



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY February 2020



**VERTICAL GARDENING**

**WITH ELLEN  
BARREDO**



**Ellen has forty-three years in the horticulture industry. She is from St. Louis, MO and started her career in the wholesale greenhouse business. She has worked in private estates and in managing independent retail garden centers. Currently she works with interior spaces plant management with Green Oasis Landscapes here in San Antonio. She has developed vertical garden to work with the smaller spaces in her yard. We are looking forward to her take on the ins and outs of gardening herbs in**

**San Antonio Herb Society meets on Thursday, February 13, 2020 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 to share. Our theme is Valentines Day. Email your recipes to [robinmaymar@gmail.com](mailto:robinmaymar@gmail.com)**

---



From the Prez

## IT'S A MATH THING

There's a trick to wrapping a gift when you have really neat paper you want to use but it is neither wide enough or long enough to cover your box. If you turn the box onto the diagonal (as long as the square footage of the paper is larger than the square footage of the box) you can usually wrap it just fine. The Incas were pretty astute mathematicians, and probably had this nailed down, too. But the place they excelled was in fashioning gardens that took advantage of every square inch of a hillside. Each level of the garden was cut and formed to slope just enough for good drainage. The lowest part was filled with gravel, then large rocks, then composted soil. Water was directed at the top of the hill, and rain fell on the whole garden. Extra water was carefully drained off, so that moisture of the soil was consistent with growing. They grew quinoa, squash and corn. My favorite thought with this type of garden is that it probably was easy to weed as each level was waist high and you did not have to bend over to weed. They actually had more tillable space than if they had grown on flat land, and had more control over water as well.



So, that brings us to our topic for this month: Vertical Gardens. Because the garden is on a diagonal, it affords us extra space to grow our herbs. The garden can be upright or at a slant. The only restriction has to do with how much sun the plants need. If you garden is facing east, you will only have half a day of sunshine. This may be all you need with our intense southwestern sun. Your garden will

tell you what it needs.

Ellen Barredo, our speaker will tell us about her vertical garden experience both in commercial applications and in a home garden. I know it will be an enriching experience. We are looking forward to her visit, Thursday, February 13.





“Our” Tinky died on Sunday, January 5th, she had been battling lung cancer for four months. Tinky, real name Lenore Ann Miranda, was a one time Treasurer for SAHS, a Master Naturalist and a good friend. She also was a certified Sign Language Interpreter, a hiker, walker, gardener, great cook, Harley Davidson motorcycle rider and a dedicated volunteer across a variety of pursuits. I retired after 13 years at the helm of the SAHS Weed 'n Gloat Team and Tinky didn't miss a step in assuming that position. She was passionate about growing herbs, about living naturally and about growing and nurturing her friendships. Tinky leaves behind husband John, two sons and their families, and a host of friends who will miss her very much.

#### VALENTINES DAY FLOWERS

Treat Flowers with TLC- Just as with relationships, a little tender loving care can make fresh flowers last longer. To give Valentine's Day bouquets more staying power, the American Institute of Floral Designers suggests the following:

Wash the vase or container with hot, soapy water and rinse thoroughly with tap water to eliminate bacteria.

Recut stems of flowers, taking care not to crush woody stems. Cut the flowers under water to prevent air from getting in the stems.

It's best to use water at room temperature. Never use cold water on fresh flowers. Change water daily and use floral preservative solution

To revive tired-looking flowers, immerse them entirely in cool water for up to 15 minutes. Or, mist blossoms and leaves for a quick per-up. If only the flower head is droopy, prick the stem directly under the blossom. That will



# Meeting Minutes

## GENERAL MEETING MINUTES January 9, 2020

Meeting at the Garden Center called to order a 7:05 PM by President Robin Maymar

We thanked everyone for attending.

New members, Aubrey Langford and Pat Simpson were introduced. We welcomed back Della Savage.

Guests Paul Baumel and Cecilia Lussen were introduced.

We thanked Cyndy Moore for setting our table theme of Blackberries, The Herb of the Year. And we thanked all of the members for bringing wonderful foods to eat.

Thanks goes out to Milan Maymar who was volunteered to man the membership table until some brave souls volunteer to help with this task. He needs someone who is good at recognizing faces and can help with sign in and registering new members. The task of entering information into our computer list also needs help. Anyone who has a small amount of skills on Excel, or would like to add that skill to their resume should contact a Board member. The task takes about one hour per month (depends on typing skills, longer if you use one finger to type)

We also thanked Tera Marshall for all her excellent work on the Yerba Buena. The actual composition of the newsletter is astonishingly simple. The hard part is proofreading and editing copy, as well as being fierce guardian of the DEADLINE so that all relevant information lands on the page in time. If you have an obsessive personality and would like to put it to good use, contact any board member to volunteer for the newsletter.

If you did not bring a recipe for the marvelous dish you brought, please feel free to brag a little, and send it to robinmaymar@gmail.com for inclusion in the Newsletter. NOTE: we also have a library of recipes on our website that you can access. They are organized by category, and are a good reference for future cooking.

Members were reminded to renew their memberships. We have PayPal and can set up a payment plan if needed. Contact treasurer Debarah Wilson for information. With the issuance of the membership card, we hope to have a discount card on the back for local nurseries.

Members were also reminded that we need a recording secretary to help both at the General meetings and at the Board meetings. Detailed agendas are supplied and can be accessed by computer, so there is very little typing involved. Time is the factor, as we need to be able to attend both meetings and be able to access a computer to type up the minutes in a timely manner. We estimate an hour after each meeting should be all that is necessary.

We do have a copy of the treasurer's report for anyone interested. See Debarah Wilson.

Minutes from the last General meeting were in the newsletter. There were no additions or corrections.

Upcoming Events:

Chinese New Year- Dumplings with the Culinary SIG Jan. 25

Weed and Gloat- at Botanical Gardens- Feb 27

Earthwise- Saturday March 7 at Leon Valley Community Center 9:30 to 1:30 Volunteers needed.

We will be demonstrating and selling our Ollas.

Next Month: Vertical Gardens with Ellen Barredo Thursday Feb. 13

We will continue Herb of the Month- February will be Parsley

Product of the Month- a new feature: Tonight, Watering can. To be raffled off.

Our featured speaker, with the Herb of the Year, Blackberry, is Leslie Bingham

Members were thanked for coming.

Our next meeting will be Thursday, February 13. Our topic is Vertical Gardening

**EARTHWISE LIVING DAY IS SATURDAY MARCH 7**

The Herb society will participate as a vendor in this event. Put this on your calendar and plan to attend, whether you come to help sell or just to wander around and absorb information. There are lots of innovative and creative ideas available here.

The Leon Valley Community Center is at 6427 Evers Road, 78238. If you are driving either from 410 west on Evers road or From Huebner east you will come to the lowest part of the road, marked by high water signs and warnings. The Community Center is behind the Library which is just above the creek. There should be large signs telling you to turn, but for first time attenders, you may have to turn around. Ask your GPS for help. The center is air conditioned and we are displaying indoors, which is always pleasant.

This will be a grand opportunity to visit with people. We almost always recruit new members to join the Herb Society as well as making a lot of new friends.

EARTHWISE LIVING DAY  
SATURDAY MARCH 7 9:30-1:30  
LEON VALLEY COMMUNITY



Picture OLLAS for sale. This is the Leon Valley Community Center, however, we were at an Irish Festival. Our emphasis will be on water saving techniques and herb growing. Pictured are Gloria, Robin and Leslie.

**UPCOMING EVENTS:**

- San Antonio Stock Show and Rodeo— Feb 6- 23
- Garden Center Flower Show February 28– 29
- Earthwise Living Day March 7 9:30– 1:30
- SAWS Spring Bloom March 14 9-1
- Herb Society March 12–  
Paella with chef Carmen Romo De Vivar
- Culinary SIG March 26





## What's New On the Bookshelf?

This month we have a generous gift of garden books from Pam D.

Neil Sperry's *1001 Most Asked Texas Gardening Questions*. It covers Fundamentals of Texas Gardening, Landscaping, Trees, Shrubs, Vines, Groundcovers, Lawns, Perennials, Annuals, Fruits and Nuts, and Houseplants. The top 101 most asked questions are starred, so you can quickly find a topic of interest. (379 pages)

*Texas Gardener's Resource: All you need to know to plan, plant, and maintain a Texas garden* by Dale Groom and Dan Gill. This book is organized in chapters, with nice breakdowns of specific cultivars, and an outline system of when to plant, space needed, water and sunlight needs and plant issues. (380 pages)

*Texas Gardener's Guide* by Dale Groom, is exclusively organized by cultivar. Each entry has When, Where and How to plant, as well as Care and Maintenance., and Varieties. (420 pages)

Reader's Digest *House Plants* (235 pages, paperback). This has wonderful pictures, which really inspire me.

Two books on bugs. *What's Bugging You? A Practical Guide to Pest Control*. From Edwards Aquifer Authority. This guide offers explanations of what pesticides are, how they can get into our groundwater, and how to protect our groundwater. 27 pages of excellent information. *Bug Off!: 2,193 Super Secrets for Battling Bad Bugs...Outfoxing Crafty Critters...Evicting Voracious Varmints and Much More!* This has nice line drawings, shows a map of the US where these pests live, is arranged by critter.

There are also a number of gardening almanacs, some landscape books and more books on gardening in general. Be sure to stop by the Book Sale table at the next meeting.

We thank Pam for her generous contribution. All profits from book sales go to our scholarship fund. ♥





## CHINESE NEW YEAR

The Herb Society Culinary Special Interest Group (SIG) met on Chinese lunar new year, February 25. In spite of the fact that not a one of us had ever made a Chinese dumpling we decided we would make some for this special occasion. Armed with a lot of cookbook recipes and years of experience eating dumplings we waded in. Aubrey brought her home made won ton dough. Unfortunately, it was very sticky, so we had to roll it out again. We added vegetarian fillings and then made some with shrimp. As you can see from the pictures below, we experimented with three different shapes.

All nine of us jammed into the kitchen, steaming some of the dumplings (remembering to line the steamer with cabbage leaves from the garden) and boiling some as wontons in soup. We had prepared a soy sauce/garlic dipping sauce. Mike brought three other dipping sauces.

Aubrey prepared a marvelous vegetarian broccoli and tofu dish. Sandra brought Roasted Indonesian Satay Tofu. Both of these dishes fulfill our desire for meatlike mouth feel without actually being meat at all. Truly satisfying dishes We will include the recipe in this newsletter.

Interested in joining our Culinary SIG? email Robin Maymar at [robinmaymar@gmail.com](mailto:robinmaymar@gmail.com), We meet the 4<sup>th</sup> Thursday of the month.



# WEED AND GLOAT SIG

January 27, 2020 Weed and Gloat, San Antonio Botanical Garden (SABOT)

Great News ! Weed and Gloat, our monthly team of volunteers at the botanical Gardens have a new place to park, and you do not have to walk far to sign the volunteer log. The Business office has officially opened. Nadezhda brought us water and wonderful fresh donuts. We needed to initiate our 2020 log book, which took some time, so we ate donuts and wrote. We also weeded with great gusto. Basil cut back our lemon grass. Mary laid claim to the ginger area that is constantly being overgrown by the mint. Jane took out the dead leaves from the horseradish, which seems to have collapsed for no apparent reason. Gloria and Marsh went all over weeding. Nelle regaled us with stories of her travels and future plans for more travel. The 'before' picture looked very bushy and overgrown, the 'after' looked very tailored. You must drop by and see our work. There are new, very readable signage that the Botanical Gardens have begun using which add to the experience.

At our general meeting we always have the paperwork for those interested in volunteering at the Botanical Gardens. Look for our volunteer, who has a map to the parking and a list of what tools to bring. The Botanical Garden is a separate entity from the Herb Society, but by having a volunteer badge, you can volunteer to do many things at the Botanical Gardens, if you wish. Sometimes, when we finish, after we put our tools away, we walk around to see what is new in the garden in general. Then head for coffee and lots of talk.

---

## IT'S ALL HAPPENING AT THE GARDEN CENTER

As members of the San Antonio Garden Center, which the Herb Society is, we are invited to attend any of the many activities and meetings that take place here at the Garden Center.

Once a year, we are called upon to help host one of their monthly meetings. We usually do that with another group. This year we host with San Antonio Rose Society and Live Oak Village Garden Club. The speaker will be Judy Barrett, speaking on *When Good Gardens Go Bad: Earth Friendly Solutions to Common Problems*.

So, mark your calendars for Wednesday May 6, 2020. At 9:30 there is a **Plant Exchange and Morning Coffee** (That's us) 10 am is business meeting and 10:15 **Speaker**.

But wait! There's more! We also are called upon to participate in the **February Flower Show**. This is a **BIG DEAL** with lots of rules and regulations. The good news is, WE don't need to know all of the rules to participate. Annette Hoffman and I are already on the committee to put together an educational display. The theme is *Home Schooled*, which I think we can take great liberty with. I am thinking of doing something about conserving water and using herbs in cooking, which are both home bound activities. Do you have ideas on what we can do? We would love to have a few more minds working on this project.

The other part of this is that WE are all **INVITED** to come enjoy the flower show itself. It takes place on **FLOWER SHOW February 28 and 29. Friday 3 to 7 pm; Saturday 10 to 2**



## IN THE GARDEN FEBRUARY

*There is a psychological distinction between cutting back and pruning.*

*Pruning is supposed to be for the welfare of the tree or shrub;  
cutting back is for the satisfaction of the cutter.*

– Christopher Lloyd, *The Well-Tempered Garden* (1973)

### WEATHER

If possible, save and use rainwater.

Thunderstorms in January and February could indicate a light freeze in spring

### HERB GARDEN

Prepare soil for planting so that it is friable and workable. Till or fork well, adding compost and/or coarse sand for drainage.

Shape overgrown rosemary and sage

### BIRDS

It is time to place (repair/replace) all of your birdhouses. Titmice, chickadees, wrens, woodpeckers, owls and martins soon will be looking for nesting boxes. Also watch out for visiting red-winged blackbirds.

Look for goldfinches starting to get color.

**INDOORS:** Sow marigold and periwinkle seed in flats or containers for garden planting in spring.

### OUTDOOR GARDEN

#### Beds

If you didn't do it in January, **check pH** in various non-native flower beds (native plants need very little, if any supplements added to soils) and add sulfur or other acidifying supplement. Till composted organic matter and shredded cereal (Elbon) rye into vegetable garden soil.

Plant your Spring crop of broccoli, cabbage, cauliflower, carrots and asparagus over the next month, the earlier the better. For the highest quality broccoli, harvest before the heads begin to bloom. Secondary heads will allow a second harvest several weeks after the large head is cut.

Potatoes, English peas, onion, radishes, sweet peas and pansies can be planted now.

Plant tomatoes in containers now and into March. Varieties good for this area "Merced", "Bingo". "Celebrity" and "Tycoon". Watch for new variety "Rodeo" tomatoes, sold at the San Antonio Stock Show and Rodeo, and around town.

Mulch tomatoes and peppers to conserve water and help blossoms set. Use tomato cages, wrap with "thinsulate" or other crop protector to prevent damage from wind. Have a cover in case of hail storm.

Control chickweed now before it deposits more seed.

This is an excellent time to transplant established trees or shrubs because they are dormant.

Prune fruit trees: Prune peach and plum trees to an open vase shape. Pears and apples should be pruned to a modified central leader. Prune fruit trees, crape myrtles and most shrubs now. Wait to trim early bloomers such as Texas mountain laurel, Lady Banksia roses and conifers.

Geraniums and gerbera daisies make great container plants in late winter.

Be prepared to protect the flowering from late freezes.

Vegetables such as tomatoes and peppers and flowers such as begonias and petunias can be started now from seed. The seedlings will be ready for transplanting in the garden in 6 to 8 weeks.

Use a high nitrogen fertilizer to feed asparagus beds for vigorous spear development

Fertilize blooming pansies with ½ lb. of ammonium sulfate per 100 sq ft of bed area or with dried bloodmeal.

Mow/ cut Asian Jasmine and feed it with a slow-release lawn food.

Columbine and bluebonnet seedlings planted now will bloom this spring.

### Bugs

Reapply SLUG and SNAIL bait to pansy, strawberry and primrose beds.

Do not spray for insects **until insects appear**, Aphids may soon appear on new growth but they are easily controlled with almost any good insecticide, sprayed just on the new growth. They may even be washed off.

Lookout for aphids (plant lice) that may develop on new growth of daylilies, photinias, roses, also on tree trunks. Apply general-purpose insecticide but target the aphids.

Hibernation for ladybugs is ending and breeding begins now, Watch (and wait) for aphid infestation in roses and other plants before applying ‘Ladybug Lures’ or other attractants.

### ROSES

Check for SCALE on roses very early this month and spray if needed

**3<sup>rd</sup> Week of February** Spring pruning of your roses can begin (if weather is decent, if not, you can wait till first of March)

Notes from Brian Townsend, edited by Robin Maymar

### Herb Society Board

**President** Robin Maymar

robinmaymar@gmail.com

**Treasurer** Debarah Wilson

debarah\_wilson@bellsouth.net

**Membership** Milan Maymar, pro tem

**Secretary** Ad hoc volunteer

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

Membership at large helps choose.

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

**Get your Monthly Garden Tips from Brian Townsend on our website. Your entire “to do” list, all in one place, for each month.**

**<https://sanantonioherbs.org/monthly-garden-tips/>**

# Seitan n Broccoli Stir Fry( The vegan version of Beef n Broccoli)

## Seitan? What is seitan?

Seitan (pronounced “say-tahn”, not “satan” - unless you have celiac disease) is a wheat meat made from gluten flour, or from all-purpose flour that has been rinsed until only the protein remains. I like to use Bob’s Red Mill gluten flour. Seitan is available at many stores near the tofu and other vegetarian foods, but it’s fairly easy to make from scratch and well worth your time as it is far juicier than what is commercially available. Making seitan is a lot like making bread except you boil the dough. I seasoned mine with liquid smoke, a squirt of ketchup, nutritional yeast, garlic, pink salt, a splash of vegan Worcestershire, a spoonful of old style mustard (the kind with all the seeds in it), a little tamari -- and of course, herbs from my garden. I grabbed some sweet basil, a pinch of rosemary, and a handful of Greek oregano. For this stir fry I suggest using a recipe that does not contain beans so that your seitan will have a firmer texture: [https://](https://www.thespruceeats.com/how-to-make-seitan-3376639)

[www.thespruceeats.com/how-to-make-seitan-3376639](https://www.thespruceeats.com/how-to-make-seitan-3376639)

## Ingredients

- Seitan cut into bite-sized strips
- One medium yellow onion, chopped
- Fresh shiitake mushrooms cut into larger, meaty chunks.
- 3-4 broccoli crowns, cut into bite-sized florets
- At least one head of chopped garlic
- Ginger root, diced
- Basil (preferably Thai basil)
- 2-3 green onions. Cut base of onion into thin rounds, and slice the top into narrow strips three inches long,
- reserve for garnish
- Diced lemongrass (I used two stalks about the length of a pen each)
- Peanut oil
- Sesame oil
- White pepper
- Tamari (or soy sauce or coconut aminos)
- Sesame seeds (optional)
- Sririacha (optional)
- Rice or noodles to serve with (optional)

## Instructions

1. Save the garlic for last. Garlic’s anti-cancerous properties are at their peak between 10-60 minutes after chopping or crushing it, and we want it at its best.
2. Heat wok to high, test with a few sprinkles of water. Coat wok with peanut oil and fry the yellow onion for 3 minutes Add ginger and lemongrass, stir, and let fry for another two minutes
- 3 Add mushrooms, broccoli, and half a dozen shakes of tamari. Fry for about 5 minutes or until the broccoli starts to soften a little and the mushrooms release their water. Stir a few times to keep it from sticking, but not constantly.
4. Reduce heat to medium and toss in the garlic, basil, green onion circles, a dash or two of white pepper, and a drizzle of sesame oil. Stir.
5. Stir in the seitan strips, cook three minutes so the seitan warms and absorbs flavors.
6. Take a taste test. If it’s too salty, try adding a little water and let it bubble for a minute or two. If it needs more salt, splash in some more tamari.
- 7 .Stir in the green onion strips and serve. If you want to look impressive, sprinkle sesame seeds on top of each dish and drizzle sriracha on it in a fancy manner.
8. Dinner is served! Note: I did not follow a particular recipe for this, I just winged it! Please pardon the non-conventional units of measure.

-Aubrey Langford



# Culinary Contributions

## ROASTED INDONESIAN SATAY TOFU

Makes four servings.

### Ingredients:

2 cloves garlic, mashed

½ teaspoon vinegar

¼ cup peanut butter

2 tablespoons oil

1 teaspoon fresh ginger root, grated

¼ teaspoon dry marjoram

2 teaspoons honey

¼ cup soy sauce or gluten-free tamari

¼ cup boiling water

1/8 teaspoon cayenne

1 pound of medium or firm tofu that's been frozen and thawed

### Instructions:

Preheat oven to 375 degrees Fahrenheit (190 degree Celsius)

Combine all the ingredients, except the tofu, to make the sauce.

Press or squeeze as much water as possible out of the tofu. Cut the tofu into half-inch thick slices.

Cover the bottom of a 9" X 13" baking dish with a thin layer of the sauce. Place the tofu slices in the dish, one layer thick. Pour the rest of the sauce over the tofu and bake for 20 to 25 minutes.

Excellent served with rice and vegetables.



PayPal is now available for budgeting your annual dues.



**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><br/>7193 Old Talley Road Lot #7<br/>San Antonio, Texas 78253<br/>Email: <a href="mailto:naturesherbfarm@att.net">naturesherbfarm@att.net</a><br/>Website: <a href="http://naturesherbfarms.com">naturesherbfarms.com</a></p>  |  <p><b>Nick and Liz Campanella</b><br/>Garden Construction and Maintenance<br/>Check our website for services and prices<br/>Website: <a href="http://uprootedgardens.com">http://uprootedgardens.com</a><br/><b>210-842-5613</b></p>   |
| <p><b>Health by Choice</b><br/><i>San Antonio's "go-to" group offering<br/>Natural Health Solutions</i><br/>Sil &amp; Yoli Huron, BA, CNHP<br/>Certified Natural Health Professionals<br/><b>(210)-735-9053 (210) 213-4852</b><br/>Email: <a href="mailto:health4ever@barleybaby.com">health4ever@barleybaby.com</a><br/><a href="http://www.barleybaby.com">www.barleybaby.com</a></p> |  <p><b>David's Garden Seeds</b><br/>7717 Tezel Road<br/>San Antonio, Texas 78250<br/>Website: <a href="https://www.davids-garden-seeds-and-products.com/">https://www.davids-garden-seeds-and-products.com/</a></p>   |
|  <p><b>Helping Millions Since 1948.</b><br/>Affordable, effective weight-loss support<br/><b>Real People.<br/>Real Weight Loss.®</b><br/><b>Try it free.</b><br/>To find a meeting, call (800) 932-8677 or visit <a href="http://www.tops.org">www.tops.org</a></p>                                  |  <p><b>The Farmacy</b><br/><i>Botanical Shoppe</i><br/><b>CBD Products</b><br/>11950 Starcrest, Ste 205 <b>210-840-5233</b><br/>Email: <a href="mailto:info@Farmacybotanical.com">info@Farmacybotanical.com</a><br/><a href="https://Farmacybotanical.com">https://Farmacybotanical.com</a></p> |

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

