



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY
 JULY 2021



Mary Marth McNeel with a talk on
The Plant Paradox.

Mary Martha McNeel began her journey into preventative therapies four years ago. She is a teacher of Yoga/Tai Chi and Quigong at The University of the Incarnate Word. She taught Macrobiotic cooking for ten years and managed the San Antonio Natural Foods Cooking school.

She encountered the work and ideas of Stephen Gundry four years ago when her husband was diagnosed with Leaky Gut syndrome. Electing not to have surgery they embarked on Dr. Gundry’s plan through his four best-selling books. Mary Martha wants to share through dialog how we can all benefit from his insights.

HERB SOCIETY MEETS
 IN PERSON
 2ND THURSDAY OF EACH MONTH
 AT THE GARDEN CENTER
 3310 N. NEW BRAUNFELS 78209
 SOCIAL TIME 6:30 MEETING AT 7
 MEETINGS ARE FREE AND
 TO THE PUBLIC

WE ALSO DO ZOOM CONNECTIONS
 CONTACT US FOR DETAILS

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Culinary Contributions

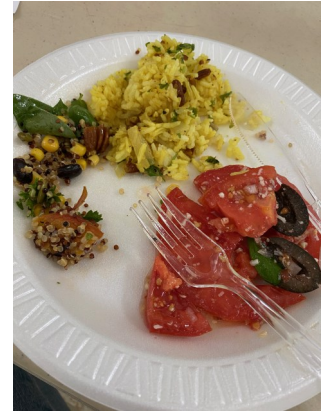
Herb Society Quinoa Salad

Adapted from <https://www.seriousseats.com/recipes/2014/08/fiery-fruit-quinoa-salad-from-salad-samurai.html>, for the Herb Society meeting on June 10, 2021.

2 1/2 cups cooked and cooled quinoa, i used tri-color quinoa
1 cup frozen corn kernels, thawed
1 cup canned black beans, rinsed
1 large red onion
5 medium peaches, still firm
1 cup coarsely chopped fresh parsley
1/2 cup coarsely chopped fresh basil
roasted salted pumpkin seeds (pepitas)

Vinaigrette:

2 tablespoons fresh lemon juice
3 tablespoons fresh orange juice
1/4 cup olive oil
1 teaspoon dijon mustard
1/2 teaspoon kosher salt
freshly ground black pepper
1/4 teaspoon ground cumin
1/2 to 1 teaspoon aleppo pepper or ancho chile powder



Cut the peaches in half and remove the pits. Slice the red onion into thick slices. Brush peaches and onions with olive oil. Heat grill to very hot. Add food to grill and then turn down to medium. Grill peaches and onions a few minutes on each side, so you get nice grill marks and they soften slightly. Let cool and cut peaches into large chunks, and onions into fairly large pieces.

Place vinaigrette ingredients in a mason jar, close tightly, and shake to emulsify the dressing.

Toss corn, quinoa, and black beans with the dressing. Add in peaches, herbs, and onions and toss gently to combine. Taste and add more salt or lemon juice if needed. Serve over baby spinach, topped with pepitas.

Submitted by Laura Eckert

NOTE ON RED LENTIL SOUP FROM MARSH WILSON Apparently red lentils are very hard to find. Does anyone know a local source? We'd like to try out this soup

RICE WITH NUTS

Submitted by Loretta Van Coppenolle

4 cups hot cooked rice (1 1/3 cups raw)

3 tablespoons melted butter

1/2 to 2 cups chopped pecans (or walnuts, filberts or almonds)

1/2 to 3/4 chopped onion

1/4 teaspoon salt

1/8 teaspoon pepper

1/4 teaspoon ground turmeric (optional)

Chopped fresh parsley as garnish

Gently saute pecans and onion in butter in a large saucepan over low heat.

Remove from heat.

Stir in cooked rice, add salt, pepper and optional turmeric

Garnish with chopped parsley and serve as side dish or light main dish.

A lovely, filling dish, the heart of simplicity to make



COOKBOOK: THE WHOLE ENCHILADA

Around here, we really like to cook. Gathering the materials, weighing and measuring, grilling, blending, mixing, the whole process. And eating, of course.

So I got a book on Enchiladas for my husband for Christmas two years ago. He was learning to cook new things and I thought he would enjoy making his favorite food. I made one recipe. Then the book sat on the shelf for a year. So, on his birthday, a few days after Christmas, I handed him the book and a piece of paper. "Choose twelve recipes you would like to taste." I told him

So each month we explore one new enchilada. As it turns out, this has been an expedition into various kinds of peppers both fresh and dried. Each recipe has a unique pepper. The best part of these peppers is the dried ones are full of seeds. I gather them and grow more peppers.

One other time, I used a cookbook in the same way. I had a very minimal household, living on the economy in England. I did not know all the terms and had to look up words like mince and aubergine to figure out what was called for. I explored green grocers, quaint grocery stores, even had a mobile butcher come down our street once a week. I bartered at the marketplace for fresh produce and begged eggs from my next door neighbor. I was really fun to get to know the foods of England. I was lucky to have chosen a delightful book. It helped me understand a lot about the culture of England and was always a nice entre into conversations. We recommend you thoroughly read a good cookbook

Herb of the month: EPAZOTE Submitte by Gloria Ortiz

Epazote has been for hundreds of years historically used by Mayas, Aztecs, Incas. The name is from two words in Nahuatl: *Epote* mining stinky and *epatzotl*-sweat. Easy to grow, it can be found growing anywhere. It is drought resistant, grows to 3 feet high and prefers full sun. Strongly scented, it has a musky earthy flavor. It belongs to the *Amaranthaceae* family. Invasive in some places, it is considered medicinal and helps with flatulence which is why it is used in beans. Believed it kills worms and amoebas. Excellent source of folic acid and manganese, calcium, copper, iron, lower amounts of fiber phosphorous, zinc and vitamin C. Added fresh in small amounts at the end of cooking. (it varies beginning or end of cooking according to recipes).



Can be used dry but flavor will be less potent. One teaspoon dry epazote for one pound of beans.

Pairs well with mushrooms, corn, tomatillos, tomatoes, potatoes, squash blossoms, beans, avocados. Pork, poultry, rabbit, beef, fish. Onions, garlic, chile peppers. Herbs like cilantro, oregano, parsley. Cotija cheese, ricotta, Oaxaca queso fresco. Fresh epazote can be stored in a glass with little water and cover with plastic bag and placed in refrigerator. Leaves can be frozen for extended use.

It's also blended with pumpkin seeds into a sauce and broth to make Papadzules one of the oldest dishes of Yucatán. Today one favorite breakfast of the Yucatán peninsula is corn tortillas stuffed with eggs covered in an epazote creamy sauce. It was introduced in Spain in the 16th Century, today has been spotted in India, Tibet, Europe, USA, Canada and the Caribbean

Squash blossoms quesadilla

- 1 1/4 pound squash flowers cleaned and roughly chopped
- 2 tablespoons vegetable oil
- 2 tablespoons chopped white onion
- 1 small garlic clove finely chopped
- salt to taste
- 2. Poblano chiles, charred, peeled and cut into strips
- 1 tablespoon roughly chopped epazote
- Oaxaca cheese or string cheese
- corn tortillas

Rinse and briefly shake excess water off the flowers removed stringy greens sepals around base of each flower roughly chop flower, calyx and stamen included

Prepare chiles

Heat oil in large skillet medium heat, add onion, garlic and little salt, fry gently without browning about one minute add chile strips and stir gently for 2 minutes add flowers and salt to taste cover pan, cook on low heat till tender not soft, five minutes, add epazote cook four more minutes. Mixture should be moist not over cooked.

prepare tortillas with Oaxaca cheese and blossom squash mixture, folded, warm in comal or pan on both sides when you see cheese melting they are done.



IN THE JULY GARDEN TO DO LIST

Theme: Heat

In Our Herb Garden: This is a maintenance month: continue to avoid drought stress, to check and replace mulch layers, and to pinch back blossoms. * Trim back mints to ensure a continuous supply of young, tender leaves. Continue to cut them back throughout the summer (keep them off the ground!!!). * Do not try to cure heat stress by spraying haphazardly during the mid-day. **DO NOT OVERWATER.** * Enjoy harvesting dill, cilantro, basil and other annuals that go to seed in the heat. Feed basil after harvesting. * Note on saving seed: ideal storage conditions are 45 Deg. (F) and humidity below 50%. Store freshly harvested seeds in brown paper bags until thoroughly dry. Try not to store for more than 1 year. Parsley seeds especially should be fresh each sowing season. * Till, compost and prepare fall garden area. - *HERBS: A Resource Guide for San Antonio*

Container plants sitting in full sun may be taking a beating in the 100-degree heat. If so, move them to a location where they get a few hours (shade from 3:00 on) less sun. Check the root balls of container plants to make sure they are absorbing water. If the root ball has dried out too much, water will just run down the side. If this happens, soak the plant for 10 to 15 minutes to correct the problem. Monthly feeding (go lightly) with fertilizer encourages growth.

Seeds from many spring-blooming flowers are mature and can be harvested, stored and then planted later this fall in your landscape. There are many common signs when a plant becomes stressed. A wilting plant probably needs water, limp or curling leaves can indicate pests or disease and a plant that is lush and not producing any flowers may be over-fertilized.

3rd WEEK: Don't waste water. Water most plants deeply on the day before they would have wilted.

VEGETABLE GARDEN Use netting or Grow-Web to protect succulent fruits such as figs and peaches from BIRDS. It may not keep out squirrels and other mammals. If tomatoes are infested with SPIDER MITES, harvest the remaining fruit and pull up and discard the plants to garbage can. As spring-planted vegetable plants play out, add them to your compost pile as long as they are not diseased or pest-infested. As vegetable beds become vacant, till and cover with a black plastic cover to control weeds and nematodes until fall planting.



Now is the time to decide if you can carry your spring-planted tomatoes through for a fall crop. Vines that have been ravaged by early blight (a big problem for a lot of gardeners this year) or are under attack by spider mites should probably be removed and new transplants set out in a different part of the garden. Don't worry, those newly planted seedlings will survive just fine. Just be sure to give them plenty of water, some mulch and a little afternoon shade until established. If your spring plants appear healthy, then cut them back some, re-apply mulch and they will be productive until the first frost in the fall.

3rd week :Begin preparing vegetable garden for fall planting; tomatoes look for Surefire, Heatwave and Merced.

If we want to implant organics such as fish meal or alfalfa into the soil, the last of July or first part of August is the time to give a tremendous boost to the fall bloom. The alfalfa can be spread on the mulch like fertilizer but fish meal needs different treatment. Holes punched in the ground around the drip-line of the bush provides a means of getting the meal out of reach of the neighbor's dog (and away from the neighbor's nose).

It is time to begin to plant your fall vegetable garden (or start in shelter if the temperature is hovering around 100 deg.).



In Our Rose Garden: Yellow leaves (chlorosis) are common in rose gardens during the high stress time of summer. Among the common factors are chemical burns from too strong of concentrations of spray or rose food especially when the bush is not "fully hydrated". Some chemicals are photo-toxic during very warm weather even sprayed during early morning or evening Lack of available iron or nitrogen in the soil is probably the cause of yellow leaves on new growth with darker leaves lower on the bush.

Spray iron sulfate on plants with chlorotic leaves (yellow leaves with green veins).

FLOWERS Select day lily varieties this month as the plants reach their peak bloom.

Plant Asters, Firebush, perennial garden Mums, Salvias, Marigolds (spider mites are less problematic in the fall), etc. for fall bloom in sunny sites.

Pinch back garden mums for the last time. Turk's cap and shrimp plant are good blooming plants that attract hummingbirds and grow in light shade.

Trim leggy petunias and impatiens to promote new growth and new flowers.

4th week : If you can find sturdy American hybrid marigold transplants that are not blooming yet, plant now for a spectacular fall display.

Select and order spring-flowering bulbs so they will arrive in time for planting. Check with the extension service for proper chilling and planting times.

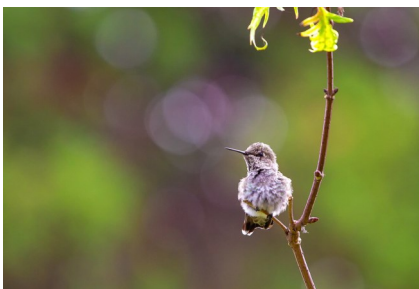
The color of the moon can point to changing weather conditions. A pale moon hints of rain, a red moon suggests a change in the atmosphere and a bright, white moon indicates fair weather.



YARD : As temperatures rise, expect some leaves to fall from tree crowns. It is a natural survival tactic.

Enjoy firebush, esperanza, poinciana, salvia, crape myrtle and zinnias blooming all over San Antonio! If dead areas on the lawn pull up like a toupee, or looks moth-eaten, GRUBS probably are the problem. Verify by examining the soil underneath the dead patches. Treat with *Oftanol* or use a beneficial nematode treatment.

Hummingbirds will be bringing their young to sugar-water feeders now. Keep feeders clean, dumping old solution once a week (twice a week if in the sun and the temperatures are in the 90's) into a shallow pan for butterflies. -



Maintain mulch over the root system of young trees to increase growth rate by as much as 50% by controlling the moisture content and temperature of the soil, as well as providing necessary organics.

Take a critical look at your landscape and note plants that need replacing, overgrown plants that need to be removed and possible activity areas that can be enjoyed by your family. This will give you a head start on planning winter projects

Plant crape myrtles while in bloom to ensure selection of color (also be sure of the variety's mature height).

Remove suckers from the base of fruit trees. They grow from the root system (stock) and are a different variety than the top, called the scion. Suckers will quickly dominate the scion if left uncut.

Skim the top of lantana and verbena with a string mower every six weeks to keep



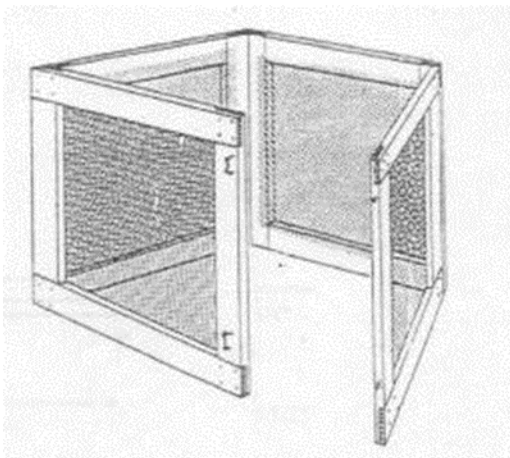
the plants blooming consistently.

MAINTENANCE: Establish a new compost pile to accommodate the upcoming fall leaf accumulation.

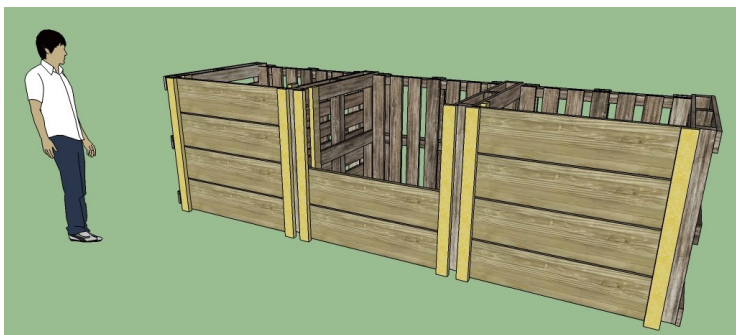
The driest time of the year is the best time to paint and reseal wooden outdoor furniture, decks and fences. Paint tool handles bright red or orange for easy location.

Check the moisture level of your compost pile

Prune dead or diseased wood from trees and shrubs. Hold off on major pruning until midwinter to avoid stimulating tender new growth.



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



Meeting Minutes

JUNE 10, 2021, GENERAL MEETING MINUTES

Members were welcomed at 7 pm for the general meeting. Robin Maymar called the meeting to order.

Items:

Basil Fest was a success

We need help with an Olla demonstration in Comal County for the Master Gardeners

Books on gardening and cooking are on sale at the book table. All proceeds go to the Scholarship fund.

Remember to bring donations to the Free Table. If unclaimed at end of evening, be sure to pick up what you brought

Our new Post Office Box number is 6406 Same zip at 78209

A vote was taken on the proposed idea of having an intern work with our group. The membership passed the proposition

Help needed at the next meeting: membership table, book sales and write up of Weed and Gloat

Herb of the Month next month will be epazote. Gloria will write up the article

An appeal went out for recipes. E-mail them before the general meeting to robinmaymar@gmail.com

Frost Bank is making an appeal for children's books for Book Drive Buddies, brochures are in the hall.

Thanks went out to all those who are supporting Herb Society by volunteering

Next meeting July 8 Your Health and the Plant Paradox, author Steven Gundry, MD

Our program was given by Lisa Forsyth, owner of Olitea. She displayed great knowledge about tea, offered us a tasting experience worthy of excellent champagne and gave us the grand tour of tea. She was an excellent speaker.

Here are places you can find her products: Farmers Markets:

Huebner Oaks: Saturday, 9 am – 2 pm

Garden Ridge Market Days: 2d Saturday, 9 am – 2 pm

Gruene Market Days: 3rd Saturday and Sunday, 10 am – 5 pm

Downtown Buda Farmers' Market: Sunday, 10 am – 2 pm

Local Retail Wong's Bodega: 1502 S Flores Street, San Antonio, 78204



WEED AND GLOAT

. Our special gardener, Mr. Joy, was on vacation, so Mr. Le Bay, his director came by to consult. He had located a barrel to replace the rather dilapidated barrel we had and had brought herbs to plant. We were so grateful, as there are a number of rather empty spots.

“This part needs weeding.” He pointed out. Cindy, Gloria, Laura and I had all been diligently digging up the nutgrass that continues to grow in that exact spot. That darned stuff breaks off when you pull it. Underground, there is still the bulb. Our theory is that as soon as the garden gate closes and we head to coffee, the bulb begins to send sprouts out through the soil to the sun. Evidence: the nutgrass that was (inadvertently) left was twice as big as the stuff we had weeded out last time. Undaunted, we attacked again. This time, we had a new weapon, a weed shooter. We’d brought it to plant the new herbs but realized that it was ideal for getting at the very root and bulb of the nutgrass. Just you wait, nutgrass! We’ll get you yet!

One new arrival was Toothache Plant. Tender perennial Herb 6” high by 12” wide with red or yellow gumball shaped blooms. Needs full sun, well drained soil, regular water, often reseeds. Fresh, dried or tincture used for tooth aches. The nice thing about working with herbs is that you are constantly addressing new things. We welcomed the newcomer but placed it in less than full sun. By our light map, maybe six instead of eight full hours of sun. Our observation is that when it is intensely hot, shade late in the day keeps plants less stressed

The new sages and rosemarys were placed against the fence, as we know they will grow large and full there. Two varieties of basil were placed by the bird bath mostly in full sun.

The cannas have grown up around the ornamental shampoo ginger plants. We can now distinguish which one is which, so spent time removing the cannas to give the ginger space to grow (the canna is on the left in this picture). If you visit the herb garden, across the path from the gingers are a spectacular stand of turmeric. Last year they bloomed straight out of the soil, then huge leaves grew up to shelter and shade the blooms. What an odd sequence. Usually the plant grows, then flowers are produced, then fruit or seeds. Yet more herbal questions to answer here.



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, July 26

We have decided to meet at 8.A.M.

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

See you then.



Just a brief note at the end this time. I read Dr. Steven Gundry's book about the Plant Paradox. Some of what he proposes makes a lot of sense. If you eliminate things that may cause issues, it will probably help your health. On the other hand, taking too many elements out of a diet can lead to deficiencies. So the jury is still out on this issue. Do your own research. Look at the original documents. Don't just follow the narratives from first hand experiences.

Digestion and the human biome are a hot topic at the moment. Locked inside your gut is a huge universe of factors that not only help digestion but may also have an effect on our emotions. There a lot of interesting reads about this.

Another resource, if you have the time, is to listen to a lecture from a reputable university. I find a good hour of University of Southern California, on blood pressure, for example from a leading physician, just about gets the library books dusted. Or listen on long commutes in the car.

On another topic: We are missing Lisa Kelly and her husband, Mike, who faithfully came to the gardens to help with Weed and Gloat. Lisa was very active with the Newcomers club that welcomes new people to San Antonio. We know how hard it is to be involved with so many fun things in San Antonio. We miss their capable hands

Basil mentioned that we need some more men to come help us. Not sure where everyone has gone, but we are a mixed group and would love to have you join us.

We literally have several levels of work you can do:

Ground level: weed and trim

Knee high: gather seeds to replant, trim back overgrown herbs

Chest level: give the lemon grass a haircut

Supervisory: sit on the bench and philosophize

Roving reporter: take pictures and write up our most recent event.

Journalist: write information in the journal (also a bench job)

All skill levels accepted. Will train.



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 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>	
	<p>WILLIAM VARNEY 830.456.9667 P.O. Box 927 407 Whitney Street Fredericksburg, TX 78624 wvarney@urbanherbal.com www.URBANherbal.com</p> <p>Locally Grown Herbs, Native Plants and Succulents Greenhouse → Labyrinth → Gardens → Cooking Classes Handmade Herbal Creams → Bath & Shower Gels Lotions and Skin Care Products → Aromatherapy Personal Fragrances → Comestibles → Candles Open Tuesday through Saturday 10-5 or by appointment</p>	 <p>David's Garden Seeds 5029 FM 2504 Poteet, TX 78065</p> <p>Website: https://www.davids-garden-seeds-and-products.com/</p>

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:
1025 Holmgreen Rd 78220
San Antonio Gourmet Olive Oil
1913 S. Hackberry, 78210