



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

SEPTEMBER 2020

Do you live in an apartment? Have a tiny yard? Have a minimal space for gardening? We have the program for you!

Herb Gardening in Tiny Spaces is the theme for September.

From outdoor “Pocket Gardens”, to tabletop herb gardens, to tiny windowsill gardens, even a tea cup garden. We have ideas, ideas, ideas.

You can make your environment a healthy and greener space, with very little effort. Rather than buttonhole a speaker, we have decided to interview a number of “herby :people” from our Business Partner’s Nurseries, for a montage of ideas.



We would also love to have input from you, our members and FaceBook friends. Have you a tiny spot that is working well? Have you seen one that worked on a patio? Or other small spot? Send pictures and ideas to Robin at robinmaymar@gmail.com. Then join us on September 10 at 6:30 for chat and 7 pm for our Zoom program.

**San Antonio Herb Society
will meet by Zoom
September 10. 2020 7pm**

**We will miss having all of you for
pot luck or brownies.
Looking forward to the time when
we can meet again for a meal.**

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FROM THE PREZ-

In this issue of the Yerba we have a lot going on.

First of all, our program of Gardens in Tiny Spaces. So many of our members enjoy gardening vicariously; they do not have a yard or a garden where they can put their hands in the soil and dig, or plant seeds. They may not have time in busy schedules to actually garden, even if they have the space. But everyone can do something small. When this pandemic started with everyone quarantining at home, people rushed out for food, hand sanitizer, disinfectants and toilet paper. A curious shortage of toilet paper occurred. Why hoard toilet paper. One psychologist identified this as “risk bias”. Doing something small, helps you to feel like you are in control. Following this line of reasoning a small garden you can control might help you feel a little more in control. It also brightens a little corner of your life, and let’s you express yourself. A winning situation we hope you will enjoy.

Following our last meeting, Annette Hoffman sent in her mother’s recipe for Rice Pudding. We’ve tested it, and like the result. She suggested we make it as a good source of calcium in our diets. It is a nostalgic favorite, and well as a lovely end to a meal. It is very simple to make but you need to be able to measure in ounces. It also takes a long bake. .

We also have a Back To School Special Recpe for all of those heading out the door– a good bran muffin that makes a filling meal, lasts well, freezes well, thaws quickly in a toaster over.

We have two happy reports from the Botanical Herb Garden from our Weed and Gloat Volunteers.

There is a change to the Herb of the Month, because we are not meeting in person, so be sure to check that page out.

And the In the Garden has been ‘weeded’ down to two pages. Many Facebook friends have been asking what to do in their gardens, what to plant in September. So many people are moving from northern areas and do not understand our two growing seasons. Lucky for us, fall is the long slow gardening time, unlike March which is Rush Hour in the garden. We have a little more leisure time to start plants from seeds, to decide which transplant we will buy and plant this week. We can set a pace that fills the garden with good things without wearing us out. So we have lots of suggestions for fall gardening, lists of herbs to plant, and other garden activities. Pace yourselves, it is a long season.

We have included a clip and save check-list of what to plant either from seed or from transplant. Also in our minutes all the great share ideas we had last month. An issue chock full of good ideas. We hope you enjoy every page.

Meeting Minutes

MINUTES OF SAN ANTONIO HERB SOCIETY MEETING

August 13 2020

By Aubrey Langford

Meeting began at 7 p.m. on a Zoom connection

1. Proposed :extending the dues - if we pay in mid 2020, it'll last through end of 2021

a. What are they used for?

1. Dues are used for storage unit and insurance

2. Garden center is only paid for when we use it

Suggested expense from Andrew Waring: consider paying a small amount to garden center to help them out financially

Resolved :Robin will talk to the board about it

2. Weed n Gloat - next Monday the 17th, three people maximum, as early as 8:00 am

Share Part of the Meetinh

a. **Basil and Mary Jo** "Texas Tomato Lover's Handbook" by William D Adams from Texas A&M University Press

Felco left-handed clippers from Switzerland Use either a stone sharpener or a metal sharpener with diamond powder (expensive but it won't break when dropped) Super Lube multi-purpose synthetic oil Do not buy the Felco clippers from China

b. Texas A&M website on gardening: <https://aggie-horticulture.tamu.edu/>

c. Chicory greens - wash and boil them with a little baking soda and use it like spinach.

A little bitter, very nutritious

d. Red Porter Weed - good for hummingbirds and butterflies

e. **Pam** It's national left-handers day! Schultz nursery in Mario is open again but with a limited selection

f. Volunteer plant: malabar spinach. Very viney with little white beads on it. Annette grows it too, delicious!

g. **Andrew Waring** "*The Vegetable Book: A Texan's Guide to Gardening*" by Sam Cotner from A&M University Press

h. **Annette** Question: Hoses are coming apart in my irrigation system, how to fix?

Andrew: There are special clamps for this purpose Post it to our facebook site and everyone can pitch in Be careful not to mix brands/manufacturers

Annette is making English Rice Pudding recipe for more calcium. See Recipes P 14

i. **Sheri** :Self watering glass plant globes, great for indoor plants

Lasts for 2-3 weeks for indoor Looks like these from Amazon <https://www.amazon.com/Kikkerland-Water-Automatic-Self-Watering-Globes/dp/B00ENL3OOG>

j. **Irene** gave us a video tour of her Grey Forest garden Wanted to know about Lamb's Quarters - how to prepare it? Uncooked in a salad

k. **Robin** : Equine trough - a giant new plastic horse trough in the backyard. Robin sits in it in her backyard and squirts water on the plants while soaking. Her husband put wheels on it and a handle so she can roll it around the yard. There's a little tap and a watering ring to attach a hose to so the water gets used.

l. **Hildie**, visitor from facebook! Interested in edible landscaping Robin suggested we post photos of our edibles to Facebook

The meeting ended at 8:15



Come weed with us at the Botanical Gardens!

Feel welcome to come to join us next month in the sunshine.

Next Weed and Gloat is scheduled for Monday September 28, 2020. We will meet early to beat the heat 8 a.m. There are new rules to follow so be sure to contact robinmaymar@gmail.com for simple safety measures we need to take See you then



WEED AND GLOAT TWICE

THEORY OF BROOMS

In spite of boiling hot weather, Weed and Gloat team members, carefully manicured the garden. We called a special session on the 17th because Marsha and Robin got only part of the garden weeded when the sun came blazing out. We had to stop.

So, bless their hearts, Mary Jo and Basil arrive early to help with continued work. We all began in the spots that would be sunny, so that when the clouds lifted, there would be shade to work in.

Mary Jo always brings a broom. Take a careful look at the one she is holding. It is fairly new, and she has begun ‘training’ it. I come from a family of Marthas, who always store the broom on a hook in a closet. My mother’s theory was that if the bristles got bent, then they would break more easily. Mary Jo, on the other hand, deliberately leans the broom so that the bristles bend. Each garden session, she takes that little curving sweep part of the broom, and goes down the edge of the sidewalk, sweeping away all the tiny debris in the edges. “A curved broom is so much more useful fo getting under things and into crevices.” She points out. Peg Bracken and Martha Stewart move over, there’s a new expert in town.



TAG TEAM ARRIVES

August 31, our regular Weed and Gloat team arrived in shifts. To keep social distancing, we had a team arrive at eight and a second at 9. We welcomed Cindy Moore, a new recruit. Since she has retired, she has the time to join us. We had lovely overcast weather, however, very humid. Glasses kept fogging up with the mask. Gloria and Marsha arrived to spell us.

Dennis Joy provided us with Cuban variegated oregano, huge thyme plants, parsleys, and a number of sages. Planted and watered in, we went to investigate Rosella, the restaurant at the Botanical Gardens. It is set to open soon, but we could not get information. Stay tuned, we understand there is a new chef and it will re-open soon.

We headed to Commonwealth, on Davis Court for coffee and snacks and lots of conversation. They have more outside seating than inside, service is good, and this time there were still some Danish pastries left.

Note: small garden box for a tiny garden, held up by cleverly designed bannister. Consider joining us next time in the Botanical Garden Herb Patch, September 28 at either 8, 9 or even 10.



Herb of the Month:

OREGANO GOLDEN

Picture this beauty in contrast to all the green you see in your herb garden. “*Origanum vulgare*” ‘Aureum’. Grows to the height of 1 to 3 feet (says the tag), spreads about 1 foot wide. Lives happily in sun. Has fragrant golden foliage, as you can see and small pink flowers which are not on this plant at the moment.

It is a robust culinary creeper with small round leaves.

Growing golden oregano is especially good for container and small space gardening, since the plants tend to spread out less vigorously than other varieties of oregano. Caring for golden oregano is very easy. The plants need full sun, but they will grow in virtually any type of soil. They prefer moderate watering and can withstand drying. They are hardy in USDA zones 4 through 9 and will stay evergreen in the warmer zones. Available at Rainbow Gardens either on Bandera or Thousand Oaks



Annual HummerBird Celebration

In the spring, most hummingbirds hurry through Texas toward breeding grounds farther north, but during their fall migration- which begins in July and ends in mid- October- they linger for days or weeks at a time. This month is high season for hummingbirds.

North American hummingbirds weight from 3 to 8 grams (about the weight of 2 to 4 dimes) and range in the length from 3 to 5 inches. They do not suck nectar, but lap it up with a tongue that can extend well beyond the tip of the beak. The nectar flows up by capillary action through tubular membranes in the tongue. Hummingbirds also eat insects and spiders.

The female Ruby-throated Hummingbird usually lays 2 eggs, each about the size of a jellybean. Hummingbirds zip through the air at speeds of around 30 mph, and they reach velocities close to 40 mph when jetting to a feeder. Watch for Hummingbirds Festivals in Rockport-Fulton, and at Lake Jackson during the month of September



To attract hummingbirds, plant cardinal lobelia, trumpet vine, lantana, Turk's cap, and autumn sage. Plant perennials now or plan to incorporate them into your landscape in spring.

Week of Thursday September 17 through Sunday September 20, Virtual Hummingbird Festival in Rockport using the ZOOM video conferencing Full HummerBird Celebration Pass \$20 Check your internet for details

Photo by Daune M. Smith

WATER THE BIRDS

Keep birdbaths clean and full of fresh water daily (or every other day), if possible as this helps keep mosquitoes from laying eggs there.

Birdbaths come in a variety of shapes and sizes. Their shape and size often determines which type of birds are attracted. But why attract birds?

Birds consume thousands of insects, especially in the spring when they're feeding their young. Seed-eating birds such as finches and sparrows contribute to a healthy garden by keeping weeds from taking over. These birds can consume great quantities of weed seeds, thus helping gardeners control unwanted plants.

Birds to attract to your garden and yard: bluebirds, chickadees, nighthawks, nuthatches, phoebes, native sparrows, swallows. Wrens and verios.

It is true that mockingbirds like red tomatoes and will peck a hole in one. They are after water. Disguise your tomato by wrapping them in paper bags. Make sure there is water close to the garden so all the birds can get a drink.

Larger bowls attract larger birds, such as doves and blue jays. A jiggler, this example not working at the moment, keeps the surface of the water in motion, which is more attractive to birds.

Acrobatic birds prefer to fly in and perch on a smaller water bowl. They often water two at a time. One keeps security watch and the other drinks or jumps around in the water.



An improvised bowl often works well. This is a deep frying pan that had a damaged handle. We took it off and placed it in a corner of the chain link fence, under a satsuma bush. The birds find shelter in the tree and love the deep cool water. The chain link fence provides more shelter and a quick get-away if there is a threat.



Even a terra cotta saucer can make a good watering device. We leave at least one in our front yard for visiting dogs or cats.



IN THE GARDEN SEPTEMBER TO DO LIST

In Our Herb Garden:

- * From now until frost in November, harvest basil and preserve by freezing as an oil paste. Or make pesto, which freezes well.
- * Plant frost-tolerant herb transplants and seeds from now until mid-November. This may be the best time of the year to plant (or transplant) herbs! Include annuals from seeds: parsley, dill, cilantro, anise, chervil, chamomile, edible flowers and greens Annuals from transplants parsley and chervil. Perennials from well-established transplants chives, rosemary, sage, salad burnet and English thyme.
- * Plant everlastings for spring harvesting - perennials such as bergamont, yarrow, puchellum and annuals such as statice, larkspur and strawflowers.
- * Re-pot container-grown perennials as needed.

VEGETABLE GARDEN

- It is not too late to get fall tomatoes in the ground. *Surefire* is the quickest to mature, but, *Sun Master*, *Solar Fire* and *Sun Pride* also are good choices. If tomatoes have been in the ground and are growing, now would be a good time to apply a slow-release fertilizer.
- Prepare garden soil now for fall vegetable transplants by adding 2" of compost and tilling to a depth of 6" to 8". The organic material in raised beds decomposes and compacts as we garden. Replenish now with compost to get ready for fall vegetables.
- PLANT: green beans, radishes, carrots, beets, squash and sweet corn for fall
- TRANSPLANT broccoli, brussels sprouts, cabbage, cauliflower.
- 3RD WEEK Fertilize tomatoes with 1/2 cup of lawn fertilizer per plant when the first fruit sets. Spread fertilizer over the roots of the plants.
- Pepper sauce seems to be effective for protecting plants from both squirrels and deer. Apply weekly.

BIRDS

Bird migrations are beginning. You may see changes with visitation of different types of bird at your feeders. Always keep water supply fresh
The first wave of migrant hummingbirds should have arrived in San Antonio.
Watch for Ruby-throats and Rufous hummingbirds in addition to the resident black chins.
Monarch butterflies should be heading our way back to their winter homes.

FLOWERS

- Sow seeds of winter annuals and wildflowers in full sun.
- Plant perennials like Asters and Garden Mums for fall color.
- . Plant garden mums and fall marigolds Choose mums in full bloom but select marigolds that are not yet blooming. Plant hardy trees, shrubs, vines and groundcovers from now until into late November.
- To attract butterflies, plant mist flower (*eupatorium*), lantana, butterfly weed (*asclepias*), buttonbrush (*cephalanthus*) and indigo spires sage.
- Clean up iris beds and thin out clumps, if crowded It is not too early to divide irises as well as day lilies and Shasta daisies Two or three years without dividing can reduce blooms. Use a sharpshooter shovel to divide the clumps and transplant into full sun areas. Remove 30 to 40% of the foliage of the transplants in order to reduce stress.
- Remove seedpods from esperanza and poinciana so they will keep blooming.
- Add compost to flower beds to boost tired flowers.
- PLANT Mari-mums for fall color. These large-flowered American marigolds are low maintenance. Prepare beds for spring-flowering bulbs by adding a generous amount of organic matter such as compost. Bulbs need good drainage so raised beds might be necessary. Order bulbs now for planting or forcing. Now is the best time to plant bluebonnet and other spring wildflowers. They must germinate in late summer or early fall, develop good root systems, and be ready to grow in spring when the weather warms. Plant seed in well-prepared soil, one-half inch deep, and water thoroughly.
- Plant spring wildflowers

FLOWERS

- 3RD WEEK Dig and divide spring or summer blooming perennials.
- Divide perennials such as daylilies and irises. Use a sharpshooter shovel to divide the clumps and transplant into sun areas. Remove 30 to 40 % of the foliage off the transplants to reduce stress.
- Mums are setting buds now. Pinch off about 1/3 of the buds to encourage larger flowers in fall. Fertilize them with a balanced fertilizer such as 20-20-20 to increase flowers and healthy foliage.
- Pansies, Johnny-Jump-Ups and Snapdragons are set out after That-guy-that-came-from-Portuagala-and-landed-here-in-1492-Day. (October 12) Hot weather will kill them. Instead Sow seeds of snapdragons, dianthus, pansies and other winter flowers in flats for planting outdoors in October. Wait for our first cool spell before setting out plants to provide cool-weather color. Try ornamental kale for colorful, fringed foliage with inner leaves of red, white, rose and pink.
- Lightly prune and fertilize geraniums and begonias for further blooming.
- Still time to sow wildflower seeds in your landscape, as well as in waste places around your neighborhood. Good soil preparation will yield better germination. At minimum, the seeds must touch bare soil, and light must penetrate to the soil.

YARD

The brown scorching symptom you see on citrus, bur oak, ivies and other leaves is likely the result of sunburn. When temperatures fall, the symptoms will cease.

If leaves and pecans are dropping, it is in response to heat and dry weather. Watering deeply at the drip line once a month will help. Cut at ground level the suckers that emerge from the roots of peaches, plums, pears, apples, Oriental persimmon and citrus to prevent the rootstock from taking over the fruiting top

If you have read this far, you may be wondering why there is no information about grass or roses. We are trying to make the article a reasonable length and edit out a lot of information. If you want more about grass or roses, we do post a full copy of September in the Garden on our website.

PLANT NOW:	SEEDS	VEG TRANSPLANTS
BRUSSEL SPROUTS	1-Sep	20-Sep
BEANS SNAP BUSH	1-Sep	
CABBAGE	1-Sep	20-Sep
CAULIFLOWER	1-Sep	20-Sep
CUCUMBER	1-Sep	
POTATO	1-Sep	
KHOLRABI	10-Sep	
SQUASH SUMMER	10-Sep	
PARSLEY FLAT OR CURLY		
SAGE		
ROSEMARY		
THYME		
CHIVES		
LAVENDER		
CILANTRO		
MINT		

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Our website: [https://
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Culinary Contributions

English Rice Pudding

by Annette Hoffman, a recipe from her mother

INGREDIENTS

Use a 2 pint ovenproof dish

- 3 oz. Carolina rice (a short-grain)
- 1 oz. butter
- 3 oz. sugar
- A little ground nutmeg
- 1 1/2 pints milk (she uses low fat, but any kind , even almond will work)

DIRECTIONS

1. Warm 2 pint ovenproof dish in microwave. Melt butter in dish and coat around insides.
2. Tip rice into dish, sprinkle with the sugar
3. Pour in the milk.
4. Sprinkle a little nutmeg over top.
5. Place dish in a cold oven on center shelf. Turn oven to 300 degrees.
6. Bake two hours. When finished, serve warm with cream over the top, if you wish.

Note: this recipe call for no egg or vanilla. The marvelous warmth of the nutmeg is all that is needed.



GRAB AND GO BREAKFAST MUFFIN

Recipe adapted from Kelloggs

1. In a large bowl mix:
 - 2 ½ cups 40% Bran Flakes
 - 1 ¼ cups skim milk into a bowl. Then set aside. Let stand 2 minutes or longer until needed.
2. Sift together in a small bowl:
 - 1 ¼ cups whole wheat flour
 - 3 teaspoons baking powder
 - ½ teaspoon salt
 - ½ cup sugar
3. To large bowl with bran and milk, add
 - 1 egg
 - 1/3 cups soft shortening or oil to cereal mixture
 - 1 cup chopped pecans
 - 1/2 to 1 cup chopped dried fruit of your choice: apricots, prunes, crasins, raisins,
 - 1/4 cup candied ginger, chopped.Beat well.
4. Add sifted dry ingredients from small bowl Stir only until combined.
5. Portion into greased 2 ½ inch muffin pans
6. Bake 400 degrees 25 minutes until golden brown.

I used All Bran Buds but Bran Flakes, or even Raisin Bran will do. Makes 18 muffins, 190 calories per muffin. Freeze well, thaw quickly. Easily heated in a toaster oven for a filling breakfast.



WEEDS: A Commonsense Approach - C. S. C. (Texas Gardener, May/ June 2003)

Think about it, even the lowly sandbur has a place in nature where it is useful in healing scarred and damaged land by preventing overgrazing by animals. But if you find it growing in your garden or lawn it is a nasty weed. My point is that a weed is not an inherently bad plant but simply a plant that is growing in the wrong place at the wrong time. Here are some simple rules to follow to help you keep weeds from driving you crazy:

- 1) Unwanted plants are more likely to sprout in areas where the soil has either been disturbed by plow or fire. Overworking the soil will create more opportunities for weeds to grow and more work for you.
- 2) Use organic mulches to prevent weed development in cultivated beds and gardens.
- 3) Attack weeds when they are young and small (and consequently easier to remove).
- 4) Avoid using herbicides, particularly products that contain *Atrazine*. *Atrazine* is a pre-emergent herbicide that can damage and kill trees and shrubs in the landscape. Some broadleaf herbicides can drift onto desirable plants, causing damage, even on calm days. Spend some money on a good hoe - it is the safest herbicide we know of and using it is great exercise.
- 5) Accept the fact that most gardens get a little weedy in July. Dr. Sam Cotner, former head of horticulture at Texas A&M, told me once that we ought to have a contest for the seediest garden in Texas and he was not joking. His point was that weeds get ahead of most folks towards the end of the season and we should wear them like a badge of honor, not shame.

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>Rainbow Gardens 8516 Bandera Rd, San Antonio, TX 78250 <u>210) 680-2394</u></p>	
<p>Health by Choice <i>San Antonio's "go-to" group offering Natural Health Solutions</i></p> <p>Sil & Yoli Huron, BA, CNHP Certified Natural Health Professionals (210)-735-9053 (210) 213-4852</p> <p>Email: health4ever@barleybaby.com www.barleybaby.com</p>	 <p>Helping Millions Since 1948. Affordable, effective weight-loss support</p> <p>Real People. Real Weight Loss.®</p> <p>Try it free. To find a meeting, call (800) 932-8677 or visit www.tops.org</p>	
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Did You know SAHS Members get a 10% off discount at these local businesses?



Rainbow Gardens : 8516 Bandera Road

Rainbow Gardens 2585 Thousand Oaks Drive

Fanicks Garden Center:
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