and chucked it into the compost heap. So, I searched around and found one lone, little baby vine still left. Cut it out and wrapped it into a wreath. It looked like Charlie Brown’s Christmas tree! I pulled together what meager things I had dried and headed to the workshop.

And here were Tinky and Marilyn with baskets and buckets and bins and bags full of all sorts of wonderful dried greens from their gardens. Tinky had even peeled oranges and dried the skins in the oven. They make a sweet citrusy-smelling ‘rose’ shape as they crinkle up.

“Help yourself!” they said, “We have plenty for everyone”

So, we made wreath after wreath. My skinny little wreath put on quite a bit of weight, and by they time those two had helped me out, it was a decent looking affair.

A wreath is a symbol of welcome, and hospitality. It is in the shape of a ring to signify eternity. And it is filled with all sorts of things signifying abundance and generosity, a feast for the senses appealing visually; fragrant and even sometimes sounding appealing when the wind blows the branches or the door opens and you brush past one.

Our wreaths bring nature into the home when the weather is raw and we no longer want to go out. They remind us with echoes of summer when some of the herbs were picked and dried. Building that wreath was a special experience for me.

This month our speaker, Mary Dunford will show you a variety of things you can do with herbs to make wreaths. She will teach us which herbs to grow especially for wreaths. Tell us techniques for drying material and how to construct. I hope that at this time next year, we will be at yet another workshop having a grand time making wreaths together.

### Opening for **La Yerba Newsletter Editor!**

Full training is available, we’ll walk you though the whole process. So if you think you might be interested, contact Tera Marshall [unicorn45@yahoo.com](mailto:unicorn45@yahoo.com)

# Herb of the Month

Herb of the Month is chosen by and authored by  
Leslie Bingham

## Juniperus ashei

**Species** J. ashei

**Family** Cupressaceae

**Common Names** Ashe juniper, post cedar, mountain cedar, or blueberry juniper

**Range** Native to northeastern Mexico and the south-central United States north to southern Missouri; the largest areas are in central Texas, Hill Country, where extensive stands occur.

**Parts used** the mature berries can be used for tea and also for flavoring marinades for game and fowl.

**Description:** Ashe juniper has feathery foliage which grows in dense sprays, bright green in color. The leaves are scaly, 2 to 5 mm long, and produced on rounded (not flattened) shoots. It is a dioecious species, which means separate male and female plants. The seed cones are round, long, and soft, pulpy and berry-like, green at first, maturing to purple about 8 months after pollination. They contain one or two seeds, which are dispersed when birds eat the cones and pass the seeds in their droppings.

These plants are infamous for producing a highly allergic pollen, very irritating to a large part of the population in the Texas Hill Country and surrounding areas. The male cones are the allergen culprits, producing a yellow, powdery, pollen released in December through February, causing a severe allergic reaction for some people in the winter-early spring. Ash juniper is widely hated by farmers and ranchers, although on the plus side it provides erosion control and year-round shade for wildlife and livestock. The wood is naturally rot-resistant and provides raw material for fence posts. Posts cut from old-growth Ashe junipers have been



Naturally rot-resistant and provides raw material for fence posts. Posts cut from old-growth Ashe junipers have been known to last in the ground for more than 50 years. Over 100 years ago, most old-growth Ashe junipers were cut and used not only for fence posts, but also for telegraph

poles and railroad ties.

**History:** When Europeans first came to the Hill Country, they sought out the cypress, post oaks, and native cedar, since they provided the best building materials. The Spanish missionaries used Ashe juniper for roof beams in the missions. As a result of poor land management, the soil turned to caliche as soil eroded following decades of clear cutting and overgrazing. One of the only plants that could handle the rocky soil was the Ashe juniper. Grasses could not establish on thin rocky soils on the more rolling to flat areas, so the junipers took over there, as well.

These days, Ashe Junipers are considered a weed by many landowners. Some believe that it captures large amounts of water, denying it to other plants, thus causing them to die out and allowing the juniper to take over, although new scientific evidence disputes these claims. Ranchers continue to label this as a 'pest' plant because cattle avoid the bitter-tasting juniper seedlings, thus allowing for a continued high rate of juniper establishment which the ranchers claim reduces ranch yields. Someday, we will all benefit from listening to one another. In the meantime, Juniperus ashei owns the hill country .



# Meeting Minutes

## San Antonio Herb Society October 10, 2019 General Meeting

Minutes by Robin Maymar

Meeting called to order at 7 pm by President Robin Maymar

There were four new members introduced and five visitors.

We thanked Cyndy Moore, Sandra Woodall and all the volunteers for setting our table theme of Halloween, also all of the members for preparing such lovely food.

There is a copy of the treasurer's report always available at the General Meetings. Anyone wishing to ask question can contact our treasurer, Debarah Wilson.

Minutes from the last General meeting were in the newsletter, there were no corrections or additions so they are accepted as they stood.

Good news: We have found the source for name tags and Debarah Wilson has orders in for **nametags**. If you need one replaced, see Debarah. We do have replacement magnet bars. If you need repair, please turn nametag in to Robin or Debarah

Mike Belise was acting greeter this evening. Milan Maymar manned the Membership desk. We asked for more members to help with sign in and greeting next month.

We have seven volunteers who will be at **Herb Market on October 19**. We asked for more. A sign-up sheet was sent around. Parking is usually at a premium. Sometimes it helps if there is carpooling.

We have had a good response to the **Resource Guide**. A number of members have signed up to do research. It is fairly simple, usually requires making a phone call for each entry. You can do this at home, after you wake up late, and while you are still in your pajamas.

**Weed and Gloat** is a "soft commitment", you can come when you can, it is open to any member who would like to come. This the group that meets at the Botanical Gardens to maintain the herb garden there. You are invited to join us. See Annette's cousin, Vicki, to sign up so we can contact you with a reminder, for paperwork and map of how to get there

**Herb of the Month is Cranberry**- which does not grow well in Texas. So we have cranberry squirrel feeders bird feeders for demonstration. Adrienne gave a splendid short talk on all of the aspects of cranberries, including you might be able to grow them here in Texas. Cranberries are one of three native American perennials. Research shows that they contain valuable flavonoids. And also help with UTI's. It is recommended that you drink two cups daily. To grow, they need acidic soil with a Ph less than 5. Next month, the herb of the month is Juniper, and we will have a short presentation about Junipers. However, we have not planned a gin and tonic tasting. We had a variety of herbs that will grow this time of year in the back for sale.

We will be having our Annual Banquet on Thursday, December 12. We have not settled on a theme yet.

Next Month's program will be Mary Dunford on how to construct a wreath as well as what plants to grow in order to make a good wreath.

(continued on next page)

# San Antonio Herb Society October 10, 2019 General Meeting Minutes

(cont)

## Our Program tonight

We were hesitant to present a program about CBD oil. We have been surprised as we did research about this substance. We owe an apology to Leslie, because we thought all CBD stores were the same, and that they were selling unregulated substances. The FDA does not regulate CBD. There are tests to prove the quality of these products. Research is being done on the effects of CBD oil, but you cannot believe all claims. CBD oil was only distilled for the first time in 1998. This is a highly concentrated substance. The distillation process is very complex. This is why it is generally very expensive. The only caution we would give you, is to ask to see the lab reports for the product you are buying to determine that what you are buying is what it says it is. Less expensive products can be adulterated with very less pure substances, especially THC. THC can be detected in random drug test at major institutions. If you test positive, your job could be in jeopardy.

Jane McDaniel introduced our guest speakers: Ben and Carolyn Leeper. They have a small shop on Starcrest. Informational brochures were distributed.

CBD oil is one of over 100 oils found in the cannabis plant. Levels of THC separate marijuana from hemp. Hemp is .283% THC or less. CBD oil was made federally legal in 2018. There are three types of CBD oil: isolate, broad spectrum and full spectrum. The most effective use is when oil is absorbed on the body. Second most effective is when it is in smokable form. In Texas, House Bill 1315 legalized growing of hemp in June of this year, but the industry is undergoing meeting standards at the point. Retailers of CBD or hemp will have to be licensed.

There are three methods of extraction: alcohol, using chemicals, which is not very good; CO<sub>2</sub> uses heat, the oil loses some potency; and cold press which is best for obtaining a pure product.

The speakers also mentioned that they were organizing Hemp tours, that can take you to hemp farms for an educational event.

The meeting ended with a thank you from the president. The next Herb Society meeting will be November 14. Our topic will be Wreaths with Mary Dunford.

Garden tip from Robin Maymar

**FIRST HARD FREEZE STUMP REMOVAL**

Do you have a stump that needs to be removed?

We cut ours as close to the ground as we could, but it still stuck up and caused a trip hazard. The day before we knew it would freeze hard, we went out with the longest, largest drill bits possible and drilled as many holes as we could, Deeper is better than wider here. We filled the holes with water at dusk. The water froze and expanded. The next morning the stump had cracked into many pieces. Over time, with watering, the wood rotted and we could remove the pieces.

**TO SAVE SEEDS**

I asked David Rodriguez how to save seeds to keep them organized. He suggested coin envelopes. I found these at a local stationery store. \$25 for 500. That may be a little high, so find four friends and split the cost.

Called #1Coin, the envelopes are study paper, and ideal for writing on. Include the name of the plant, date of harvest including year.

Robin Maymar

Or try Amazon—\$14 for 500



## Culinary SIG

Culinary SIG was not held in October 2019



### We have openings in the Culinary SIG!

The Culinary SIG meets the 4th Thursday of each month at 6 pm. We rotate in turn, between members .

At each member's turn, they can choose to meet at their home (and choose a theme) or at a restaurant of their choosing.

When meeting at a member's home, each person brings a dish and explains it, as we all sample the dishes and share recipes.

When meeting at a restaurant, we go dutch.

Culinary SIG is limited to 12 members, and right now, we have a few openings. If you would like to join our happy-go-lucky eating bunch, just contact Robin Maymar.

### 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)

#### Membership

Position vacant

#### 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)

#### Member at Large

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

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

**Get a drop on Annual Dues!**  
Pay your dues now and cover 2019 and all of 2020 in one fell swoop! (be sure to fill out an application and bring to meeting)

Dues can be paid by Paypal or credit card at any meeting or on our website: <https://sanantonioherbs.org/membership/>

Dues are:

- Single person \$35
- Dual persons in same household: \$50
- Business membership (with free ad in each newsletter issue) \$65



# ALL WEEDING, NO GLOATING

By Robin Maymar

Gloat, for those who are unfamiliar with this word is: to contemplate or dwell on one's own success or another's misfortune with smugness or malignant pleasure. We choose to dwell on our own success in the garden. Usually take a picture or two.

This month, not so much gloating. All we had time for was intensive weeding. It was still hot. It was still muggy high humidity. But note: we had completely different weeds. Same old nut grass, same



old Johnson grass for sure, but we had an imposter. A Fake Herb. Looked like a very healthy Thai basil plant. We were suspicious. This plant had NOT been here last month, and nobody had planted any new herbs. We took a few leaves and crushed them. No scent. We tasted, no flavor that we could distinguish. Had thick purple stems, suspicious square stems, which indicates it is in the mint family. Then we looked at location. One was right at the corner of the garden, where we *would* have put a replacement plant. However, another next to it was growing though the stone border. HA! Total imposter. These were very large weeds that had grown in the last month. The rate at which things grow that you do not want growing always astonishes me.

When removed, we saw a struggling basil plant that had “legged out” trying to reach sunshine and was shaded by this monster. Other herbs will now have a much better chance for growing.

With the change of the season, and cooler weather, we usually start at ten o'clock, just to keep warmer. Our next get-together will be Monday November 25. If you have not had a chance and would like to visit, call Robin Maymar (210) 494-6021. We weed for an hour, lots of tools are provided by the Botanical Garden. Then we sit on the bench and gloat, take pictures, chat. Some people rush off to their next appointment, and those blessed with leisure time go off for an early lunch and a lot more conversation. Won't you join us? We'd love to have you visit.

SAHS is participating in the HOLIDAY SHOPPING MART at the San Antonio Garden Center on December 4, from 10 am to 1 pm.

Volunteer to help with our sales booth and also to do some Christmas Shopping!



## San Antonio Herb Market

was held October 19 at the Pearl Brewery. The San Antonio Herb Society had a booth, with lots of information for the public, activities for the children and sales for herb related products. SAHS made \$426 in sales, Thank you to the hard working volunteers that made this happen!



**SAHS will be selling lots of new gift items at the next meeting, and there will also be additional vendors, so bring your gift list and plan to do some of your Christmas shopping at the general meeting on November 14**



# Culinary Contributions

## **Imam bayuldi-Aubergines with Onion and Tomato**

Robin Maymar

As the story goes, the imam swooned with sheer pleasure at the sight of this dish, lavishly dripping in olive oil. The aubergine (eggplant), onion and tomato should be so tender and delicately intertwined that they melt in the mouth. To achieve the effect enjoyed by the imam, there only one way to cook this dish, and this is it. A green pepper, finely sliced, can be added to the mixture.

Serves 4

### Ingredients

2 eggplants

1 large onion, finely sliced

3 large tomatoes, skinned and chopped

6 cloves garlic, finely chopped

Bunch of fresh parsley, dill and basil, finely chopped

1 teaspoon salt

¼ pint (150 ml) olive oil

2 fluid ounces (60 ml) water

1 tablespoon sugar

### Directions:

Halve the eggplants lengthways. Sprinkle with salt and leave to weep for 5 minutes. Rinse well. Place the halves side by side, flesh side upwards, in a wide pan.

In a bowl, mix the onion, tomatoes, garlic and herbs with the salt and a little of the oil. Carefully pile the mixture high on top of each eggplant half until all the flesh is covered. Mix the rest of the oil and the water with the sugar and pour it over and around the eggplants.

Cover the pan and cook gently for 1 – 2 hours.[Robin thinks next time, cover for 30 minutes, then uncover for the rest of the time). Cooked at 350 degrees Occasionally baste with the oil, pushing the onion and tomato mixture down into the halves as they cook. Eggplants should end up soft and flat, completely filled with the mixture, sitting in a slightly caramelized flavored oil

Leave to cool in the oil Transfer to a serving dish, spoon the oil over them, and serve with wedges of lemon to squeeze over.

From *Classic Turkish Cooking* by Chillie Basan

## How To Dry Herbs

Now's the time to dry herbs, especially herbs that you know will freeze soon when we get our first frost. That way, you'll be able to use them through the winter in your cooking. Most herbs are at their peak in flavor just before flowering, so that is a great time to harvest.

Cut herbs in the morning, as soon as the morning dew has dried. Rinse lightly under running water and dry on towels, paper towels, or hang until water evaporates.

**Air dry:** Tie stems together and hang in a cool, dark, dry area. OR spread on window screens, elevated with 2x4's so the air can freely circulate from beneath. Most herbs will air dry in 1-2 weeks, although herbs that have thicker leaves and stems may take longer.

**Oven dry :** spread on baking sheet and place in an open oven at no more than 180 degrees. You can also use a dehydrator.

**Microwave Drying:** Place a single layer between paper towels and microwave 1-2 minutes

Whichever drying method you use, check your herbs often, as times can vary greatly and over-drying will cause loss of quality. Store your herbs when they are at their optimum dryness. Herbs are ready when leaves are brittle and crush easily.

You can also freeze your herbs.spread on baking sheets until frozen, then remove from the sheet and place in storage containers. They won't be suitable for garnish but will do fine with cooking uses.





You can also preserve them in Herb Butters (instructions by Pat Hasser in our August Issue, page 7, <https://sanantonioherbs.org/2019/08/01/2019-august-newsletter/>)



**BUSINESS MEMBERS**

**WE THANK OUR BUSINESS MEMBERS FOR THEIR SUPPORT.**

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

 <p><b>Natures Herb Farm</b> 7193 Old Talley Road Lot #7 San Antonio, Texas 78253 Email: <a href="mailto:naturesherbfarm@att.net">naturesherbfarm@att.net</a> Website: <a href="http://naturesherbfarms.com">naturesherbfarms.com</a></p>	 <p><b>Nick and Liz Campanella</b> Garden Construction and Maintenance Check our website for services and prices Website: <a href="http://uprootedgardens.com">http://uprootedgardens.com</a> <b>210-842-5613</b></p>
<p><b>Health by Choice</b> <i>San Antonio's "go-to" group offering Natural Health Solutions</i> Sil &amp; Yoli Huron, BA, CNHP Certified Natural Health Professionals <b>(210)-735-9053 (210) 213-4852</b> Email: <a href="mailto:health4ever@barleybaby.com">health4ever@barleybaby.com</a> <a href="http://www.barleybaby.com">www.barleybaby.com</a></p>	 <p><b>David's Garden Seeds</b> 7717 Tezel Road San Antonio, Texas 78250 Website: <a href="https://www.davids-garden-seeds-and-products.com/">https://www.davids-garden-seeds-and-products.com/</a></p>
<p><b>Diane Rose Lewis</b> <i>Natural cooking, crafting, gardening, Aromatherapy and wellness classes</i> <b>210-394-5885</b> Email: <a href="mailto:lewisdr@swbell.net">lewisdr@swbell.net</a> <a href="https://dianeroselewis.ylsocial.net/">https://dianeroselewis.ylsocial.net/</a></p> 	 <p><b>The Farmacy</b> <i>Botanical Shoppe</i> <b>CBD Products</b> 11950 Starcrest, Ste 205 <b>210-840-5233</b> Email: <a href="mailto:info@Farmacybotanical.com">info@Farmacybotanical.com</a> <a href="https://Farmacybotanical.com">https://Farmacybotanical.com</a></p>

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

