



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY
MARCH 2021

The coffee mug says “Don’t give up meeting together.” I whole heartedly agree. So, we are zoom meeting on March 11. Our topic will be “Where Do We Go From Here?” We will have a guest speaker, but as of press time, we still have not gotten a confirmation from a speaker. (Have been turned down by many for various reasons)

You can help by sending pictures as soon as you can. We promise, they will be included. We need what survived in your garden. We also need what did not. In this Yerba, I have included observations from the Botanical Herb Garden (see Weed and Gloat). This horrible snowstorm with record low temperatures for 151 hours may be a one-off event. But our cynical side think, what if it isn’t and it happens again? We want to be prepared.

We would like to prepare a chart for future use, in case we need it, showing preparation for very cold temperatures. What things will sail through. Which ones will need mulch enfolding them. Where will we need to put cloth covering (not light weight crop cover). What plants will benefit from Christmas lights (assuming the power stays on) and which ones will need to be dug up and repotted for transport into a warm house.

We did have a couple of days warning but were not prepared for an all-out power shortage. Perhaps that will be a one-off but that cynical voice keeps interrupting.

We want to be prepared for the coming season. We have heard some real success stories. This meeting will present a plan for future planting. March is ‘rush hour’ in the garden. We feel like we must hurry out and get everything done at once. We will try to present a plan for an orderly roll out of garden tasks, taking into account the past month. We need to know where good sources are. We need access to seeds and seedlings. We want to urge you to put out some vegetables that will help sustain a healthy diet. The cost of food is rising, this is the time to be thinking of your budget and how you can supplement it with locally grown food.

We’ll get off the Soap Box now, and just remind you to join us for the

Zoom meeting
March 11 at 6:45

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Where do we go from here?

February had to have been the shortest month in history. I have no idea where the time went... Oh, wait, no power, no clocks, no time. Explains everything.

Which brings me to the point of “From the Prez” where I tell you about the thrilling new program we have for you on March 11. Yes, we will talk about freeze damage, and how right the weather forecast was. We also will cover what seeds to put into tiny pots and sprout indoors, and what to put into the ground right now and what can wait until a plant sale, and what you might be able to buy next month rather than right now.

However, that speaker is yet to be revealed. I am still in the process of asking people. At the same time, I am making plans for speakers for April, May and planning on a banquet in June, no matter what! It seems we have been having “The Crisis Of The Month” and I, for one, vote that we stop this nuttiness immediately. Ok, March comes in like a lion, then out like a lamb and then that’s it. No more DRAMA!

So, plan to make brownies, get you favorite mug of something warm, gather round your computers or phones and join us on zoom for good herbal information. Thursday March 11, at 6:45.

Speaking of meetings, you may be wondering where that pesky survey went. The one I said I would send out asking everyone about opening in person in February. Well, the good news is that my husband has finally converted the antique exercise bicycle in the basement into a generator. Twenty minutes of peddling gets me over an hour on the computer. This does me no good, as the cell tower was down and there was no connectivity.. I did call a number of people, once we got the phone repaired. Then I got signed up for a Covin-19 vaccine. Did a little math and realized that six days after inoculation, I would have very little immunity built up. And also think that the period after vaccination is when you immune system is working hard, no need to expose yourself to any more threat.

So, decided: we will open for in-person meetings in April. We also based this on the number of people we know who have either gotten a vaccination, or have recovered from the virus. The Garden Center will still have lots of rules in place. It seems we have gotten used to this, so it should be no big deal. I mourn that we are not yet allowed to bring food from home. Does anyone know of a good food truck we can hire? One that is not too expensive?

LOCAL HEROES!

Many thanks to Woodland Baptist Church Vaccination Ministry. Anyone eligible can email them at woodlandvaccine1@gmail.com They have a link to an online form that puts a person on a Signup form. They will be assigned to a team member who will attempt to schedule you. The only thing they ask is that if you find an appointment on your own, email back so they can update their list.

Our treasurer, Debarah Wilson, connected me. If you are frustrated and still looking for vaccination, use this email. Again, our gratitude to those helping in this ministry and especially to Barbara Higdon, who was my special angel.

Meeting Minutes

HERB SOCIETY 2 11 2021 MINUTES

Meeting called to order at 6:50 pm by Robin Maymar

Andrew tWaring was asked to be host to admit members attending, so Robin could conduct the meeting.

Reports:

Debarah Wilson– did not attend. Copy of her report will be presented in Yerba Buena (see last page)

Cindy Moore– reported on Weed and Gloat

We meet at the Botanical Garden on the last Monday of the month, at 8, 9, or 10 am, to pull weeds, plant new herbs, and do other maintenance to the herb bed. (Meet 9:30 in March) We are meeting staggered because of Covid.

Please wear a mask and bring your own digging tools and gloves. We generally finish around noon and then go to a nearby restaurant for lunch. If you are interested in joining us, please contact Robin for all the details. This month (February) we will meet on the 22nd, and we will meet at 9:30.

Marsha Wilson What is the Board of the Herb Society

Good leadership is necessary to make a good agenda, and it helps to have some people who are experienced with Robert's Rules of Order. Many important decisions are made by the board, such as which events the Herb Society will participate in, fund raising, and new editions of our cookbook. We need people who can get along well with others, enthusiastic about organizing events, and who are fun!

Robin Maymar- Garden Center, location for next meeting?

Garden Center will allow meetings of up to 100 people. They are not allowed to have outdoor events at this time, but they are appealing this decision. Other clubs are not meeting in person at the Garden Center yet, except for the Alamo Heights Garden Club. If we meet there we will need to wear masks and they will provide thermometers and hand sanitizer. Several members approved of the idea of having in-person meetings with a zoom also available. Concern was raised over the Herb Society's liability, if someone was to come down with Covid after a meeting. Robin will send out a poll to find out how many members would attend in person.

Maker's Meeting

Andrew Waring shared ideas for making herb gardens out of pallets. Pallets can be sourced at HEB, Lowes, Home Depot, etc. They usually don't mind giving away one or two pallets, just ask.

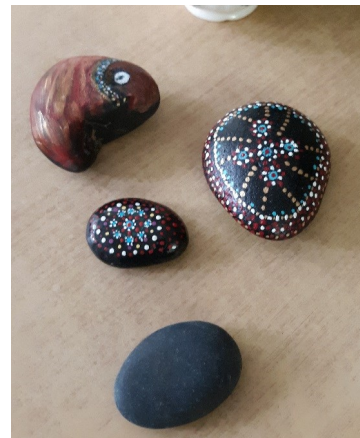
Andrew also shared that the GVST are having a guest speaker from the River Authority for their monthly meeting this month.

Basil Aivaliois Shared how to sharpen pruning shears. Basil prefers Felco bypass pruners, because they make a clean cut. Felco pruners also have all replaceable parts, and the parts are available on Amazon. The Felco pruners are also easy to sharpen. Basil's favorite model is the Felco #2, which sells for about \$50 and is make for smaller hands. A leather holster is also available, and Basil recommends using it to protect the blade tip. Another model is the Felco #11, for left handed people. When sharpening the pruners you will want to sharpen the blade and clean off the anvil.

Do not use a sharpening stone designed for knives. Felco makes two sharpening tools, one is synthetic stone with two surfaces, and the other is made of metal with diamond dust. The metal one is more durable and more expensive, but the stone one will make a sharper blade on your pruners.

Instructions are included in the package for both sharpeners on how to sharpen your pruning shears. After sharpening your pruning shears, you should lubricate them. Basil recommends Super Lube synthetic oil. Your pruners should last for about 10 hours of use before they need to be sharpened again.

Annette Hoffman collected stones from her garden, and found videos on Youtube on how to paint rocks. She has been enjoying painting rocks and then using them as paperweights or giving them away to friends. It has given her something to do during isolation. One great tool is a pencil with a pin in the eraser to make small dots on the rocks. Annette uses acrylic paints and then uses spray acrylic sealer. You can either paint the rock a solid color to start or just add your decorations on the natural rock color.



Robin Maymar shared how she converted a metal tissue box into a planter and a paprika tin into a magnetic pen holder.

Close- at 8:07. Next meeting March 11, 2021

PEARS AND SPACERS

TREES Rather than pruning pear trees, use spacers to spread branches at a 60 degree angle. Pruning pear trees heavily stimulates vegetation rather than fruit.

Fertilize fruit trees with 1 cup of slow-release lawn fertilizer per inch of trunk diameter. Spread it around the drip line

Fertilize pecans with 21-0-0 or other high-nitrogen fertilizer on 30-day intervals early March through early May

2ND WEEK of March Feed deciduous trees and shrubs as they resume growth.

The live oak leaves may be falling, this is normal, no cause for alarm. More than usual may fall because of the snow, the trees should recover. The round growths on the leaves are wasp galls, harmless to the tree. Use them for mulch.

Replenish the mulch of young trees. Place it in a donut shape so the mulch is over the roots but not against the trunk(at least 3 inches away)

Begin a fruit tree spray program after petals fall. Alternate fungicide and insecticide



Our neighbor spaces the branches by putting weights on the limbs. Easy to do when the tree is dormant.

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

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



This is an example of spacers used on a pear tree.



HERB OF THE MONTH:

PENNNYROYAL

There are two pennyroyal plants, both are referred to as pennyroyal. *Hedeoma pulegioides*, .American pennyroyal, grows in woods through most of the northern and eastern US and Canada. *Mentha pulegium* is found in parts of Europe. Pennyroyal is a perennial, creeping herb with small, lilac flowers at the stem ends. The leaves are grayish green and, like other mint family members, very aromatic. Pennyroyal also is known as American pennyroyal, squawmint, mosquito plant, fleabane and pudding grass.

Pennyroyal oil is very toxic and not considered safe for use around pets or people. It has a toxic effect on the liver and should not be used internally at all. There are cases of use of the oil as an insect repellent, where it was absorbed through the skin of the pet with lethal results.

The following long quotation from *Mother Earth News* summarized probably the best practices

“For 35 years, the writers and readers of *Mother Earth News* have shared hundreds of ways to use herbs to make life more enjoyable. In our archived articles, European and American pennyroyal (*Mentha pulegium* and *Hedeoma pulegioides*) have been recommended as a way to deter fleas, as a vapor to relieve nasal congestion caused by colds, and as an infusion to cleanse the body of toxins.

We stand by using the pennyroyal plant to deter pests, but new information on the active ingredient in both species of pennyroyal, pulegone, merits a recall of taking pennyroyal into your body. In 1996, two California infants died after being given mint tea, in which the mint turned out to be pennyroyal. Most other pennyroyal incidents involve the use of pennyroyal essential oil (generally used for therapeutic or homeopathic purposes or as an insect repellent), which is so potent that it should be considered a poison. In the interest of safety, *never use pennyroyal essential oil for anything, not ever.*

Two thousand years ago, pennyroyal was *the* herb used to terminate unwanted pregnancies. Dr. Art Tucker, research professor at Delaware State University and author of *The Big Book of Herbs*, says that pennyroyal induces abortions by first damaging the mother's liver. Death sometimes follows. In a well-documented case from 1994, a college student who drank only 2 teaspoons of pennyroyal oil in teas over a two-day period died from it. In 1992, a healthy dog died after licking a similar amount from its fur.

Obviously, there are good reasons to leave pennyroyal oil alone. However, the pennyroyal plant itself, as the most pungent member of the mint family, may have several good uses around your house.

As a flea deterrent. Dried pennyroyal leaves can be scattered around pets' bedding area, and you can roll up some fresh stems in your dog's bandana before you go tromping through the woods. Pennyroyal *oil* used in flea collars has largely been phased out because it caused miscarriages in cats, so only use the fresh leafy stuff, please. If a pet or person could be expecting, don't use pennyroyal at all.”

IN THE GARDEN MARCH DO LIST

Mar. 15 is the average last frost date for our Zone 8 (b). Latest frost March 29.

HERB GARDEN: In Our Herb Garden:

- * Thin annual seedlings planted in February if any survived the six inches of snow.
- * Plant transplants of annual or perennial herbs and label cultivars for identification. Examples to plant are parsley, French thyme (which does better in S.A.'s hot months than English thyme), oreganos, and Mexican mint marigold.
- * Plant basil seed, which needs warm soil (day/night temps, above 60 degs.).
- * Plant ginger roots shallow in area where they will receive afternoon shade. For edible ginger, purchase firm roots from the produce section of your local grocery store.



VEGETABLE GARDEN

Gardening tips - How you ever pre-sprouted your potatoes? This technique will give you a jump on the growing season. It is kind of like starting your vegetable seedlings inside. Just place your seed potatoes in a warm (70 degree or so) spot with a little indirect light about two weeks before you intend to plant them. When the sprouts are about 1/2-inch long, it is time to cut the potatoes into seed pieces, dip in sulfur and plant.

Remove freeze-damaged vegetables from your garden to prevent disease

Sow sweet corn, snap and lima beans and cucumber seeds.

Sow bush lima beans, pole lima beans, cantaloupe and watermelon seeds.

Plant watermelons, squash, seed potatoes, carrots and all types of beans.

Plant warm-season annuals and vegetables such as tomatoes, peppers, petunias and Dahlberg daisies, but protect the plants if frost (or hail storm) is predicted.

If weather is looking good, this is a good time for planting cantaloupes, watermelons and cucumbers plants

Side-dress onions with 1 cup of slow-release lawn fertilizer or 2 cups of organic fertilizer per 10 feet of row.

Cold-sensitive plants can be placed on the patio now (check weather forecast). Be prepared to protect them if a late freeze threatens.

Third week Ground temperature is warming up, and hot-season crops can be sown. Consider planting Southern peas, pumpkins, peanuts, squash and okra.

Amazing Antidote for TOMATO BLOSSOM ROT: "Rot Go Tonic", mix 1tsp. of gypsum, 1tsp. of Epsom salts, and 1 heaping shovelful of compost in a bucket. Add a trowelful to each hole when you plant tomato seedlings and say goodbye to rot!

TOMATOES Early blight is a fungal disease that attacks tomatoes and several related crops. In the spring, the fungal spores that cause the disease are spread by the wind. The disease is characterized by dark spots that appear on older leaves that later appear on younger leaves and stems. One way to avoid this disease is to wrap your plants with fiber row cover during the early spring when the spores are most likely to be spread. Be sure to remove the protection when the plants start to bloom because tomatoes are wind pollinated.

FLOWERS

Consider geraniums for a splash of color on the patio or balcony. They can handle full sun until temperatures increase. Then move them to a location with less sun.

Revitalize leggy salvia, pomegranate, crape myrtle, vitex, ceniza and other shrubs by removing the old stem at ground level. Leave three to eight young stems.

Begonias can be set out in the landscape. Bronze-leaved, pink-flowered begonias will do well in full sun.

Pansies, stocks, calendulas and other cool-weather blooms decline quickly if they dry out. Water them well.

For an effective butterfly garden, select nectar flowers that bloom at different times.

APHIDS are feasting on cole crops and other plants (and my roses). Try to wash them off with a blast of soapy water until the predator insects get them in control, or you can spray with *Organo-spray* or *Malathion*. OR Oust APHIDS! Consider adding nasturtiums (aphid's favorite snack!) to your flower bed. When the nasturtiums get attacked, just yank them out and destroy them, leaving your other plants in fine shape.

Let potting medium of geraniums dry between waterings.

ROSES

2021 update: Roses in zones 6 through 9 did well. Those hardy in zones 7 through 7 to 10 did not fare as well. Roses, such as antique roses that are on their own root stock usually are hardier. Those that have been grafted may not be as strong. The frost may have affected leaves, but after pruning new green leaves should sprout out quickly. Fertilize and water your roses. If planting new roses Miracle Gro Rose grow soil works very well here.

*Thoroughly spray for fungus diseases while the bushes are cut back and before much foliage is established. It is essential to prevent the start of blackspot rather than to cure it. Don't miss a week from now on.

*Continue touch-up pruning later in the month. There will be a few canes that, for one reason or another, simply do not sprout and grow properly. Perhaps there was winter damage from snow in Feb. It is best to take them out now, back to the source to encourage new basal shoots.

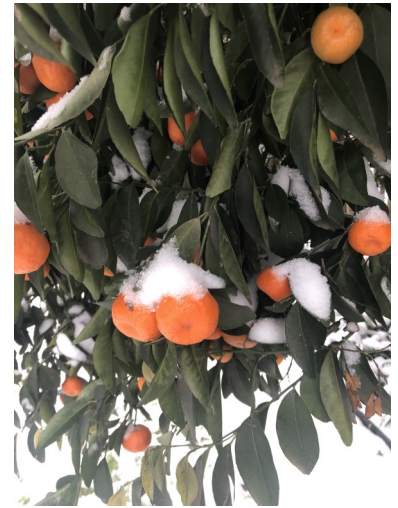
*Watch for basal breaks (vigorous shoots coming from, or within 5 inches above the bud union). Some pinch them when they get 1 or 2 feet high; others let them go ahead and flower first. In either case, tie them off to a stake or another cane. They are very fragile at this time and if the wind or the neighbor's dog breaks them off, it may be a long time before you get another.

*Newly planted bushes that bloom later this month will do better if the first blooms are removed. Snap them off at the peduncle and use them by floating in a bowl and leaving the foliage on the bush.



Mulch: Some rosarian's advise taking off the old mulch and composting it, on the theory that diseases lurk in it. Leave it alone and add to it. This writer has followed this practice for the last 15 years with no disease buildup. It is not necessary or even desirable to remove old mulch or scratch the fertilizer into the soil. Except for fish and blood meal, simple scatter the fertilizer on the mulch like feeding the chickens and let nature take its course. A good rain or heavy watering will get the fertilizer where it belongs. Add to mulch before new basal breaks show up, to lessen the chance of damage to the tender growth during application.

ROSE APHID ANTIDOTE: Take 1 orange peel, coarsely chopped, 1tbsp. of baby shampoo, and 2 cups of water then put in a blender and blend on high for 10 -15 seconds. Strain out the pulp into a coffee filter, then pour the liquid into a handheld mist sprayer. Get out your hose and blast your roses with a high-pressure spray nozzle to dislodge the aphids. Then mist spray the plants... and it's adios aphids.



BIRDS Spring is an exciting time for backyard bird watching as some of our familiar friends migrate home and join those who stayed all winter. Watch for beautiful warblers as they secretly journey through our yards during the first few weeks of May. Grab your binoculars, and you may catch a glimpse of one flitting about tree branches or checking out your birdbath mister... Keep an eye out for nest-building and nestling-feeding behaviors as bluebirds, wrens, chickadees and woodpeckers take to the nest and raise their young. Put bird feeders and birdbaths near protective cover, such as trees and shrubs. After cleaning your birdhouses, put a few sticks in the wren houses. These birds are more likely to nest in houses they've already used. -

Depending on weather & sightings, it's time to clean & set out hummingbird feeders! Although, you may have some that have wintered over this year.

Ruby-throated hummingbirds will attack creatures of any size that are a threat to their nests or food source.

4th Week: Goldfinches are changing to their breeding plumage now. Keep providing thistle and sunflower seeds for another month before they head north.

YARD *"Scalp" lawn as needed to remove browned winter stubble. Set mower down 1 or 2 notches, and wear quality respirator and goggles. Don't confuse this with dethatching, which is rarely recommended.

*Avoid those weed and feed products that you see advertised each spring because both of these activities should be done at different times. If you have a weed problem, consider using a safer, natural solution like corn gluten meal. When it comes to fertilizer, organic and natural products are healthier for your lawn and the environment

*The current crop of WEEDS in your lawn will die with warm weather. Keep them mowed to prevent reseeding.

*Mowing your lawn now will reduce weeds from reseeding and encourage turf grass to grow and green up sooner

*Finish pruning evergreen shrubs. Wait on spring-flowering shrubs.

*Prune the tallest, thinnest canes of nandina to 2" to encourage thicker bushes.

Complete all transplanting of trees and shrubs. Water well until roots have had time to establish.



Culinary Contributions

Little Green Dress, follow-up

“ $\frac{2}{3}$ cup Castelvetrano olives, pitted “ was the ingredient in this recipe. I should have guessed from the NAME that these were green olives. I got the black Kalamata pitted olives instead. Word to the wise, cut the olives in half before you put them into the food processor. You do not want that little wooden pit chopped fine and distributed throughout.

You do not get a beautiful green mixture if you use the Kalamata. And the Castelvetrano olives, for a price, are available in the deli section of the HEB.

We used this mixture on avocado toast. It was wonderful. We added it to Bacon, Lettuce and Tomato sandwiches. We loved it. We tried it mixed into salad. Not so hot. And we added it to a pinto bean mixture. Grand there also. I understand why it was the author’s favorite ‘dressing’. Especially when you have a fairly bland food, the saltiness of this dressing really jazzes things up....

FREE FOOD was the Headline

ROUND ONE

Our friend and fellow Herb Society member, Rudi Harst, suggested we gather mesquite beans, dry them and grind them for flour. High in protein, they can be added where you are using cornmeal.

So, one sunny November Sunday we went to Manhke Park and gathered, took home, washed and dried them. Then the fun began. We cut up a bean and tasted it. Not bad. A little sweet. Dense. You are definitely eating a seed. (Mesquite is actually considered a legume) Attempts to grind into flour:

Osterized Blender: too light weight, seed just spun around in the bowl

Food Processor: seeds got somewhat chopped up, lots got stuck on the blade. Still just a handful of husks, but definitely not flour.

Coffee Grinder: this is a heavy duty Kitchen Aid grinder. Had to clean it all out, as I did not want the flour to taste like coffee. Tried to grind on coarse, then finer and finer. Machine got very hot, so I backed off and let it cool. Could only grind a very small amount before it got hot again and the flour got gummy.

Molcajete? Probably the right tool to use in this process, but the YouTube video describes a five day process for breaking in the molcajete, and I just did not have the time.

So I continued to grind away, sifting what product I got and returning the rest back to the coffee grinder. We got about two cups of mesquite flour out of the process. Got busy with other stuff and never baked anything with it. Did, however, look through cookbooks for native American recipes, with no luck.

After research, it appears that you need a real flour grinder. In Arizona, where this is more of a thing, they have a season when people can bring their beans to be ground.



Mesquite ground, flour and Corn meal for comparison,

ROUND TWO:

February 14, a Sunday again, the temperature was predicted to fall to nine degrees. The electricity gave a moan about nine pm and went off. We had added extra blankets to the bed. As I lay there in the very dark room, I began to hear what I thought were fireworks or maybe gun shots. First one, then another, then another. I could not imagine anyone out on that rainy cold night wanting set off fireworks. Too many for guns, and as I listened, I could hear one direction and then another. Far away, then close by, then to the east, then further away. I never watch scary movies, but that same creepy feeling began to come over me as I realized that these were transmission electric lines and transformers popping and turning off. I knew that there would probably be blackout over much of the city until the lines had been secured and fuses put in to replace the blown ones. Tomorrow would be a long cold day.

In the morning, power off, we lit the fire in the fireplace. We greeted the day as bright sun rose over six inches of snow. I was beautiful, but chilling, in every sense of that word.

Fast forward to three days later. We are still without power. We have run out of bread, tortillas, have eaten the biscuits and the stray bagel we still had. Next thing? Cornbread, of course. The first batch burned on the bottom. Second batch, recipe follows, was crisp and light and sweet with a lovely nutty flavor. Mesquite flour has a denseness to it. The flavor has been compared to the flavor of Cracker Jack candy, to molasses and to chocolate or even a carob flavor.

CORNBREAD WITH MESQUITE FLOUR adapted from Pioneer Corn Meal Recipe

$\frac{3}{4}$ cup Pioneer White Corn Meal
 $\frac{1}{4}$ cup ground mesquite flour
 $\frac{1}{3}$ cup regular flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{2}{3}$ cup milk
1 egg, beaten
3 Tablespoon vegetable oil or shortening
1 tablespoon sugar (optional)

Preheat oven to 450 degrees
Oil an 8-inch round cake pan.
Combine White Corn Meal, and dry ingredients in a bowl
Add milk and egg, Stir
Add oil or shortening Mix thoroughly.
Pour into prepared pan. (Let rest 15 minutes)
Bake 20 to 25 minutes. Yield: 9 squares

Some recipes use equal parts mesquite and white flour. This recipe produces a light crunchy cornbread. We tried heating a thick cast iron skillet with oil in the bottom and then added the batter. Unfortunately it burned the bottom. Perhaps we had left it in the fire and it got too hot. Skipped that step the second time and just put it in a Teflon lined pan. Browned on the edges and light and fluffy in the middle. Just right.



MESQUITE PAN BREAD

From Cannon, Carrie Calisay, Sioux, Kiowa and Sioux, Oglala. *Recipes of the Hualapai Tribe*, 2011 page 26.

1 cup whole wheat flour

1 cup mesquite flour

1 cup water

Cooking oil for the frying pan

Combine the flour and meal in a bowl.

Add enough water to make dough. Heat a thin layer of oil in a frying pan or skillet. From the dough, make small flat patties (about 2 to 4 inches across) and place them in the skillet. When the patties are browned (about 2 minutes per side) turn them over. Serve with butter or honey, if desired. Makes about 15 3 to 4- inch patties.

Nutrition facts per bread patty:

Calories 61, Protein 2 g, Fat 0.5 g, Carbohydrates 14 g, Fiber 4 g.

Parsley Juice Drink (From Loretta) 2 servings

1 apple, chopped

1 bunch parsley, stems and all, coarsely chopped

Juice of one lemon

1 ½ tablespoons honey

2 teaspoons fresh ginger root, chopped

Core apple and chop. Rinse parsley thoroughly. Combine parsley, apple, lemon juice, honey, and ginger in a blender with ¼ cup water or more. Process until liquid, then serve.

This recipe is from Seamus Mullen.

Zucchini Fritters with Feta and Dill

1 1/2 lbs. zucchini

1 teaspoon salt

½ cup thinly sliced green onions

3 tablespoon chopped fresh dill

3 tablespoon chopped fresh mint

2 garlic cloves, minced

1 teaspoons finely grated lemon peel

1 cup Panko crumbs

1 large egg

¾ cup crumbled feta cheese (or Mexican fresh white cheese)

½ teaspoon black pepper

Grate zucchini and sprinkle with salt. Let stand in colander over large bowl for about 1 hour.

Wrap zucchini in paper towels and outer kitchen towel, and squeeze out as much liquid as possible.

Place zucchini in medium bowl and add all remaining ingredients. Mix well.

Add oil to a nonstick pan over medium high heat. Shape about 2 generous tablespoons of mixture into patties and fry each about 3-4 min. on each side until nicely browned.

Serve with Greek style yogurt.

WEED AND GLOAT: WHAT SURVIVED 2021 SNOW?

Who even thought of 9 degree weather and six inches of snow when we planned our Weed and Gloat day at the Botanical Gardens? Power outages, no water, no cell phone connection, tv stations out, radio stations not working, businesses closed. Then lines at the grocery store and shelves very empty, lines at the plumbing store. The snow melts in two days and we look around. Cactus has collapsed. Sago palms are singed a very sad color of yellow and citrus trees are dead. Our last Monday of the month breaks clear and 50 degrees with a promise of 72 by the afternoon. Life seems surreal.

What happened in the Herb Garden? Nine degrees is beyond the experience of even the gardeners at the Botanical Garden. Here are our observations.



The Lady's Bedstraw weed, which grows copiously in the spring, a sticky bright green weed, is easy to pull up. If you don't keep ahead of it it will take over your whole yard. If you weed it out very quickly, less and less will appear each year. Apparently it is made out of antifreeze. When the snow melted it was right there, green as ever. We are told that it is edible, as nice addition to spring salad.

Before the snow, we did not race over to the gardens when we knew it would be so cold. We had to just accept what nature dished out. First note, make sure you have those bags of leaves you raked up, so you can cover at least some of the plants you treasure.

Sage, *berggarten*, had singed outer leaves. The inner leaves looked sort of gray, but may recover

Rosemary, *roamarius officialis*, looks totally burned. The botanical Gardne people are leaving thirs. Rosemary is sensitive to pruning. They suggested we wait to see what grows back, it tends to sprout from live wood. 'Our plant has lots of woody stems, so with rain this week and next it may spring back. We expect some loss on outer branches, but inner or new branches may emerge. We see some green leaves at the stems.

Parsley, by the barrel has collapsed, but has green leaves in the center. (photo) Would have been better off covered with mulch.

Dill, collapsed, has a little green still on it

Lavender, did great. No apparent damage

Horseradish, located in the barrel, down a good six inches, outer leaves collapsed. Inner leaves are sprouting out.

Hops, vines were all cut down before the frost. We looked closely, there a tiny buds beginning to emerge, five days after snow melt.

Mrs. Smith rosemary, leaves curled up. We will leave. Perhaps it will grow back

Oregano, is fine.

Poppy plants look as though nothing has happened.

Rue, to our surprise is nice an green. It has struggled since we planted it in the fall. The plants spread out across a sunny spot have died or are struggling. The plants in the shelter of other plants and in the shade mostly are thriving.

Angelica, which had been so robust at our last weeding, has collapsed. We cut away the dead material. Since it is such a winter loving plant, we will mark the spot, to see if it shows up at the end of summer, as all summer there is no sign of a plant there at all.

Salad burnet, the star of the garden. Since last month it has grown into huge mounds. It, like the bedstraw, has grown green and full. No damage at all.

Pot marjoram, this low growing plant seems fine.

Lemon grass. This had gone dormant and looked very dead. We tied a string around it and sawed off the top. Our experience is that it grows from the root, so cutting the top off allows the shoots to emerge.

Thyme in the barrels, the largest plant has flexible green leaves, the center and right plants have dead looking parts, but some still living. We trimmed back the dead parts. Thyme, large plants in the ground in front of the barrels, all are very happy. Large, green mounds of plants. No visible damage. Further back some different type of thyme has soft blue grey leaves and does not look as healthy. Need to determine the different varieties. Thyme, the new plants we just put in look fine. Deep green.

Comfrey, has some leaves that have partially turned yellow, some are on the ground, but green. We expect it will revive. Trimmed away dead litter and unsightly parts.

Sorrel, has some sad parts we will trim back. The rest looks fine.

Garlic chives, ends of some leaves look yellow, but think the center will hold and they will bounce back

Mint, there is a first time for everything, this is the first time we have not had to thrash back the mint that keeps taking over the north end of the bed. They looked burned in spots, but still green

Butterfly ginger, had been cut to the ground before the freeze. We do not see any shoots, but do not expect any until next month.

Camomile, although small, is still green. And thriving

Dittany of Crete, still here, still tiny and looking gray. Not sure what it needs to grow well. May plant more in a sunny place to see if that helps.

Lemon verbena, and thyme stems, the woody parts have long splits in the stems. In larger trees, since they are vertical splits, the stem may just be expanding to protect itself. We shall see whether this is something that heals, or if it kills the plant.

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 March 29

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.



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Do you know how hard it is to convert a PDF to a saved file? Not easily done. If you are curious about the Treasurer's report, contact Robin Maymar who can email it to you.

