

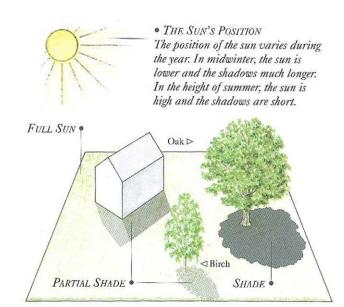
NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

MAY 2021

LIGHT IN THE GARDEN: SUNMAPPING

Sunmapping will help us determine placement for plants. Once your map is made, it can be used for many years. We will use a simple technique to make a clear diagram of your yard and how the sun falls within it. No fancy trigonometry, no complicated mathematics. Currently, some of our trees have died. Suddenly there is light where it used to be very shady. It is important to be able to 'move the furniture around a little". We will use simple techniques, pencils and graph paper to draw a model map.

It is hard to be objective when walking on the earth, and our presentation this month will help us see more objectively.



Garden light can be a fuzzy topic, but we hope to bring it into tight focus

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Thursday May 13, 2021 At the Garden Cemter 3310 N. New Braunfels Open to the public Masks still required Zoom meeting starts at 6:45 Find us on Facebook at San Antonio Herb Society

BASIL FEST!

Whee! An excuse to get away from the computer screen and go completely outside the house.

Basil Fest is on for this year. Held in the Historic **Peral Brewery Saturday May 22 from 9 to 1 pm.** We are so grateful to have been invited by the Herb Market Society to set up a booth and we need your help. Set up by our crew is at 8 am We need volunteers starting around 8:30 Our two goals are to have a lot of fun and invite new people to join the Herb Society. We promote growing and using herbs by selling merchandise that has to do with that.

We usually have a number of chairs so you can sit and visit with new members. We will have free brochures about various herbs, ollas (decorated by us, with information about using them in the garden), seeds, lavender and rose sachets, cookbooks. We will have a Kids Corner, where children can do a small craft to take with them



Basil and Mary Jo share lots of herbal information. Carol greets new customers at Basil Fest

We need volunteers to help with either sales, knowledge and membership; we've made it easy.

SALES: There are lists that clearly mark the sales prices. We figure the tax in (fancy algorithm) so all sales are very simple for you.

Regarding knowledge, we always need someone who has been gardening around here who can answer the typical questions. Since soil conditions vary so widely across the city, it is important to spend some time assessing where they are trying to plant. We have free brochures on many plants. We need to develop two new brochures: What's With Lavender?, and Why Did The Rosemary Die? These are perennial questions.

Visit with customers. Invite them to join. Membership applications will be on hand

Everyone that volunteers will need a break time, to shop the other booths. Nature's Herb Farm always has scads of plants. This is a good time to put in more basil as well as lots of other herbs.

Sign-up sheet is not going around the room. Text or Call Cindy at (210) 259-1632 Tell her when you can be there. She has a spread sheet and can pencil you in.

At some events we have what previous presidents thought were too many people at one time. I don't have a problem with that, will send a few to shop or take pictures or visit with people they know. Want to set a different time limit? Maybe "I will arrive, and once I have sold \$50 worth of merchandise, I will go" or "once I have signed up one new member...", or" visited with 12 new friends... "We are nothing if not flexible in our approach.

When you sign up, Cindy and I will send protocols for covid, parking info, carpool suggestions and table locations. But mostly, sign up to have fun and help support the Herb Society. We are so glad to be back in circulation. If you just want to come and shop, that is fine with us, too

Kerb of the Month: Salad Burnet

By Laura Eckert

I've tried growing salad burnet, *Poterium san-guisorba*, several times in the past. I love it for its serrated round leaves, and the way they start out bunched up together and then stretch out as the leaf stalk elongates. It looks a bit like a fern, without needing as much moisture. I didn't have a lot of success with salad burnet though. It always just struggled along for a bit before finally withering away. This year, however, I planted it in the fall and it not only survived our big freeze in February, it grew full and lush, and even put up a flower stalk. Salad burnet likes it cool, at least while it's getting established. If planted in the fall or very early spring it will have a chance to grow and thrive before the heat of summer



sets in, and it can then be quite heat and drought tolerant. Salad burnet can be started from seeds or transplants, and plants should be spaced about 12 inches apart. The short lived perennial spreads by underground runners, as well as by seeds. Tender young leaves should be harvested from the center of the plant.



I just got a new (to me) book, Lucinda Hutson's *The Herb Garden Cook Book*, and Lucinda has great information on growing and eating salad burnet. She notes that it is related to the wild rose, and suggests adding the cucumber scented leaves to cold drinks such as gin and tonic, iced tea, white wine, or mineral water, as well as eating them in salads. The leaves also make a wonderful garnish for platters, soups, and open-faced sandwiches. Salad burnet is best used fresh or in flavoring vinegar, as it does not hold its flavor when dried. Plant some salad burnet this fall, and you will be able to enjoy its fresh cucumber flavor all winter long.

Salad burnet is a perennial herbaceous plant growing to 40–90 cm tall, typically found in dry grassy meadows, often on limestone soils. It is drought-tolerant, and grows all year around (remains evergreen in cooler temperatures).

Salad Burnet also has a respectable history, called a favorite herb by Francis Bacon and was brought to the New World with the first English colonists, even getting special mention by Thomas Jefferson .The plant name for Salad Burnet, sanguisorba, comes Latin meaning "blood stopper." The second part of its name, Poterium, is from the Greek **word** for "drinking cup," because Salad Burnet was added to a cup of wine. Burnet is a dimunitive of the word brown.



I didn't used to be this organized...The prez muses on her job and dreams of elections where members vote in a new Board

PRESIDENT OF HERB SOCIETY: What does the president of the society do? Plan, organize, direct and control, managerial schooling tells us. The president looks over the top of the crowd and tells everyone the direction of travel. This person keeps the interests of the members in mind and moves from topic to topic. We have cooking with herbs, then planting herbs, then preserving herbs, the crafts with herbs, then general gardening, the groups to sample and eat foods, and groups that make tea, and groups that use herbs to help heal. We keep moving, so that we cover every topic our members have interests in. Our main gist is education. Our desire is social. Our goal is good health, and our strategy is to address all of these

WHAT ARE THE DUTIES OF THE SECRETARY?

Must have a computer capable of receiving e-mail, so the president can send agendas. We have two meetings the secretary's assistant must attend: General meeting, board meeting.

TAKE NOTES At the General meeting, the president gives you a triple spaced outline of agenda: document time meeting beginning and end, who opened the meeting, any questions asked and answered, and who the speaker was and what they spoke about.

Board Meeting, again, has an agenda. Lists members and guest present, absent. (makes sure we have a quorum) Helps president keep on track both time and topic wise. Provides all members (emailed ahead or in person) with agenda., takes notes on topics.

DIGRESSION: What is important? In ancient times, a Treasurer absconded with funds from the Herb Society. As a reaction to this unpleasant event, the Board decided to contract for insurance. Unfortunately, during their deliberations on what kind and how much insurance they should have they never made note in their minutes. So we have no idea what they were thinking. So rule of thumb should be: if we are spending more that \$100 (or group chooses this amt) note must be made of who is there, what the pro argument is, what the con is. And what the vote was. For example: We wanted to publish a cookbook. These are the three companies we approached (name, address, phone, email, and contact person) Company A offered, B offered, C offered. Each lists cost, then cost per book. Camp "Sales" always say "We must have mass quantities, let's order 2,000 books, then we make a bigger profit on each book sold. Camp "Caution" says "We usually sell one or two books per meeting, and about six at each event, so (scribbling on the back of an envelope) that's about 36 books a year gives us a fifty-five year supply of books. Secretary lists pros and cons of discussion and vote

But HOW MUCH TIME WILL THIS TAKE? you ask. General meetings last about an hour (and are generally very interesting) Take notes (not full sentences) collect any handouts. Day after meeting, type notes up, email to president (for review) Usually president is ecstatically happy to see minutes and immediately approves them (or may make a correction or ask a question) then authorized secretary to email to all board members and Newsletter editor for publication in the next Yerba. (This is one of the few backward facing articles in the Yerba, as we try to keep it full of upcoming events) Board minutes are more broad ranging. Meetings may take an hour and a half

EASTER EGGS- THE RESULTS

Did you try the organic Easter Egg dyes? I did and what a disaster! One should always test the recipe before publishing. That photo last month was done by my German friend Ulla. She said the secret was to soak the eggs for a long period of time. The recipe used also suggested a long soak.

Yellow: The turmeric was great and gave a lovely glowing gold yellow.

Purple: We expected the purple cabbage would work well, it does on paper or cloth. It reacted with something on the surface of the egg to give a mottled grayish purple effect. Not very Easter in color, more like Goth



Red? Use the skin of red onions we wrote. HOW MANY red onions? Maybe it would have been redder if you used a dozen? Who knows? One red onion was clearly not enough.

Pink: Can you tell from the picture which ones were soaked in cranberry or beet juice?

So, we apologize. The following recipe has been tested.

Culinary Contributions

SORREL HAM SALAD contributed by Robin Maymar

Makes enough for one person. Recipe can easily be doubled. Amounts can be varied to suit your taste especially with the dressing.

3 oz baked ham, diced

1 ounce Swiss cheese, shredded fine, reserve 1 T for topping

1 cup French sorrel (can also mix in red veined sorrel),cut finely

- ¹/₄ Granny Smith apple, diced
- 2 Tablespoons diced onion
- 2 T green pepper, diced

Dressing:

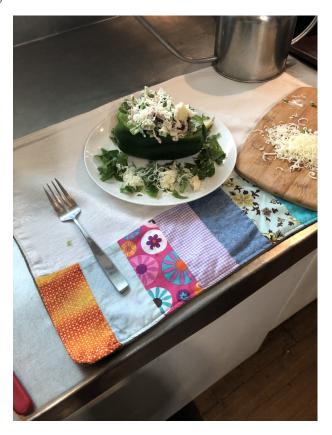
- 1 Tablespoon mayonnaise
- 1 Tablespoon yellow prepared mustard
- 1 Tablespoon Greek yogurt, plain
- 1/8 teaspoon sugar or ½ teaspoon maple syrup
- 2 teaspoons lemon juice

Toss salad ingredients together.

Mix dressing. Reserve about 2 tablespoons, add rest to salad and toss.

Put reserved dressing in a small plastic snack bag, trim the corner and drizzle over top of salad.

Garnish with shredded Swiss cheese. Use green pepper half as serving container



WEED AND GLOAT:

HERE'S A CHALLENGE: WORDLESS WEDNESDAY

As you may know, previous officesr of the San Antonio Herb Society opened a by-invitation site on Facebook called San Antonio Herb Society. This past nine months, Grace Emery has been faithful to review and admit members, and I have done a little also. We have over a thousand people following San Antonio Herb Society. If you have not joined us on line (and have an Iphone or android) ,please ask to join us, as that is the only way we can have you in the online group.

We do not have much control over what this group posts. So some people have used it to advertiser their own commercial enterprises. This then looks like we at SAHA are endorsing it, which we have not. It's not a big problem, but you need to be aware of that possibility









But I digress. What I would like to challenge you with is "Wordless Wednesday" Our friend, and photographer, Daune used to post her Wordless Wednesday every week. She would share a series of pictures from the past week. I looked forward to her posts and the comments, identifying the name of the pet, or feedback from friends.

You do not have to post a montage, just one photo on Wednesday. Just think, if we all do this, we will have had a tour or hundreds of gardens. You can see what is blooming. What has been planted. Great ideas you can use. Please, don't feel like you have to keep up with the Joneses. Just enjoy a quiet moment in a garden.

This week I had a sit-down chore in the yard, so I sat by the wood pile and took in the fragrance of the honey-suckle (scent not included). You are allowed to talk on Wednesdays, but the photo post does not need words of explanation.







Weed and Gloat?

The mint is Baaaaaack! There are some brief times when it is not absolutely taking over the garden with underground runners twenty feet long, but we usually find new sprouts all the way across the garden. Last month was the first time we had seen it stay small and in its own bed. Today it is a full hedge; we cut and pulled new sprouts trying to come up everywhere. Laura observed that this aggressive growth does not happen at her house, and I have mint in pots that never seems as abundant. We pondered what made the mint so aggressive at the Botanical Garden. Think I'll crowdsource this question on our Facebook site.



Mint in abundance in front. Canna trying to be Shampoo Ginger in the back

The shampoo ginger is up... we think. The cannas, seeds carried from elsewhere, has a way of rising in camouflage, until suddenly we see red flowers, instead of ginger. We're keeping an eye out. IF we dig up the cannas we always try to pass them on to people. These plants are always

encouraging to those without a green thumb, as they transplant well, take little care and faithfully bloom and are a nice green spot in a landscape.

Angelica is growing abundantly. As soon as it gets hot, we expect to see it collapse and totally disappear. Need to mark the spot and not plant something on top of it, as it returns around October.



WEED OF THE MONTH: TOOTH SPURGE AN EXAMPLE OF WEED SHIFT

Toothed spurge, *Euphorbia dentata*, on the nest page right, is a summer annual that is native to the eastern United States and Mexico. The plant is also referred to as wild poinsettia but this common name is

more properly suited to a close relative of toothed spurge, *Euphorbia heterophylla*. Wild poinsettia (*Euphorbia heterophylla*) on the left, is a very common weed throughout much of Central America and now also occurs in the southern U.S. from Florida to California.

The leaves and stems emit a white milky sap when broken. This milky latex sap is poisonous and can produce blisters and dermatitis in humans, cattle, and horses, and can also cause blindness if it comes in direct contact with the eye. They are very easy to pull out of the beds, but left to grow, become prolific quickly. The appearance of toothed spurge is an example of a <u>weed shift</u>, which is what occurs when producers rely predominantly on one herbicide or one weed management system to meet all their weed control needs. After continuous application of the same herbicide, in this case glyphosate for post-emergence weed control, species that are naturally tolerant of that herbicide are most likely to appear in that cropping system and become more prevalent. Also, toothed spurge does not typically emerge until later in the season, and in this way "escapes" the residual effects of many pre-emergence residual herbicide treatments.



Left Wild Poinsettia

Right toothed spurge



WEED AND GLOAT Come weed with us at the Botanical Gardens! Feel welcome to come to join us this month in the sunshine. Next Weed and Gloat is scheduled for Monday, May 31 Memorial Day 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.

Guajillo Peppers on offer at Herb Society

The guajillo pepper is a beloved pepper used in Mexican cuisine. It is the dried form of the mirasol chili pepper, second in popularity only to the ancho, offering sweet flavor and mild-medium heat.

The Guajillo is one of the most common and popular chili peppers grown in Mexico, and a beloved pepper used in Mexican cuisine. It is mild to moderately hot, and has dark, reddish brown, leathery skin. The peppers range from 3-5 inches in length and are 1 inch wide. They are said to have either a green-tea flavor or fruity flavor, with hints of berries.

It is the dried form of the mirasol peppers second in popularity only to the ancho, offering sweet flavor and mild-medium heat.

The dried chiles are usually sold in whole, dried form, which can be either toasted and ground into powder, or re-hydrated and made into a sauce or paste.

It may also be sold in its powder form, already ground. A little of this pepper goes a long way, so experiment first to see what level of flavor you prefer.

We will have a limited number of guajillo chili peppers for sale at the May meeting. \$3 each.





MAY IN THE GARDEN TO DO LIST

Exposure to the natural world is a powerful antidepressant.

In Our Herb Garden: Start harvesting herbs as many perennials bloom this month. *Herbs should be gathered in dry weather, first thing in the morning before their essential oils evaporate in the sun. Hang bunches of herbs upside down to dry so that the oils flow into the leaves. Once dry, store them in airtight containers away from sunlight and they should last for several months. (No, don't keep them, use them up!)

*Plant summer everlastings such as globe amaranth, sweet Annie (hard to grow here), cockscomb, salvias, tansy, etc. *Plant lemon grass and continue to plant basils. *Weed and water as necessary. *Hot rainy spells are hard on herbs as they do not like humidity. Solutions are good drainage (raised beds) good quality soil from a local source and mulch.

VEGETABLE GARDEN Onions are ready to be harvested when the tops fall over. Place the bulbs on the ground for a day or two to harden off. Harvest onions and allow them to air dry for a couple of days before storing.

Plant okra and southern peas.

2nd Week: Fertilize vegetables. Side dress tomatoes, carrots, beans, squash, okra, peppers and other vegetables with 1 cup of slow-release lawn fertilizer per 10 ft. of row.

For highest quality, harvest crookneck, zucchini and other summer squash when they are immature and tender. Keep summer squash, peppers, tomatoes, green beans and other vegetables harvested to maximize production.

Protect vegetables such as squash, eggplant, okra and tomatoes from harsh direct sunlight to keep them from burning or wilting.

To prevent BIRDS from pecking ripening tomatoes, hang a few red or orange Christmas bulbs or decorations on the plants now while the fruit is green. The birds will check out the bulbs and, not finding anything, will lose interest and pass up the real fruit when it ripens. Or inflate a fake snake and put around tomato. We have seen a small real snake keep birds away from a very large Tycoon tomato.



FLOWERS

Fertilize container plants every week or two with liquid fertilizer.

Do not let Amaryllis or Daylilies form fruits. Cut them off! Seed production takes away food from future flowering.

Harvest columbine seeds now. Place stalks in paper bag to collect seeds.

Add color to your landscape with zinnia, lantana, firebush, sporrans and VIP petunias planted in full sun. Plant caladiums, coleus, begonias and firespike in the shade.

Mallow hibiscus, firebush, lantanas and other heat-loving plants have begun to grow. Give them an application of fertilizer at a rate of 1 cup per 100 sq.ft.

Seed Plant zinnias, marigolds and cockscomb (celosia).

Divide and transplant plumbago, sultana and pentas.

Remove faded petunia flowers to prevent seed set or cut back half-way to encourage a fresh crop of flowers.

If you want to encourage BUTTERFLIES in your garden, do not use insecticides, especially products with Bt which will kill the larvae (caterpillars).

It is more than just an old wives' tale but also good practice to place a small piece of charcoal in each vase of cut flowers. The charcoal draws bacteria and keeps the water fresh and free of odor. (We have not tried this. Anyone who has?)

3rd WEEK:

Columbine seeds are mature. Plant them in containers in potting soil now and they will be ready to transplant in fall.

4th week Plant esperanza and blue salvias, both are water-wise summer bloomers.

If the weather has cooperated, we should have an abundance of LADYBUGS. Avoid use of pesticides and let the ladybugs do their work. Their larvae can eat as many as 400 aphids a day. You can buy ladybugs at nurseries and release them yourself.

ROSES Raised Bed Planting: Prepare beds (1,000 sq.ft.) by mixing the following into existing soil to form a raised bed: 6" compost, $\frac{1}{2}$ " lava sand; $\frac{1}{2}$ " expanded shale, $\frac{1}{2}$ " of decomposed granite, 20lbs. of alfalfa meal, 20lbs. cottonseed meal, 30lbs. of wheat bran/cornmeal/molasses soil amendment, 20lbs. of sul-po-mag. Soak the bare roots or rootball in water with 1 tbsp. of Garrett Juice (or seaweed) per gallon. Settle soil around plants with water - no tamping.

Green wood cuttings can be made now, using one of the many rooting methods available. May is the best time to bud and now is a good time to learn how. Most serious rose growers will want to learn to bud the varieties not readily available commercially. See To sprout a rose

BIRDS Even when the American goldfinches leave, you can attract lesser goldfinches, house finches and an occasional painted or indigo bunting to the niger thistle feeder.

YARD

Peach trees. Fruit trees often put out too much fruit. By removing the excess the tree can concentrate on the fruit that is left. Cull the extra fruit when it is the size of a marble. Rule of thumb is: leave 1 or 2 fruit per fruiting stem, 6 inch-



es apart. You'll get larger, better fruit. One fruit for every 24 leaves (a good project for kids to do) Keep peach trees well-watered as long as there is fruit on the tree. Pick when the green background on the fruit changes to yellow

Raise mower blades to summer mowing height (2 $\frac{1}{2}$ " to 3" for St. Augustine, 1" to 1 $\frac{1}{2}$ " for Bermuda). Leave clippings on lawn; they nourish the grass. (* If lawn is infested with annual and

perennial weeds, keep weeds from flowering but gradually raise mower height over a couple of weeks.)

Plants selections for shady areas:

- A) Turf-St. Augustine, Zoysia;
- B) Shrubs-hollies, cleyera, aucubas, fatsias and viburnums;
- C) Groundcovers- English and Algerian ivies (do not use Algerian ivy in colder areas north and northwest of San Antonio), lamium, ajuga, mondograss and dwarf mondograss, liriope and ferns. Use aspidistra as a tall herbaceous ground cover, perhaps in combination with ferns, in a really shady bed;
- E) Perennials- Texas Gold columbines, violets, oxalis, ajuga, liriope, summer phlox and spiderwort;
- F) Foliage- pony-tail, split-leaf philodendrons, tropical ferns and unusual ficuses, sansevierias, fancy-leafed begonias, crotons, dieffenbachias and aglaonemas.

Perennial selections in nurseries are excellent. Choose vigorous summer and fall blooming plants.

If your lawn or plants are turning yellow, apply a cheated iron supplement to the soil (results are slower, but longer lasting, using a "granular" form of iron or as a foliar spray



TO SPROUT A ROSE

Irene Marie MacLeod on Facebook South Texas Gardeners- posted good illustrations. (We do not know how to borrow them from her, so you will have to go to Facebook to see her photos)

She wrote:

So, I am going to try my Mama's little trick she used to say "Never

fails" I used to watch her do this.

Pull all the leaves off and cut your Rose stem at an angle both top and bottom. Put upright (the way the leaves would go) in sand. AND MAKE SURE IT NEVER DRIES OUT.

Within a few weeks she'd have herself a long stemmed rose bush

Comments below her post read:

Place a jar to dome over it to retain moisture

Cut the top at an angle and the bottom straight

so you know which end goes down.

Worked for gardenias also.





AGENDA/MINUTES 4 8 2021 HERB SOCIETY

SET UP AT 1: COMPUTER FOR ZOOM ,VIDEO TO PLAY COLLAGE OF PLANTS AND SIGS,PAPER, PENCILS AND PLANTS OUT,MEMBERSHIP ,FREE TABLE SET UPBOOKS SALE TABLE SET UP

6 PM BACK DOOR OPEN, FRONT DOOR OPEN

Meeting was opened at 7:10 pm by president Robin Maymar. There were 11 in-person attenders and 10 members attended by Zoom

Laura Eckert announced the next Weed and Gloat was scheduled for 9:30 April 26 at the Botanical Gardens

The president presented a series of questions for the members:

Should we continue in-Person and Zoom hybrid meetings? Consensus was yes.

Next meeting topic is Light In The Garden. Members can help by taking pictures of their garden, with attention to how the light falls (better on a sunny day for picture) We would suggest take a full sun day, choose a spot and take a picture in that spot at four different times. Nine am, noon, 3 and 6. Send photos to robinmaymar@gmail.com

What would everyone think of having snacks for the next meeting. The rules say we can bring our own individual snacks. Another group brought packaged snacks and water to put on each chair for snacks. Nobody volunteered for organizing this project.

The Garden Center plant sale, held here last month was a big success. How does everyone feel about having Herb of The Month for sale for next month?

We are also interested in getting a Craft Sig going again. Also, the Culinary Sig is considering starting up again. Both of these activities could be held outside, weather permitting.

Mahnke Park is having a get together on Saturday. Is anyone interested in attending?

April 24-25 9-5 Cactus Society is having a sale at the Garden Center. Cacti and succulents will be for sale.

Program: Art In The Garden Robin introduced the topic of Contour Drawing, used to help the artist visualize the contour lines around an objects, an easy way to see the details. There are no wrong ways to do this. If the proportion is off, do not worry or erase, just keep moving.

She then showed a series of videos. The first one, narrated, showed the drawing of a hand. The other two were of a bowl of eggs and a complex flower in a basket. Then all members were presented with a small plant, and challenged to draw. Paper and felt tipped pens were provided.

Zoom members displayed their work on the screen, and members in the Garden Center shared their work.

Close of meeting announcements:

Reminder for next meeting, May 13, take pictures of light in your garden

Send pictures before May 1 for inclusion in Power Point presentation Might list what grows in the shade in your garden, what does well in the sun.

April 17, Windcrest Garden Club plant sale 10-2 at Windcrest Methodist Church off Walzem

INTERN

It has been suggested that we take on an intern. With so few members able to attend in-person meetings, an extra pair of hands would be very welcome.

Some internships require full time work and have a stipend or a salary. We suggest the time needed would be to prepare for and attend both general meeting and board meetings. We would train the intern to do the duties of the membership chair. This would require that the applicant have a certain sense of confidentiality. Their benefit would be learning to use Excel, make reports using this program, to learn how to work with volunteers and put together the directory. It would be a year job, but the time spent would be about eight hours a month. We would offer to write letters of recognition for volunteer service hours and recommendations to employers.

We would like all the members to consider this change. Give feedback to Vicki, Debarah or Robin. We may have to amend the By Laws, but that can be done during meetings.

Editor: Robin Maymar

Send questions, recipes, requests and feedback to robinmaymar@gmail.com



r-----**Herb Society Board President** Robin Maymar robinmaymar@gmail.com 1st Vice-President П (Programs) Position vacant Debarah Wilson Treasurer **Secretary** Volunteer at meeting Membership Milan Maymar, protem П **Publicity** Vicki Jamvold П

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