



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY
OCTOBER 2021



.Our guest speaker, Bill Varney, has been proud owner of Urban Herbal in Fredericksburg Texas since 1985. The Varney Family started Varney’s Chemist Laden located on Fredericksburg’s Main Street. It has evolved and changed over the years. Still specializing in herbs of all kinds, the Urban Herbal now features art galleries, gardens, herbal body & bath, cooking & condiments and classes

The name was meant to compliment the area, ”Varney’s” to personalize the business to the community, “Chemist” to indicate the herbal apothecary nature of its products and services and “Laden” the German word for shop, to compliment Fredericksburg’s heritage. Not only did the name compliment the Fredericksburg area, the nature of the business itself fit in with existing businesses and services already offered to the Fredericksburg tourist. In 1991, Varney’s Chemist Laden blossomed into Fredericksburg Herb Farm. In addition, to the original retail shop on Main Street, the Varneys also own over four acres of farm land with gardens, a commercial greenhouse, and a bed and breakfast, a shop, a tearoom, a day spa and a restored historic Texas home.

HERB SOCIETY
2ND THURSDAY OF EACH MONTH
AT THE GARDEN CENTER
3310 N. NEW BRAUNFELS 78209
SET UP 6 PM
SOCIAL TIME 6:30 MEETING AT 7
MEETINGS ARE FREE AND
TO THE PUBLIC
Thursday October 14, 2021
WE ALSO DO ZOOM CONNECTIONS
CONTACT US FOR DETAILS

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Located at 407 Whitney St, Fredericksburg, Texas 78624 Urban Herbal offers unique herbal products for cooking, personal care, and medicinal needs. The products are all-natural and organic (no pesticides!) and produced locally there at their laboratory. Intimate knowledge of gardening and the use of herbs, unparalleled experience, and commitment to their customers sets them apart.

30th Annual Herb Market

Celebrating Parsley

Petroselinum

Herb of the Year 2021

Pearl Brewery Saturday October 16, 2021

9:00 a.m. to 1:00 p.m.

12:00 p.m. - 1:00 p.m.

Feature Presentation

All about herbs

How to cook with Herb of the Year

Please mark your calendars .

We will have a booth Volunteers will be needed.

Sign up sheets will be at the meeting October 14, but that is only two days away from the event, so make a note now.

We will sell merchandise, give free information and opinions on herbs, discuss cookbooks and cooking and generally have a wonderful time. Set-up is covered. Volunteer for time 9 to 1 or any amount of time therein.

Culinary Contributions

HOW TO MAKE MEXICAN RED RICE

Yields about 10 cups (2.5 liters) This is the style of rice typically associated with Mexican food restaurants in the United States

INGREDIENTS:

½ cup (8 ml) vegetable oil

2 cups ((360 grams) long grain white rice

1/3 cup (47 grams) onion, small dice

1/3 cup (47 grams) poblano chile, deveined and deseeded

1 tablespoon (7 grams) minced garlic

4 cups (1 liter) chicken stock

1 can Tomatoes, whole, peeled, we used San Marzano Style with garlic and crushed Red Pepper

Dehydrated chicken or vegetable bouillon to taste

DIRECTIONS:

Preheat the oven 375 degrees

Place the oil in a 4-quart (4 liter) saucepan or dutch oven over medium-high heat

Add the rice, onion, and poblano chile. Sauté, stirring frequently, until the onion is translucent, 3-5 minutes.

Place the guajillo chiles, garlic, and stock in a blender and process until the chiles are liquified.

Stir the blended ingredients into the rice mixture. Add bouillon to taste (the liquid should be somewhat salty).

Drain the tomatoes, saving the juice. Chop the tomatoes either coarsely or fine as you prefer* See note below. Add to the rice mixture.

Bring to a simmer, cover and bake in the oven for approximately 20 minutes or until the liquid is absorbed

Remove from heat, fluff with a fork, cover, and let rest 10 minutes before serving.

Note: Chiles do not need to be dry roasted or fire roasted for this recipe. The guajillo chile added warmth, but not enough heat to send the sensitive away.

The rice may also be cooked for the same amount of time on a stovetop but pay close attention to the heat level to avoid boiling over or scorching.

Tips on Making Mexican Rice

*When adding canned tomatoes to a rice recipe, be sure to drain off the water liquid. The liquid may be used as part of the cooking liquid if desired, but for best results, be sure to include it as part of the total measurement of liquid required.

A meat fork is the perfect tool for fluffing rice without damaging the grains.



Herb of the Month: OREGANO

A collection of history, myth, and uses both helpful and culinary
Oregano! And you thought it was only for pizza!

By Cindy Moore

Oregano is a bushy, semi-woody sub-shrub with upright or spreading stems and branches. Some varieties grow in mound-like mats, spreading by underground stems (called rhizomes), and others with a more upright habit. The aromatic leaves are oval-shaped, about 1.5 in (3.8 cm) long and usually fuzzy. Throughout the summer oregano bears tiny purple or white tube-shaped flowers that are about 1/8 in (0.3 cm) long. These peek out from whorls of purplish-green leafy 1 in (2.5 cm) long bracts that resemble little pinecones.



Common oregano is botanically known as *Origanum vulgare*, a name derived from the Greek *oros* meaning mountain, and *ganos* meaning joy. It can be found growing wild on mountainsides of Greece and other Mediterranean countries where it is the herb of choice. The leaves are used fresh from the plant or dried, the flowers are also edible. Oregano is one of the few herbs that is stronger when dried than when fresh. The influence of climate, season and soil on the composition of the essential oil is greater than the difference between the various species. Many in South Texas are familiar with Mexican Oregano, which stems from the plant *Lippia graveolens* (*verbenaceae*) and is closely related to lemon verbena. Although only loosely related to oregano, Mexican oregano displays a flavor very similar to that of oregano, although stronger. Its strong aroma makes it an acceptable substitute for epazote leaves if the latter are not available; this wouldn't work the other way round, though.

Hardiness: Perennial; hardiness zone 5.

Cut out old wood that becomes leggy at the end of winter and replace plants every four years or so to prevent legginess. Water sparingly. Too much water will cause root rot. Flavor is at its best after the buds have formed but just before the flowers open.

Propagation by: Seeds, cuttings, and root division, all in spring.

Companion Planting: Oregano attracts honey bees, which pollinate other flowering plants. Oregano makes a good companion plant for beans and cauliflower but should not be planted with broccoli or cabbage. Use a low, spreading variety of oregano as an edge in borders and around the herb garden. Oregano does great in a hanging basket.

Bloom time & color: July to September; purple to white.



Ancient and Traditional Uses

Ancient Mediterranean people used oregano as a meat preservative. Hippocrates, in the 5th century BC, prescribed oregano for curing various diseases, including stomach pain and respiratory diseases. Aristotle wrote of oregano's use as an antidote to poisoning. The ancient Greeks used it both externally and internally as a remedy for many conditions including dropsy, poisoning, convulsions, sores, and aching muscles.

North American traditional usage suggests oregano as a stimulant, carminative, nerve tonic, diaphoretic, and as a cure for indigestion, asthma, coughs, colic, nervousness, spider bites, rheumatism, toothaches, headaches, coronary conditions, and irregular menstruation.

ALWAYS ask your healthcare provider if s/he believes there may be a conflict in the intended usage of oregano products.

Meeting Minutes



AGENDA GENERAL MEETING 9 9 2021

We met at 7 pm in the Garden Center. Robin Maymar, president, called the meeting to order.

Up coming events were announced:

Market in October 16 from 9 to 1 at the Pearl, volunteers will be needed, application has been made. Sign up at the next meeting

Toad Habitat Workshop September 18 at 110 W. Brandon, outside unless it rains. We will be using terracotta pot shards to paint and use in the garden to shelter toads.

Herb Sale September 25 has been cancelled. Our sales would be in competition with the Botanical Gardens, so we have withdrawn our offer to help with the American Herb Society Meeting.

Weed and Gloat will be Monday, September 27 at the Botanical Gardens.

Our next meeting will be October 16, with Bill Varney of URBANherbal in Fredericksburg

We will also be having an Olla demonstration in New Braunfels in March.

Robin met with David Uminski of St. Philip's College about an internship. Unfortunately, the school requires about 20 hours a week on the part of the intern. We could see that was too much of a commitment on our part. He suggested we contact the business school about real life experices, which might entail less time.

We thanked Maria Zeitz for manning the membership table.

A large box of foamboard signs was available on the free table. Members were encouraged to used their imagination to repurpose the boards, many members took the construction material home.

The Herb Society is interested in starting up SIGs again. Last month we had an informal Culinary SIG to make enchiladas. This month we will be doing a craft SIG. We are encouraging members to join a SIG to expand their enjoyment with gardening, cooking and meeting people.

Many thanks to the members who donated new books to our book sale. Bring friends to the meeting and encourage them to buy books!

Robin introduced our guest speaker, Patti Weissler

WEED AND GLOAT:

. It was a mystery to us. The weather has gotten cooler the last few weeks, yet the oregano and marjoram both look like they had come through a horrible drought. Very little greenery still existed. On the other hand, the basil was in full bush mode. It has bloomed with a deep burgundy flower (*Ocimum basilicum* 'Cardinal' pictured here) that does not look like the tiny white flowers of the globe variety. Time to check our journal as to what type we planted.



Speaking of which, we did not bring the journal to the garden this month. Need to remember to prep all these things in advance, instead of racing off at 7:30 with no brains in gear. The roses from the next garden are legging out almost into the pathway. We need to tie them back (bring string and scissors) or trim them back (bring alcohol to clean the blades of our cutters)

Did, however, remember to bring the weed shooter. To our delight, there were very few nutgrass weeds. Our diligent digging out has paid off at last. Could also just be luck and dry weather. We dug out a number of the dried up roots of the gingers and a bunch of petunias taking shelter within the roots. Will try to revive the bits.

Also doing well are the Cuban oreganos. They had grown to huge fuzzy bunches of leaves. We trimmed them off the walkway, also trimmed the overeager mint, as usual.

We had a surprise visitor, Sabina Carr, the CEO of the Botanical Gardens came by with two friends. One was traveling, and Ms. Carr wanted to bless her with a piece of comfrey for her trip. Comfrey was glad to donate a leaf to such a good cause, and we were glad to meet the management. No pictures of us- I for one look too raty to photograph.

Then off to Berry to Bean on Broadway for coffee and sweet rolls.

It is time to preserve gourds. Wash the gourds in warm, soapy water with a touch of disinfectant. Rinse the gourds, then store them for three weeks in a dark closet to set the color. You can varnish the gourds or use them as natural decorations.



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, September 27
We meet at 8.A.M.
Contact robinmaymar@gmail.com for
simple safety measures we need to take .
See you then.



HOW'S THE PROPAGATION GOING



Mr. Swantner inspired me to try a number of different herbs. The very first, from the meeting, did not fare very well. I tried again under better circumstances. So far, so good.

The bay leaves that I had left over from the meeting did get royal treatment. An opossum apparently was curious about the whole process and uprooted on sprout and the marker. Roots were beginning to grow, so I knew to leave the others. I have removed the plastic bag green houses and they look like they are growing... well, at least the leaves still look green and have not fallen off.



WHAT DID YOU DO WITH THE FOAM BOARD

I am so glad I brought that huge box of foam board to the free table. Members had all sorts of ideas. Did not even think about it being waterproof. When I got home, there were still calls from members for more. I had a small pile left. One piece made a good base for a doll's bed mattress. That stuff is very easy to cut. And two more pieces were cut to make the box spring for the mattress.

More were cut for a backing for a hard card picture. I have a very fragile book about Noah's Ark, had copies made of each picture. Am mounting on the foam board, so I can share the enlarged pictures with the Sunday School Class.



Submit pictures and ideas of what you have done. I would love to include them in the Agenda for October.

HAS ANYONE TRIED ACUPUNCTURE?

I would love to hear from anyone who has. I sent a note to Patti Weissler thanking her for all the new information. Sometimes it takes a while for us to mull over the decision to act. Me? I went to my foot doctor, Dr. Harris, over a year ago, he wrote out all the things I should do for my foot. It was only this week that I finally purchased the shoes he recommended. So, I am not expecting a big response here, but do get in touch with feedback. We would all like to know.



TOADS AND SHARDS

As you may know, I am trying to simplify things in my life. One of them is getting rid of extra objects that 'take up real estate'. I seem to be saving every empty plastic pot just in case I want to grow another plant or plant a seed. I keep old plant labels, seed packets, tools etc., etc.. Once in a while, all this saving pays off. For instance, the shards of terra cotta pots. I keep a bucket of pieces, because they make a nice hole cover in the bottom of a large pot. Water can drain out, but less soil goes out. I usually get a ham-

mer and smash them to the sizes I need.

The Craft SIG met on a Saturday at 10; it was still hot, but not the promised 97 and there was enough shade that everyone was comfortable. Each person chose a shard with a good shape.

I came across the idea of a Toad house by observation. I had put an eight inch wide terra cotta saucer out on the back yard grass, filled it with water for the cat, and any other wildlife that ambled through the unfenced yard. I made a habit of tipping the water out each day and filling the bowl. At some point, perhaps after some rain, I noticed that the bowl was tipping. I figured a rock had worked itself up through the soil and was keeping the bowl from lying flat. It took a while to find my trowel. The next day I headed out to smooth the soil down. I tipped the bowl out, laid it aside, and as I was about to dig up the rock.... It blinked at me! I was utterly astonished. A very large toad had worked her way into the mud under the bowl. In the wet mud were a whole bunch of little toads around her. I put the bowl back after I built up the soil around a little and left her and her brood.

So, toads like the moisture. They find a spot in the yard and return to it for protection. The toad in my front yard comes out every evening to sing. Sometimes I sing back. Toads can live up to thirty-five years. They have been known to get stuck in one spot: down a basement window space below ground, in a shallow well housing, or even in a buried time capsule and still survive for many years. Their metabolism slows down with cold or dry weather, so they just continue to live in spite of hardship.

I have raised tadpoles to toad hood. Their favorite food was pill bugs. We would gather pill bugs up and pour them into the terrarium. The toads would hop around lapping them up.

One of our favorite experiences was a day when it was especially dry. A front was headed in, and all three began singing at the top of their lungs. The whole house echoed. The central American Indians said that the frogs called the rain. Apparently, toad do too.

When my parents were having a house built, we kids would entertain ourselves by the tiny creek that ran through the field behind the house. We made all kinds of pottery out of the soft clay that we found there. Then we caught tadpoles and asked to bring them home. Mother provided a large shallow bowl for them. We put clean water from the creek into the bowl each day as we watched the little tadpoles develop legs and begin to lose their tails. Apparently tadpoles are a little like a seed, they do not need any added food, they 'live off their tails' I am told. So, we just used clean creek water.

After a long day helping my parents cut hickory trees, moving rocks and waste wood, we returned to our city apartment. The setting sun was streaming in through the window. Mother, exhausted, was sitting on the sofa. Suddenly she jumped. "The carpet is moving! The carpet is moving!" she yelled. We froze. Was mom hallucinating? Did she need a cool towel? Then we all looked. Sure enough, the pattern on the oriental carpet was slowly, slowly moving. Tiny little toads were hopping out of the bowl, down the books on the bookcase, and across the carpet. My sister and I helped herd all those tiny beings across the carpet, down the two steps to the door, out onto the porch and then down to the grass.



IN THE OCTOBER GARDEN TO DO LIST

IN OUR HERB GARDEN: Exposure to light triggers germination of many annual weed seeds so use mulch whenever possible to reduce the amount of labor required to keep your garden weed free. Add compost to your garden as a winterizer and mulch. It's not too late to plant frost-tolerant herb annuals or perennials, available at the Herb Market October 16 This is the month to plant garlic cloves and onion sets. The Texas Cooperative Extension Service recommends Texas white garlic and 1015 onions. Salad groupings and exotic greens should also be planted now. Examples are sorrel, arugula, salad burnet, leaf lettuces, nasturtium. Sow wildflower seeds. Plant Antique roses. Watch for insects and disease on plants. The mild, wet weather encourages lush growth and attracts the pests.

VEGETABLE GARDEN Side dress vegetables with 1 cup of ammonium sulfate, per 100 sq.ft. bed. Get compost bins ready to handle the leaves that will fall soon.

Third week: fertilize tomatoes as soon as fruit begins to set. Use a half-cup of slow-release lawn fertilizer per plant away from the base.

CANKER WORMS are plain gray or brown caterpillars that leave obvious black dropping and feed on petunias, roses, beans and other plants. Use Bt (such as Dipel, Thuricide or Bio-worm Killer), carbaryl or malathion to control them.

This is a super month to install landscape plantings because of available soil moisture, cooler temperatures, and **PLANT SALES**. October is a super month for planting cool season annuals because the soil is warm and the air is cooler.

Plant in your fall garden: Chinese cabbage, celery, collards, garlic, kale, and kohlrabi. Dig, divide, replant, or plant many spring/summer blooming perennials because of ample soil moisture, cooler air temperatures, and longer available time for them to establish themselves for spring and/or summer bloom

Turnover compost piles. Watch for "steam" in morning! Canvass area for more material. Consider planting a green manure or cover crop on part of your vegetable garden this fall. If you select a legume such as vetch, clover or peas, this living layer of plants will add nutrition to the soil by fixing nitrogen as its grows and later adding organic matter to the soil when it shredded and rototilled into the soil. Cover crops also help prevent weeds and can break the cycle of pests and disease that often occur when crops are not rotated.

BIRDS Keep your hummingbird feeder clean and full of sugar water. Fall is the best time to observe the colorful birds. Your feeders will not affect the birds' fall migration. Clean and refill birdbaths regularly. Both the native and migratory birds will be grateful.

ROSES Finish the new bed and order the new roses. **Parsley** increases roses' fragrance, so plant some around your favorite bushes to enhance their sweet smell of success (garlic used as companion plants help deter fungal problems

Selection: Buy and plant adapted roses such as antiques, The old roses will have the largest and most vita-



min C filled hips.

Planting: Prepare beds (1,000 sq.ft.) by mixing the following into existing soil to form a raised bed: 6" compost, ½" lava sand; ½" expanded shale, ½" 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.

Mulching: After planting, cover all the soil in the beds with 1" of compost or earthworm castings followed by 2 - 3" of shredded native cedar. Do not pile the mulch up on the stems of the roses.

Watering: If possible, save and use rainwater. If not, add 1 tbsp. of natural apple cider vinegar per gallon of water. If all that fails, just use tap water but don't over water. Avoid salty well water.

For Established Roses

No more fertilizer is needed after Oct. 15. While the writer has demonstrated to his satisfaction that year-round feeding is beneficial, the benefits are not really cost-effective.

Organic mulches added to beds during any month give long-term benefits to the roses. If the old mulch cakes, as sometimes happens with fine-particle materials, stirring with a fork will restore its effectiveness.

Watch for mildew (both downy & powdery) and take steps to stop it quickly. Continue weekly spraying with fungicide on into November. Exhibitors with no visible problems with blackspot will withhold *Maneb* until after the shows. Others may want to reinforce *Triforene (Funginex (?))* with *Dithane M-45 (?)*, using 1/2 to 3/4 Tbs. per gal.

Roses should only be grown organically since they are one of the best medicinal and culinary herbs in the world. When they are loaded with toxic pesticides and other chemicals, that use is gone, or at least should be. Drinking rose hip tea or using rose petals in teas or salads after spraying with synthetic poisons is a really bad idea.

FLOWERS Dig up day lilies and separate bulb masses into smaller pieces. Replant 1' apart and 2" deep in soil you have amended with compost. Divide and replant perennials such as phlox, hollyhock, iris and Shasta daisy.

With our first cool spell, plant dianthus, calendulas, stock and snapdragons for cool-weather color. Dead-head zinnias, marigolds, salvias and other flowering plants to stimulate more blooms. Prepare beds for planting cool-season flowers. Well-drained soil is important, and the bed should get at least six hours of full sun for successful flowering.

2nd WEEK: Transplant hardy annuals like Bluebonnet, Flowering Kale, Snapdragon, Johnny-Jump-up, Pinks, Phlox, Violas and Ornamental Cabbage. Plant petunias, dianthus, snapdragons, alyssum and stocks this month; wait on pansies.

3rd week Don't give up on tropicals just because we have had some rain and cool weather. We have at least another month of performance from bougainvillea, plumeria, mandevilla and hibiscus. Keep tropicals watered and fertilized. Chilean Jasmine, China Doll, Firebush, Firecracker Bush, Mandevilla, Mex. Deeply mulch subtropical perennials like: Bird-of-Paradise, Plumbago and Poinsetta.



Provide Christmas cactus with 12 hours of uninterrupted darkness daily and cool nights for one month to initiate flower buds

Row cover, a lightweight fabric available at nurseries and garden centers, will help protect tender vegetables. It is sold by various names such as *PlantGuard*, *Gro-Web*, *Plant Shield*, *Thinsulate* and *N-Sulate*.

Prepare beds for pansies. They need well-drained soil and at least a half day of full sun.

Place blood meal in the planting holes to improve vigor of the plants.

Collect seeds from your favorite plants and store them in a cool, dry place until next year. Label them with the plant name and the place and the date the seeds were collected.

Quarantine container plants that are going to be brought in with house or greenhouse plants to be certain they're free of insects and diseases. Spray only as necessary. Watch drain holes for hiding PILLBUGS, SLUGS and even ROACHES

PESTS FIRE ANT baits applied now will reduce ants through next spring. (Try a bucket of soap sudsy water on an active mound, the ants hate it!)

HEALTH

Consider herbal extracts to boost your body's natural immune system such as: *Echinacea* (*Echinacea purpurea*, "Purple Cone-flower" root), and/or *Garlic* (concentrated tablets).

As cool weather approaches and night-time relative humidity drops to the 50's, consider a room humidifier for health sake.

Roses should only be grown organically since they are one of the best medicinal and culinary herbs in the world. When they are loaded with toxic pesticides and other chemicals, that use is gone, or at least should be. Drinking rose hip tea or using rose petals in teas or salads after spraying with synthetic poisons is a really bad idea

Yard It is time to apply winterizer fertilizer to St. Augustine, Zoysia and Bermuda lawns. With cooler weather, watch for brown patch fungus on lawns. Brown patch shows up as expanding round areas of grass with blades dying at the base. Treat with a product containing PCNB (such as *Terraclor*).

Sprinkling cornmeal on St. Augustine grass suffering with brown patch will have an immediate greening effect. It stimulates beneficial organisms, particularly trichoderma, which gobbles up pathogens.



Please note, most of the information shared here was obtained from Research-based sources and from individuals who are considered very knowledgeable on a particular subject. While some little tidbits here may be of interest, they should be taken "with-a-grain-of-salt".

(compiled by MG Brian D. Townsend & Robin Maymar)

CRAFT SIG MEETS

We had a grand time in the yard painting shards to use as toad houses.

We even had guests. Josephina, Ellie and Victor came to join us. Annette has the best eye for a design. She painted a large shard black. Acrylic dries so quickly, she soon had the bright red out and put red dots along the border. Finally, she filled in the upper part with blue. They looked like blue bonnets. It looked so professional, I am sure centuries from now someone will excavate the piece and wonder where the rest of that wonderful pot went.



Marsha brought an actual toad house, complete with a toad on the top. The sides had all sorts of raised relief plant patterns. She used a variety of greens to get a very realistic frog painted. She then added touches to the border all around.

We had toads on the sides, modern art toad houses, camouflage patterns, even sparkles on one toad house. The sun finally moved over us so that we were out of the shade. We all began to heat up. We took a break for cool drinks, some grapes and some delicious croissants.

It was a good beginning for a craft group. We'll be looking forward to the next get together. Anyone have another idea?



CULINARY SIG- APPEAL FOR LEADERSHIP

We think it is time to reinstate the Culinary Sig. If everyone raises their hands all at once, we could always go with two groups. Here's the plan. The SIG chooses a day and a time to meet. We were meeting in a member's home. Because of Covid 19, perhaps we should consider either meeting outdoors or at a restaurant outdoors. Infinite ventilation is the best air to have.

The group I was in was meeting in the evening. This became an issue. Members had trouble finding their way at night, others had to get up early for work and the hours may run late. Another SIG met for lunch, which seemed to work well for them. We could have an evening one for people who work during the day and a lunch or late afternoon for us with more leisure time.

Rules. There were originally rules to the Culinary SIG. Limited to eight members because that was how many most tables accommodate. Only those members could come, no guest, no family members included, due to the eight members thing. Then we began to have four people who owned calendars and could actually remember to come. The SIG hobbled along. The other SIG would meet but never allowed a new member, even when other members had died. It became very exclusive. They still meet it is rumored but are no longer members of the Herb Society. Our goal is inclusiveness, so we want to promote more openness. We all understand if lives change and members can no longer attend. That was the joy of having a more open SIG. We then moved to a sign-up system. If you wanted to be included and we had space, then you could join us. Our thinking was "Let's grow more SIGs."

We would love to have a member take the lead on this. We're looking for someone to take the reins to pull people together. We've got recipes, we've got good cooks, we've got interested members. Come help us organize.



Herb Society Board

President

Robin Maymar

robinmaymar@gmail.com

1st Vice-President

(Programs) Position vacant

Treasurer Vacant

Secretary Volunteer at meeting

Membership Milan Maymar,
protem

Publicity Vicki Jamvold

Our website: [https://
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