



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY
 FEBRUARY 2021

MAKER'S SHOW TIME

Program for February will be Makers: Herbal Style The Maker movement started in 2006 and appealed to creative, artistic people who liked to do projects working with their hands. Us Herbal people probably were doing this way before 2006 but we just did not have the media coverage. So we are looking for something you did, that we have not seen yet. It could be a new take on an old idea. Or the solution you have created to solve a problem. So far we have two people lined up to demonstrate what they have made. The program will be better if we have more. The best way to present your idea is through pictures.

For example (not an herb idea) My husband was tasked with fixing a baroque three-legged stool, Made of a piece of a log and three branches, the top-heavy thing fell over too easily. He decided to put shoes on it; in particular, wooden shoes. The little toes gave enough stability to the leg, the stool no longer fell over... Not very interesting, until you see the picture (see page 4)

Think about a project you have made. Take pictures as as you go along. If it is already done, just a final picture will do. But the picture helps you explain the project. The picture also helps the audience, and they often ask questions and you describe the process even better.

So, thinking caps on. What do you have that you have made yourself? Or developed a better way to do? Stealing ideas is perfectly fair game here. You could present something you just wish you had already started, as far as I am concerned. Mostly we need to have fun and enjoy Herb Society and gardening.

Ready, set, make!

San Antonio Herb Society

February 11, 2021

Zoom meeting starts at 6:45

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NO MORE MISTER NICE GUY

It's logical that you develop a pattern for doing things. When we met in person we had about half an hour of food and social time before the business part of the meeting. We would have a speaker then get to business or business then speaker, depending issues we needed to address.

So when we began meeting on Zoom I chose the same pattern. Partly because people new to zoom might need help getting in. I wanted the first part of our time to be cordial and social.

I received a criticism from Carol-Lee that the meeting needed to begin on time. I took what she said to heart. It seems I was doing most of the talking, and having cordial discourse on Zoom does not work well at the moment. (In other groups I meet with it works just great) But I also realized I was trying to do too many things at once. As the Zoom host, I was having to let people into the meeting, set up the pictures, and carry on the meeting. I forgot to record the meeting, which I had intended to do.

So, now, no more Mr. Nice Guy. Let's make some changes. I will need someone else to be host (I will start the meeting and then turn host over) and let people come in. Let us start the meeting on time with our business meeting first. I will need someone to present the date for Weed and Gloat, talk a little about what is expected. I will need someone else to make an appeal for new officers for our group. I would like our Treasurer to make a presentation of the annual finances. We should have short discussions and questions for each of these. This time, I hope, we can record the meeting. I have not done this before, so we'll see how it goes. Then I can take back the hosting, to present our speakers.



Meeting Minutes

PARSLEY, HERB OF THE YEAR

MEETING MINUTES ANNETTE HOFFMAN

Robin opened the meeting and made it clear that we do need to get on with the nominating of a new board. We need a nominating committee. Robin would like to hand over the presidency and only concentrate on the newsletter

Need replacement for Treasurer Information that was contained in La Yerba Buena mentioning the list of board members.

Garden Center update: no clubs are allowed meetings, we think, for several months. [Note: word from the Garden Center indicates that they will be able to open in March]

Dues: everyone who paid in for last year will be covered this year.

Next meeting will be MAKERS MEETING (no date – but probably Feb 11th) members asked to take pictures of something they have made. It could be a new garden plan, a new tool, recipe, or anything you have created that members may be interested in dealing with Herb or Gardening or Cooking. Take pics, show how it was done Robin will come and take pics if members need her help.

Weed and Gloat, Jan 25th contact Robin.

A little discussion on trapping of naughty opossums, squirrels and raccoon (fun)

Robin would like some interesting articles to put in Feb newsletter concerning Valentines day, gardening or herbal.

Our Program: Each member shared information about Parsley. (complete information to be sent to attendees.)

Marsha: Nutritional benefits of Parsley

Annette : How to make a Parsley pie (old English recipe.) (see page 8)

Laura : Recipe Little Green Dress by Vivian Howard chef. Showing new cookbook of condiment recipes

Robin : Recipe for parsley oil and how to use it. (could not get the author name)

Loretta : Parsley juice drink and a list of 18 antiviral healthy herbs the number one with most nutrients Oregano. But eat one from the list each day to stay healthy.... mentioned she eats a clove of garlic every morning..... (See page 11 for antivirals. Computer ate the recipe, will print next month)

Discussion on how Parsley grows 1st year good to eat 2nd year goes to seed and how to save and plant seeds how to watch for seedlings etc.

Introduced guest Lincoln Proud

Discussion about lambs quarter, dandelion, chic weed , etc. Loretta suggested a speaker on this topic.

“The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.”

—Babe Ruth (1895-1948)
Baseball Player



Three-legged stool with shoes



Purple Martins

Feb. 1 is the average arrival date for older martins at established colony sites. Yearling martins, the age-group that typically colonize new breeding sites, don't begin arriving until 4 to 6 weeks later, so right now you have time to prepare. They continue arriving for an additional 10 to 12 weeks in the south. This means martins can be attracted to new housing through mid-May. No matter where you live, keep your housing open through June. Martins may arrive and begin nesting as late as the end of June, anywhere in North America

Purchase of a purple martin house can be an investment. It would be a good idea to take a Purple Martin class at Wild Birds Unlimited to see whether martins are for you, because it will take planning, attention and some investment. Map out your yard space before investing in a purple martin housing complex. There should be no trees taller than the martin house within 40 feet of it.

Martins are fun to watch and add a lovely tone of fellowship to your garden. They are a constant source of action to watch, and their communal living is fascinating. They love to eat mosquitoes, beetles, flies, dragonflies, and moths. Leaving dead trees on your property, is another way to encourage natural nesting by these beneficial birds.

Ten Reasons Why People Fail to Attract Purple Martins

- House placed too close to tall trees or in yards that are too enclosed.
- Other species allowed to claim the house first. (Remove all old nest, remove nest of sparrows and other birds)
- House placed too far from human housing
- Housing not painted white
- Houses opened up too early. Open houses four weeks after the older scouts have arrived.
- Failure to open the martin house at that four week mark
- Vines and shrubs are allowed to grow up under the houses.
- Housing not built to specification
- Housing attached to wires or too close to wires.
- Purchased or built houses that can't be easily managed.

TAP-TAP ANYONE OUT THERE ON THE OTHER SIDE OF THIS SCREEN?

Mark Twain said "I could live two whole months on one good compliment." We know what he means. We get a lot of positive comments about the Yerba Buena. We ought to have a section in the Yerba "Letters to the Editor" with feedback, and corrections and complaints. It cannot be all good. And there are probably some big mistakes printed. And once in a while we could use some suggestions on how to do things better.

I say that with a grain of salt. There is one reader who says "Why do you just go on and on. Nobody wants to read that much" Then lots of readers comment "I print it out and read every word. Very interesting"

We have been posting the TO DO in the Garden for a year now. This brings up a small dilemma. Do we just reprint last years? Or strike out in a new direction? My vote is to change the TO DO as we go along. Removing the very basic, adding a little more about roses, companions, weeds, trees. What are your thoughts? Would love to hear from you.

IN THE GARDEN FEBRUARY DO LIST

HERB GARDEN:

INDOORS : Sow seeds for : Basil, Chervil, Chives, Cilantro, Dill, Fennel, English Lavender, Lemon balm, Loveage, Oregano, Parsley, Sage, Sorrel, Summer savory, Sweet Cicely and common Thyme.

VEGETABLE GARDEN On average the last spring frost occurs on March 5. Start seeds indoors for : bell peppers, broccoli, cabbage, cantaloupes, cauliflower, cucumbers, eggplants, kale, kohlrabi, lettuce, pumpkins, summer squash, sweet potatoes, swiss chard, tomatoes and watermelon. (according to Farmer's Almanac for San Antonio) Other sources suggest: potatoes, English peas, radish and sweet peas.

FLOWERS Use Gerbera daisies like winter geraniums. They are decorative on the patio and can tolerate cool weather. Cover them for below-freezing spells.

Spring isn't far away, and this is the time to consider the cool-season annuals that will prosper and bloom in the next 2 to 3 months before summer rolls into town. Each of these annuals will tolerate light frosts and freezes, and each should be available in the South Texas nurseries now and over the next several weeks.

- * Pansies and violas (midwinter mainstays)
- *Pinks (related to carnations, second only to pansies in winter hardiness)
- * Snapdragons (massed colors show up best, but commonly sold in mixes)
- * Petunias (early planting gives best results, multiflora "Supertunias", the small-flowering forms laugh at summer heat)
- *English daisies; Calendulas (looks like lush chrysanthemum blooms, use in masses in the back of your floral beds)
- *Larkspur (botanically delphiniums, best and most common is the annual reseeding one. Plant it toward the backs of your beds and let it go to seed)
- * Stocks (snapdragons on steroids, fragrant)
- * Poppies (ultimate in cheerful colors)
- *Sweet alyssum (low border flower, fragrant)

* Swiss chard (yes, same plant that people eat, ornamental types looks great in the landscape)

* Bluebonnets (let them go to seed after flowering).

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

ROSES Unless you have a large garden that takes a long time to prune, be patient and wait until mid-month or end of month to start cutting back. Attend our Zoom meeting to see how to sharpen all tools ahead of time.

BIRDS

Purple Martins arrive. Feb 1 for scouts, Yearlings and the rest 4-6 weeks later (See box)

Watch for red winged blackbirds at your feeder.

Robins are returning, the harbingers of spring

Put out suet for woodpeckers and other birds.

Look for gold finches at your niger seed feeder, gaining gold color.

WEED AND GLOAT JANUARY 2021

Poppies are up two or three inches high, they invade every year. We love the colors, so we leave them grow. Mulch has kept down a lot of the weeds. The hardy survivors are always the little rain lily/onions and the oxalis. If you pull a rain lily, the top breaks off. This alerts the bulb, buried deep in the soil, so next month a new plant is in the same place. You have to go after them like “a dog after a deep bone” Cindy says. I am not sure what reseeds the oxalis. It is just always there.

The sorrel has gotten quite large. When taken home and cooked, it turned into a very small blob of green. Tasty green, but not appetizing to look at. I think it works best as a salad ingredient: crispy, with a lemony accent.

The thymes are lush and green and growing large. Horseradish, on the other hand, looks very chewed and droopy. We plan next month to excavate, revitalize the soil in the barrel, separate the roots and replant.

Marsha has petitioned us to come later. That seemed fine to all of us, as it is too cold early. So we will meet somewhere close to 9:30. We closed our session with a tradition started by Jane McDaniel, a toast of bubbly apple juice to the New Year in the Garden (see p 8)

WEED AND GLOAT

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 February 22

We have decided to meet around 9:30.A.M.

Contact robinmaymar@gmail.com for simple safety measures we need to take .

See you then.

Culinary Contributions

Laura Eckert shared this recipe from <https://gardenandgun.com/recipe/the-condiment-that-vivian-howard-would-save-in-a-fire/>:

Little Green Dress

- 2 medium shallots, peeled
- 2 cloves garlic, peeled
- 3 tbsp. red wine vinegar
- $\frac{2}{3}$ cup Castelvetrano olives, pitted
- $1\frac{1}{2}$ tsp. capers, rinsed
- 2 oil-packed anchovy filets
- 1 bunch fresh flat-leaf parsley (about 1 cup packed)
- 2 ($\frac{1}{2}$ -ounce) packages fresh mint (about $\frac{1}{2}$ cup packed)
- $\frac{1}{2}$ cup tasty extra--virgin olive oil
- Grated zest of 1 lemon
- $\frac{1}{4}$ cup fresh lemon juice
- 1 tsp. hot sauce
- $\frac{1}{2}$ tsp. kosher salt

1. In a small food processor, mince the shallots and the garlic, then stir them in a small bowl with the red wine vinegar. We want them to pickle a bit, so give them all some privacy for about 20 minutes before you add them to the rest of the ingredients.

2. Meanwhile, mince the pitted olives, capers, and anchovies in the food processor. Transfer to a medium bowl. Pick the leaves and smaller stems from the parsley and the leaves from the mint and mince in the food processor; it may take a little while to get them all fully processed. Transfer the herbs to the bowl with the olive mixture.

Add the vinegar-shallot-garlic mixture, olive oil, lemon zest and juice, hot sauce, and salt to the bowl with everything else. Stir it all together and let this vinegary puddle of green sit for a minimum of 30 minutes before you bathe in it**. LGD will keep for a month in a sealed container in your fridge as long as all the green stuff is submerged in just a bit of olive oil.

**She does not really mean that! It is a dressing. Apparently a very good one that can be used many ways

Annette's Parsley Pie

Serves 4-6

Ingredients:

225g(1/2 lb) short crust pastry

2 good handfuls fresh parsley, washed and chopped

4 bacon rashers, rinded and chopped

(When you're in America and ask for bacon, you're getting the sidecut, not the back, by default. You can find British bacon in the United States if you look for a package labeled back bacon, but British bacon is technically not bacon here in America. Disgruntled Brits can take it up with the U.S.D.A.)

4 eggs

Salt and freshly ground pepper

Beaten egg or milk to glaze

Directions:

Roll out two-thirds of the pastry and use to line a 17.5 cm (7 inch) sandwich tin

Sprinkle in half the parsley and cover with chopped bacon.

Break eggs evenly into the pie, leaving whole, and season well.

Finish with a layer of thr remaining parsley.

Roll out the remaining pastry to cover the pie, damp edges and press together.

Brush surface with a litle beaten egg or milk, and make a small cut in the center for steam to escape.

Bake in the preheated oven at 400 degrees/ 200 degrees C/
Gas 6 for 30-40 minutes until cooked through.

GREEN BUTTER a good accompaniment
on most any steak

2 cups fresh parsley

1 stick softened butter

1 Tablespoon fresh lemon juice

Blend together

Submitted by Robin Maymar



PARSLEY IN THE SUN

When using fresh herbs use three times the amount, is the rule of thumb.

Why, when fresh herbs seem to smell so much stronger?

Think of the tissue of a fresh plant as being like a sponge that is saturated with water. The cells are nice and plump. In a plant, molecules that contain flavor are spread apart and there is a lot of water that they are suspended in. If a sponge dries up it gets smaller. Likewise, when we dehydrate, parsley, say in the drying process, the water goes out, but the flavor molecules then become concentrated. The flavor is approximately three times stronger when herbs are dries.

Often the flavors are in volatile oils. We release the flavor when we grind herbs, rub them between our hands before adding them to a dish, or even heating them in oil in a pan to release in cooking.

Eventually, over time, these oils degrade or disperse from the dried herbs. The flavor diminishes.

Some herbs lose their potency very quickly, others keep them for a long time. Experience helps us know when to discard spent herbs and to buy or harvest new.

Herb gardeners as a group seem to be a generous lot. I think it is because they always have so much more than they can possibly use. We tend to end up with jars, large jars, of basil or parsley or rosemary.

We had a huge harvest of parsley because we were removing some large plants in a walkway. Dried, there was still an abundance after the Parsley jar in the spice rack was filled, so the overflow went into a pint jar on the shelf. Parsley, when dried has an incredible strong flavor. I highly recommend you use it right away, or, at least, in the first six to eight weeks.

Note the pint jar, left across the room from the window. One side still has lovely green leaves, the other side, almost grey. I am pretty sure that grey stuff has very little flavor. No wonder people don't use herbs. If they have been left in day light and in jars for months, they may have very little flavor.



Herb Society Board

President

Robin Maymar

robinmaymar@gmail.com

1st Vice-President (Programs)

Position vacant

Treasurer Debarah Wilson

Secretary Volunteer at meeting

Membership Milan Maymar,
protem

Publicity Vicki Jamvold



HANDS IN THE DIRT- CARE FOR GARDENER'S HANDS

If you are going to do any gardening at all, even small pots indoors, you need to have a plan to take care of your hands. Soil either wet or dry can be very drying to skin. Dry or cracked skin is an invitation to infection in the body. So, the plan is prevention.

Always wear sunblock- face, arms, back of neck and top of hands (and any other exposed parts)

Always wear gloves: cloth washable gloves work well, some gloves have plastic 'gripping' surfaces that are handy. For fine weeding, when tempted to remove gloves, use latex gloves. Our advertisers carry sized gloves for women in small, medium and large, as well as youth gloves, for smaller hands. Gloves that fit work better. At the end of your work, *wash your hands with gloves on*, to remove soil, hang to dry. Both Rainbow Gardens, Sunset Ridge Hardware, Schnabels, and most big box stores carry sized gloves.

Use a nail hardener for fingernails. This strengthens them and prevents chipping.

To clean nails use a soft nail brush or toothbrush.

Moisturize hands and nails.

An issue with many gardeners is cuticle care, as digging dries the skin and especially affect nails. Cutting cuticles is not recommended. Far better to soak hands to soften skin, then gently press cuticles back. Or, soak hands, then add 1 teaspoon honey and 2 teaspoons lemon juice, soak, then remove cuticles gently. Then there are a number of moisturizers that can be of use:

olive oil is easily absorbed and extremely moisturizing.

Vitamin E oil

Tea Tree oil

Shea butter is richer and thicker but absorbs slowly.

For best care, apply and massage nails at bedtime to allow time for absorption.

Something that helps my nails is to use ChapStick Original. We know it is used to soften and protect lips, but can be used on cuticles also. It contains a number of moisturizing ingredients that soften the skin and protect the cells from loss of moisture. What are they? A short chemistry lesson follows. White petrolatum (45% of Chap Stick) is an emollient, a substance that softens and moisturizes the skin. Carnauba wax (*Copernicia cerifera*) is a natural wax made from the leaves of the Brazilian wax palm tree. Arachidyl Propionate is an amber-colored semisolid wax. Isopropyl Lanolate is a mixture of isopropyl esters of lanolin acids, which are derived from natural lanolin obtained from the wool of sheep. It is used as a binder and a skin conditioning agent - emollient in cosmetics and personal care products. Isopropyl Myristate is composed of isopropyl alcohol and myristic acid, a common, naturally occurring fatty acid. An emollient ingredient, isopropyl myristate helps to strengthen the skin barrier, ensuring that moisture stays locked in. But, unlike other emollients, the benefits don't stop there.

Isopropyl myristate is unique in that it's able to enhance the penetration of other ingredients, not to mention it's essential when it comes to formulating and creating products that are cosmetically elegant.

Food-grade mineral oil is used to condition cutting boards. Is it true that mineral oil is bad for your skin? Not at all. Like petroleum jelly, mineral oil is an effective emollient, which forms an oily layer on the skin that traps water. Thus it is a common ingredient in moisturizers and other skin care products; some people use mineral oil straight from the bottle to treat dry skin. Baby oil is just perfumed mineral oil. Octyldodecanol is a clear, colorless liquids. This ingredient is found in a wide variety of products such as hair conditioners, foundations, eye

makeup, skin moisturizers, skin cleansers and other skin care products. White Wax is essentially a clear wax that has been tinted white. It's a mixture of both beeswax and carnauba wax, giving it a super soft and creamy consistency.

Do, emollients and waxes work together to protect our hands and nails. One softens tissues, the other keeps moisture in so skin does not become brittle and flaky.

Keeping hands free of cracks in the skin, helps prevent infection in the body. It may seem like a small step. It can have an enormous effect on the body.

IN THE BOOK CORNER :WHERE ARE THE HERBS?

I know, I know. A book about paper making is not an HERB book. But, hear me out. *The Complete Book of Papermaking* by Josep Asuncion is comprehensive. If you have any interest in making paper as an art form or as a book maker, this would be an excellent choice. A hardback of 160 beautiful pages, it covers all types of paper making with excellent illustration. I took a bookbinding course at the Southwest Craft School. It was enriched because most of the students had taken a papermaking course the previous term and generously shared their works with me. My especial choice was herb infused paper. Sometimes it held the scent, or you could add it. Silhouettes of the herbs or just bits and pieces were incorporated into the paper itself. We also had fun with color that had been added in the process. This book is worth purchase. If you are interested, contact Robin, who will arrange curb side pick-up.

The Top 18 Antiviral Herbs: FROM LORETTA VAN COPPENOLLE

- | | |
|-----------------|---------------------|
| 1. Oregano | 10. Astragalus Root |
| 2. Garlic | 11. Cat's Claw |
| 3. Elderberry | 12. Lemon Balm |
| 4. Echinacea | 13. Peppermint |
| 5. Sage | 14. Licorice Root |
| 6. Basil | 15. Olive Leaf |
| 7. Ginger | 16. Rosemary |
| 8. Fennel Seeds | 17. Ginseng |
| 9. Calendula | 18. Dandelion |

As compiled by Brian Vaszily, founder of *The Art of Anti-Aging*

BUSINESS MEMBERS

WE THANK OUR BUSINESS MEMBERS FOR THEIR SUPPORT.

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



Natures Herb Farm

7193 Old Talley Road Lot #7
San Antonio, Texas 78253

Email: naturesherbfarm@att.net

Website: naturesherbfarms.com



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