



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY October 2019



Ben and Carolyn
Leeper

The Farmacy Bo-
tanical Shoppe

Benefits of Hemp and CBD

Hemp and CBD have had a major rise in popularity over the past year – but how much do you know about this cannabis sativa plant? Find out why hemp is the only plant that can feed you, house you, clothe you and heal you, as we explore hemp and its many applications – including the therapeutic effects of CBD.

The Farmacy Botanical Shoppe is San Antonio's premier hemp-based CBD and natural wellness store. After personally experiencing the benefits of CBD on their own health as well as their pets' health, co-owners Ben & Carolyn Leeper started The Farmacy Botanical Shoppe in early 2019 with the goal of helping people and pets feel better, naturally, through plant-based wellness.

San Antonio Herb Society meets on October 10, 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!



From The Pres

Robin Maymar

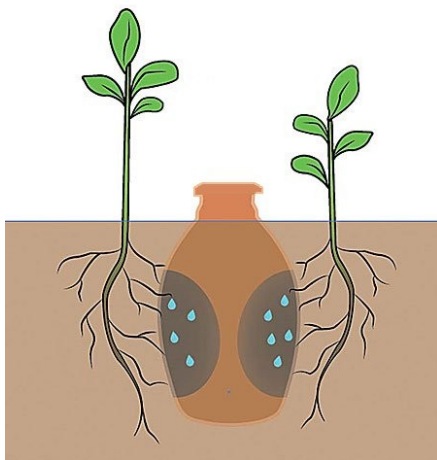
OLLAS!

(pronounced “oyas”.) We had our first Olla Workshop this week, and now we have Ollas to sell at the Herb Market, on October 19 at The Pearl!

What are Ollas?

Terra cotta pots that hold water. We bury them up to their necks in the garden, or in large free-standing pots. Take off the cover at the top and fill them with water, (or water & fertilizer mix).

Plants, growing around the olla, send their roots toward the source of water. They draw water through the porous terra cotta; when they have enough, the rest of the water stays in the pot until the plants need more.



This Old World technology was introduced from Spain, to the New World’s indigenous people, who immediately applied it to their gardens.



This is a highly efficient method of watering. You can even set up a drip system to replenish your pots.

We had a blast making them! The fun was in painting the tops that cover the ollas and stick out of the ground.

We hope to have another workshop soon.



Herb of the Month

Cranberry

By Leslie Bingham

Latin Name - *Vaccinium macrocarpon* (Highbush Cranberry)

Genus: *Vaccinium*

Family: Ericaceae

Description: Cranberry grows about 6 inches high on wiry, creeping stems with small, oval leathery leaves. In May, pink flowers appear giving way to bright red berries in fall. They are found naturally in bogs and sandy meadows. The pink flowers, with their swept back petals look a bit like the head of a bird and this – supposedly – inspired the early settlers of North America to call the plant the “Crane berry.” The native people have used them for centuries and ate them fresh, dried or cooked into a jam like conserve. The Wampanoag called them *ibimi* (bitter berry), and the Huron called them (*toca* or good berry). The berries remain on the plant all winter and provided food for both animals and humans during harsh and freezing weather.

Range: Cranberries grow well over almost all of N. America, their native range being the Eastern parts of Canada and the New England states north to Alaska and Hudson’s Bay. Here in Texas, they can be found at the Lady Bird Johnson Wildflower Center at The University of Texas, Austin.

History & Usage: Probably the first person to grow cranberries commercially was Henry Hall, of Dennis Massachusetts. Around 1810, he noticed how better his cranberries grew when sand blew across the bog. He transplanted the berries, fenced them in and spread sand on the bog. The plants thrived and so did Hall’s new business. Soon, he and his neighbors were shipping their berries to Europe, making the cranberry one of the first native N. American plants to be grown commercially for export.



Medicinal Benefits: Native Americans used raw cranberries as a wound dressing. Early settlers from England learned to use the berry, both raw and cooked, for a number of ailments including appetite loss, digestive problems, blood disorders, and scurvy.

The cranberry fruit is high in antioxidants, which scavenge damaging particles in the body known as free radicals, which can be caused by environmental toxins (including ultraviolet light, radiation, cigarette smoking, and air pollution).

Cranberries are an excellent source of vitamin C as well. The juice is excellent used against to allay fevers. Cranberries also contain a potent vasodilator and have been used for breathing problems. Medical research has shown that drinking cranberry juice does not cure UTI’s (upper urinary tract infections), can be a very good preventative.

Culinary Uses: There are many uses for the cranberry in the kitchen, ranging from delicious breads and cookies, using dried cranberries with your morning cereal or sprinkled onto a salad and of course, where would our Thanksgiving dinners be, without the proverbial cranberry sauce. The cranberry has shown itself to be a very versatile “herb” and is sometimes overlooked.

Meeting Minutes

San Antonio Herb Society September 12, 2019 General Meeting

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

Attendees were welcomed and thanked for coming.

- Special welcome to new members Lisa Torres and Christina Couch and a hearty welcome to guests
- Big thanks to Cyndi M and Sandra W for the lovely table decorations, Annette O and Vicki J for manning the sales table and a holler out to all that brought food.
- Share your recipes, send them to Tera Marshall, the Newsletter Editor.

Old Business

- Minutes of the last General Meeting were printed in the newsletter. Corrections? None.
- The Treasurer's report was also printed in the newsletter and will be available for review at general meetings. Please see our treasurer Deborah Wilson.

New Business

- Weed and Gloat SIG meets the last Monday of each month. This month, September 30 from 9 -10 am at the Botanical Gardens. New volunteers need to fill out releases and will get a new t-shirt. See Lisa Kelly for details

- Olla Workshop- Robin graciously offered her home, Sept. 21, to host a workshop for assembling and decorating these marvelous self watering containers.
- Next board meeting will be Sunday, September 29, 2019 at La Madeleine at 410 and Blanco.
- Herb Market - Saturday October 19, 2019 at the Pearl. Sign up sheet is available

Presentation

Liz Camponella, owner *Uprooted Gardens*

Raised Beds

Highlights

- Treat your beds as a super large container
- 10" -12" high, ideally
- Control your soil, quality is the key
- Plan your location based on what you want to grow
- Plan your water access

Liz answered audience questions, also.

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

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



Culinary SIG

Culinary SIG met Sept 27 at Aldactos Mexican Restaurant in Stone Oak. We sat on the outdoor patio, with a beautiful sunset view and enjoyed our dinner immensely.



Herb Society Board

President

Robin Maymar robinmaymar@gmail.com

1st Vice-President (Programs)

Leslie Bingham lesliegw@live.com

Membership

Debarah Wilson debarah_wilson@bellsouth.net

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>

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.

Culinary Contributions

Cut out and file recipe

No Knead Focaccia

No Knead Focaccia Bread

Submitted by Tera Marshall from The Café Sucrefarine website

4 cups all-purpose flour
2 tsp salt
1 pkg Rapid Rise yeast
1 3/4 cups warm water
1 tsp butter (for greasing pan)
4 Tablespoons olive oil, divided
Italian Season or finely chopped fresh herbs



Advance prep: In large bowl, combine flour, salt and yeast. Mix well. Add water, and mix very well. Cover the bowl and refrigerate 8-24 hours.

To Bake: preheat oven to 450°. Lightly butter 2 9 inch round cake pans, and line them with parchment paper. Pour 1 Tablespoon olive oil in the middle of each pan. Divide dough into 2 sections and place 1 section of dough in each pan. Tuck ends under and turn to coat each piece with olive oil. Allow the dough to rest for 2 hours.

Drizzle another tablespoon of olive oil over each dough. With oiled fingers, make deep dimples in each dough, stretching if needed, until dough fills the pan. Sprinkle with herbs.

Place pans in oven and immediately reduce heat to 425°. Bake for 22—28 minutes, until tops are lightly browned. With a metal spatula, remove breads from pan and cool.

To freeze: Allow to cool completely, then place in ziplock bag. Thaw and enjoy at room temp or warm for 10 minutes in 350° oven.

Gardening on the West Coast of Ireland

By Jane McDaniel

A wild gale blows around the house on Achill Island, finding drafty cracks in the house, where I thought there were none. Down to Purteen Harbor, I watch wild waves throw white foam 6 feet high, over the wall that protects the harbor and the fishing boats moored there. Gulls wheel and dive, screeching at the foam.

This morning, I planted a blueberry bush. It's a female, with six green berries, and stands beside the cold frames which husband Robert built last year, protected from the north wind by a stand of trees. I've learned to appreciate wind shelter! And why did I plant one blueberry bush, all two feet of its miserable height? Because I couldn't find a male plant, but I call myself a gardener, an eternal optimist.

As soon as I arrive in May, I check the cold frames. Last August, I had put a mixture of sand and seaweed in the frames, allowing the seaweed to rot during the 8 months I was gone. I sowed rocket, carrots, watercress, spinach and radishes in the frames, covered by windows, thankfully gleaned from a neighbor's cast-offs.

Within 3 weeks, I had spinach, rocket and watercress for the dinner table. Radishes soon followed. Within 6 weeks, I packed rocket and watercress in zip bags, to sell at the weekly Farmer's Market.

Almost forgot the rhubarb! I got a rhubarb plant, and 8 strawberry plants. Packed around with straw, they thrived, and those little berries were sweet, sweet!

Nearby, is my friend Anke, also a passionate gardener. Her little triangular garden yielded a rich harvest of bok choy, cabbage, peas, herbs, potatoes, strawberries, lettuce, cauliflower, squash, carrots, parsnips and broad beans.



Broad beans are strange looking, the plants grow 16 inches tall, with elongated leaves and pale lavender flowers, which bees love.

Single bean pods, about 3-4 inches long, grow along the main stalk of the plant. The beans are bright green and cook up so sweet!

This Summer, 74° was our warmest day, and we had a decent amount of rain and wind. The cold frames proved their worth!

Three beautiful rose bushes sit in large planters, wrapped with chicken wire to protect them from the sheep that wander free on the island, as sheep will eat rose bushes down to the nub, I've learned.

I put a few small nasturtiums in with the yellow rose by the front door. Now they are 5 feet tall, a riot of red, green, yellow and orange, growing up bamboo stalks and obstructing the front door. How I love the life force of plants!

Before I left, I sowed carrot and parsnips, hoping they will be ready to harvest when I return in May. Robert enlarged my cold frames, and next year, I'll have a whole new bed to play with.

And maybe I can find a male blueberry plant to keep the other one company. Those ripe berries were tasty!



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

SIGs are Special Interest Groups.

Do you have an idea for a new SIG?

Well, Come On Down!! The San Antonio Herb Society would love to have more SIGs for it's members, so bring your idea to one of the Board members, and let's see what we can get going!

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, Oct 10

New Technology is Wonderful! CBD

By Robin Maymar

We know so much more than we ever did before. Once herbalists cut leaves and dried them to concentrate herbal oils or boiled them in water to extrapolate herbal essences.

In Fredericksburg, *Imagine Lavender* demonstrated how to take a hundred pounds of lavender flowers and stems, put them in a heat fired still and distill an ounce of lavender essential oil. Think of the power of that essence! Distillation like this has been around since the middle ages. It is low-key compared to today.

In 1998, spinning band distillations were used to extract cannabis from hemp at a company in Mississippi. This highly concentrated CBD oil has never been available until now.

According to an info sheet from Southwest Research, a purified form of plant-derived CBD was approved in 2018. Known as Epidiolex, it is used for treatment of severe epilepsy. All other forms of CBD are not approved by the FDA but are sold in a variety of formulations. They contain variable amounts of CBD, may contain other active compounds and may have labeling inaccuracies.

“CBD may offer an option for treating different types of chronic pain. A study from the European Journal of Pain showed, using an animal model, CBD applied on the skin could help lower pain and inflammation due to arthritis.

Another study demonstrated that CBD inhibits inflammatory and neuropathic pain, two of the most difficult types of chronic pain to treat. More study in humans is needed in this area to substantiate the claims of CBD proponents about pain control.”

Before using CBD oil, it is important to consult with your physician about potential side effects and interactions with other medications.

Recently, I had a professional cleaning crew come do my fall cleaning. Instead of the house smelling like Pine-Sol after they finished, there was this delightful fragrance all through my house. I asked her what she was using to clean with....She said "I use Thieves Oil Cleaner. All of my customers always love it! It's expensive, but it's worth it, because you only need to use a little bit."

I checked on Amazon—it's made by Young Living and costs \$32 for a quart of this cleaner! Well, frugal as I am, I remembered that, a few months ago, Leslie Bingham gave a presentation on using essential oils and gave us a recipe for it. At a fraction of the commercial cost! Got out my copy of the handout and made up some. This stuff is great!

In case you missed the presentation, or misplaced her recipe, here it is:

Thieves Oil Cleaner

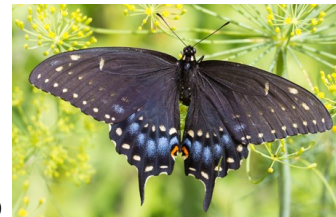
- 1 cup 9% vinegar (blue label at HEB)
- 1 cup distilled water
- 10 drops lemon essential oil
- 10 drops clove bud essential oil
- 8 drops cinnamon essential oil
- 8 drops rosemary essential oil
- 8 drop eucalyptus oil

Mix together in a 1 pint spray bottle. Shake well before each use. Use it to clean tile, countertops, anywhere! Mixture will keep up to 12 months in a cool, dark place.

Rather than buying all of the individual oils, you could buy one of the pre-mixed essential oils and use 44 drops of that. Each essential oil company makes a version of Thieves under different names and at varying prices:

- Young Living: Thieves Oil
- Plant Guru: Four Gurus (also Bandits Oil)
- Natural Riches and Eden's Garden: Five Guards Oil
- Artizen: Robber's Blend Oil

Feed the Butterflies!



Herb Market is coming up on

Oct 19. Be sure to get some plants for your butterflies.

Swallowtail butterflies lay their eggs on Parsley, Carrot, Dill and Fennel plants.

The caterpillars will eat the plants down to the stems, getting larger every day. When they're ready, they'll disappear, go off to spin their cocoons.

Don't worry, that defoliation won't hurt the plants a bit, they will bounce right back in a few weeks!

If you have kids around, they will be delighted to see the caterpillars grow day by day. The caterpillars are so bright and pretty!



Parsley is a biennial herb, which means it normally lives for 2 years.

Fennel is a cool-weather short-lived perennial, normally grown as an annual, but here in San Antonio, it could grow for several years, if we have mild winters.

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: <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

San Antonio Herb Society has a new business sponsor

By Robin Maymar

T.O.P.S.® (Take Off Pounds Sensibly) is the short name for TOPS Club, Inc., the original, non-profit, noncommercial network of weight-loss support groups. TOPS offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition.

Our local chapter, # 0256, meets Tuesday morning at 11226 Ironsides (78230) The House of Prayer Lutheran Church, but there are chapters all over San Antonio. Some meet during the day, others at night, and some on the weekend.

We are open to women, men and children 7 and older. Annual dues are \$32, and our local dues are \$6 a month. How does it work? We have private weigh-in from 8:30 until 10 o'clock. Meeting begins at 10 with a brief opening focused on our goal, then a professionally prepared informational chapter program featuring current nutrition, fitness and wellness information. Our programs provide positive support and motivation to adhere to healthy eating and exercise plans.

As a group we have discovered that everyone is different. What works for one, does not necessarily work for all. So, we are each on an individual journey. Our meeting allows us time to discuss the latest research, what technique is working for someone, how to successfully keep a food journal or how to approach a new exercise program.

Goal weight is set by the individual with their healthcare professional. We have many incentives that help keep us working toward goal. We may have a weekly contest for Best Loser of the week, monthly food journal prize and exercise prize. We always seem to be celebrating something: weight loss, a birthday, a goal reached, a milestone. Often we are light-hearted and laughter



tops
CLUB INC.®

Helping Millions Since 1948.
Affordable, effective weight-loss support






**Real People.
Real Weight Loss.®**

Try it free.
To find a meeting, call (800) 932-8677 or visit www.tops.org

BUSINESS MEMBERS

WE THANK OUR BUSINESS MEMBERS FOR THEIR SUPPORT.

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

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

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

