



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY
MARCH 2022

SEED SAVING AND PRESERVING

Forced to buy new seed packets every year?

March 10 we will have a video about saving seeds: everything you need to know to save seeds and perpetuate your garden. We expect to have a lively round-table discussion about seeds and their preservation.

If you have seeds to share, please bring them. (See article about packaging seeds)

If you have a system for storing your seeds, please take a picture and send it to the editor before the March 10 meeting. We could use some ideas and suggestions.

We may also, if lucky, have a Master Gardener, Albert Del Rio to talk about gardening as well.



**SAN ANTONIO
HERB SOCIETY**
Mark your calendar for
March 10, 2022
3310 N. New Braunfels
San Antonio, 79209

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February is a very brief month. This newsletter will be equally brief

First, I must apologize for not getting back to you on my phone. It has experienced some severe disruptions in service. My voice mail occasionally lets a message slip in, but in general cuts you off at about three seconds. If you manage to leave a longer message, it carefully stores it elsewhere and delivers it sometimes three months later. This leads to general confusion.

Talking on said phone is a thrill. Sometimes you can hear me but all I hear is fish in deep water letting up bubbles. On zoom, the picture is reversed. I hear you, but I sound garbled.

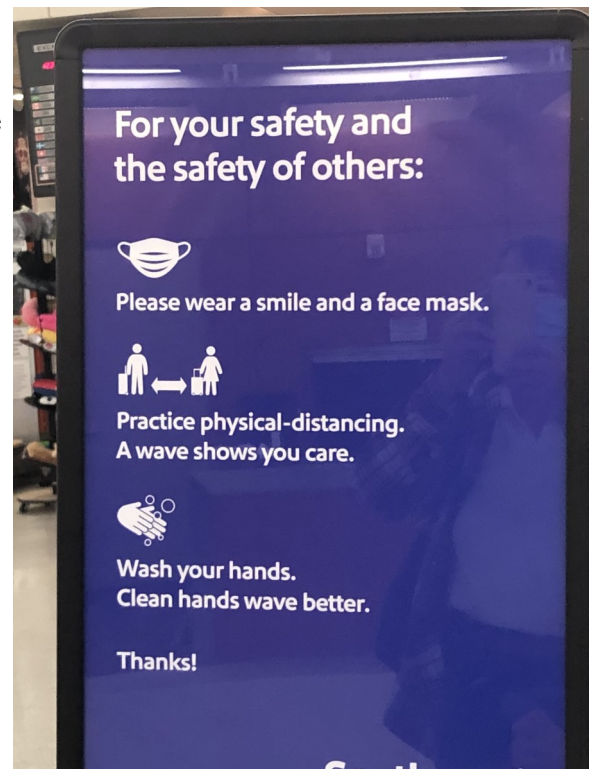
Texting usually works...when I have service. Which may be a few minutes after three am.

I do have a land line. (210) 494-6021. It has a very annoying hum on it. Sometimes it is very loud, once in a while it is very clear. However, many of you have long distance number. This is why I have asked people to call me. If he gets home before I do, my husband carefully listens to all the messages on the answering machine. He never writes anything on paper. He might tell me you called. He may remember next week some time. He may never tell me I got a call. We get so few real calls on the land-line, I do not always think to check the old messages.

So, if you have called and do not get a reply, please call me again.... and again.

In the same vein: Our goal is to have a good club and a good newsletter. I and staff will never ask you for money or bit coin. If you see something in your email that looks like Herb Society seeking funds, ignore it. Call parties involved to alert them

On Facebook go to the three vertical dots and report it



WEED AND GLOAT

Not only were the roses mere sticks, the herb garden was shorn! Lemon grass cut to two inches. All dead or dormant herbs gut close to the ground.

Never mind, gave us more access to the weeds. Thankfully there were a lot less weeds because it has been cold and dry. Still took two glorious sun-filled hours. Watered three fourths of the garden by hand because the hose was short. The gardens took away the close hose bib to prepare the Casa Azul exhibit of Freida Kahlo.

Took a selfie. Cindy was not able to join us; we were delighted that Laura joined in.



Headed for Laika Cheesecake at 4718 Broadway. Saturday they had a fund raiser to support Ukrainian families. Thankfully, they had made more cheesecakes. They are served in small glass jars with screw on lids. These are not ordinary cheesecakes. Marsh had Strawberry Fields Forever- slices of straw berries around the edge, graham cracker crust on the bottom, pistachio cheese-cake, and topping of more pistachios and flavored whipped cream. Laura had chocolate on chocolate on chocolate. Gloria and I had Toffee topped cheesecake. They also have a small but exotic selection of coffees and teas. Snacks in hand, we discovered open air tables to the side.



Marsh had Strawberry Fields Forever- slices of straw berries around the edge, graham cracker crust on the bottom, pistachio cheese-cake, and topping of more pistachios and flavored whipped cream. Laura had chocolate on chocolate on chocolate. Gloria and I had Toffee topped cheesecake. They also have a small but exotic selection of coffees and teas. Snacks in hand, we discovered open air tables to the side.

Marsh gave us a synopsis of the book *Sway* that she is reading, about the dark ages.

Laura looked up an article about peppers, because we were wondering where sweet peppers came from, since all the New World peppers were hot. According to *The Splendid Table (radio show)*, the Hungarians, who did not hold with the Pope, felt that hot peppers were associated with him, and went on to develop sweet peppers by hybridizations. Hungarian paprika can be hot or just sweet.

We had a lovely rich snack and wonderful conversation Laika ran out of cheesecake, sold 1500 jars in one day. Their fund raiser was a grand success. We were glad we could celebrate with them.

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, March 28

We meet at 9 A.M.

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

See you then.



Upcoming events

March 2 , Wednesday, at the Garden Center Guest speaker David Rodriguez Bexar County Texas A& M Agrilife Extension Agent Horticulture and cohost of the Lawn and Garden Show on WOAI1200 Radio Show. **Spring Planting Guide**, Dr. Rodriguez will guide you through what you can do to have a successful garden Q & A will follow. Free and open to the public.

HERB SOCIETY March 10 Seeds and Seed Saving

March 5 EARTHWISE LIVING DAY, 32ND ANNUAL Saturday March 5 9:30 a.m. to 1:30 p.m. Volunteers are still needed.

March 9 OLLA DEMONSTRATION, NEW BRAUNFELS TEXAS FOR MASTER GARDENERS

March 20, 2022 GARDEN CENTER PLANT SALE

Good news members, we have another opportunity to meet the public. March 5 , 2022 is the 32nd Earthwise Living Day. We have missed visiting with that community because of Covid-19, but their Day is on schedule this coming year. Earthwise takes place in Leon Valley. They have excellent parking, and the building is large and roomy. There are always very interesting exhibits and things for sale. Mark your calendar, and make a plan to join us that day. We need members to volunteer at the table and to shop.



We were disappointed that SAWS SPRING BLOOM in-person was cancelled. They opted for a series of zoom meetings. Well worth attending as they are offering new incentives for water savings. Look for their “Spring into Gardening “ webinar series on Saturday, March 12

They say “Whether you’re a newbie or have a glistening green thumb, these interactive online discussions will help you begin a gorgeous garden upgrade to a landscape with less thirsty lawn and more drought-hardy plants.

Meeting at 10 a.m., there will be three 45-minute webinars with a break in between each.”

Topics covered will be Outdoor Transformations, Pest Control and Common Landscaping Mistakes to Avoid.

“Bonus: One of the webinars will feature ‘the big reveal’ of an exciting new outdoor living rebate to deck our your backyard.” You’ll have to tune in to find out what that is.



Culinary Contributions

Curried Chick Peas Yield: 4 servings

A golden side dish you can build into a meal.

Submitted by Loretta Van Coppenolle

2 cans chick peas, drained with liquid set aside

1/3 – 1/2 cup minced onion

1/2 tbsp. oil

4 tps.curry powder (I use mild)

2 tbsps.flour (I use coconut or whole wheat)

1 tsp. sugar (I use evaporated cane juice; coconut palm sugar, Sucanat, or a smaller amount of stevia)

1/2 tsp. dry mustard

1/4 tsp. each salt and pepper

1/3 to 1/2 cup chicken broth

Reserved chick pea liquid

1/3 to 1/2 cup milk (I used almond or coconut)

2 tps. lemon juice

Saute onion in oil and remove pan from flame.

Mix dry ingredients together in a bowl or large jar or cup.

Slowly mix in liquids.

Return onions to flame and stir in dry-liquid mixture.

Add chick peas. Stir and simmer till chick peas are heated through.

Options:

Serve as a side dish; add almonds or peanuts; or green peas and chopped pimienta.

Serve over rice or noodles. Serve with cubed ham, chicken, turkey, lamb, or with shrimp or pieces of cooked white fish.

Garnish if desired with cilantro or other green.



Michael Belisle's Shrimp and Pasta Salad

1 pound medium shrimp, peeled, deveined and boiled just until pink

1 package medium or large shell macaroni (16 oz.) cooked according to package directions

2– 3 boiled eggs, sliced or coarsely chopped

2-3 chopped green onions, including tops

1 cup green grapes, halved

1-2 ribs celery, coarsely chopped

3/4 cup Hellman's mayonnaise

1 tablespoon dried dillweed

1/2 tablespoon lemon pepper seasoning

Salt and pepper to taste

Combine the boiled and peeled shrimp, cooked pasta, chopped eggs, grapes, chopped celery, chopped onions dill and spices.

Stir in mayonnaise to moisten. Add more if needed.

Chilled overnight.

Serves 8



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://
sanantonioherbs.org](https://sanantonioherbs.org)

IN THE GARDEN MARCH

**Update from Steve Brown The first of March is typically the last frost date, but we have gotten nipped as late as the first week of April.

BIRDS: Depending on the weather, yearling Purple Martins should begin to start arriving now through the rest of the month, looking for nesting sites to colonize. Houses should be cleaned and ready to go. No matter what, keep the housing up through June, martins may arrive and begin nesting as late as the end of June.

Put birdbaths and bird feeders near protective cover , such as trees and shrubs.

After cleaning your birdhouses, put a few sticks in the wren houses. These birds are mor likely to nest in houses they've already used.

Depending on weather and sightings, it's time to clean and set out hummingbird feeders. Ruby-throated hummingbirds will attack creatures of any size that are a threat to their nests or food source. Spread feeders around your yard out of line-of-sight of other feeders to keep the peace.

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

GARDEN: Harvest spinach, leaf lettuce, collards and other greens one leaf at a time as you need them for salads.

Did you know that 45 minutes of gardening (at least modrate activity, not just "pottering" around burns as many calories as 30 minutes of aerobics? And, like aerobics it will lower your blood pressure and cholesterol levels and help to prevent diabetes, heart disease and osteoporosis. And eventually you will have something to eat for your troubles

One WEED pulled now prevents umpteen in April. If we have very many weeds, we may not be using enough mulch. Be sure to water before and after spraying and feeding.

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

Sow sweet corn, snap and lima beans and cucumber seed. Plant watermelons, squash, seed potatoes carrots and all types of beans.

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.

Gardening TIPS: Have 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 degrees or so) spot with a little indirect light about two weeks before you intend to plant them. When the sprouts are about ½ -inch long, it is time to cut the potatoes into seed pieces, dip in sulfur and plant.

Aphids are feasting on cole crops and other plants. Try to wash them off with a blast of soapy water until the predator insects get them in control. 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!

Plant warm-season annuals and vegetables such as tomatoes, peppers, petunias and Dahlberg daisies, but protect the plants if frost or hailstorm is predicted. Sow bush beans pole, lima beans, cantaloupe, cucumber and watermelon seeds if the weather is looking good. Consider planting Southern peas, pumpkins, peanuts, squash and okra.

Remove freeze-damaged vegetables from your garden to prevent disease.

The first set of potted tomatoes can be placed in the garden now. Place Gro-web on the cages for protection from wind and cool nights.

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

Lightning to the north or west usually means a thunderstorm is coming toward you but lightning to the south or east indicates the lightning has passed. This is a good rule of thumb but we still recommend staying out of trees anytime you see lightning or hear thunder, regardless of the direction.

LAWN AND LANDSCAPE: It's too early to fertilize lawns. Instead aerate and top-dress with ½ inch of compost.

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. Keep them well watered. Let potting medium dry between waterings.

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.

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

Wait to fertilize your lawn until you have mowed real grass twice. Fertilizing too early only benefits the weeds.

Add more mulch around hardy perennials, shrubs and trees if it is now less than four inches deep. Keep mulch away from base of tree trunk.

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

ROSES: If established roses were not fertilized in late February they should be fed at once.

Thin peaches and bluns to one fruit every 6 inches when they reach dime size.

Peak wildflower time in the San Antonio area probably will be during the first week of April.



Meeting Minutes

February we had a lovely, well attended dinner. Dear friends returned. New ones came too. We are all hoping that as we mark the date when Covid began, March 13, we begin to turn a corner and can again return to full in person meetings. With that return I hope that membership will also rebound.

We have had some very special meetings. The plant propagation that Mr. Swantner gave was so very useful. Sam the Fungi was engaging and entertaining. I hope you are all following him on Facebook. Weed and Gloat meets every month to tend the Botanical Garden herb patch. We have funds in the treasury to carry on our Herb Society. March fifth we will have a fund-raising event at Earthwise Living Day at 6427 Evers Road.

There have been many supporting members who have spent time working behind the scenes. They show up, help prepare, organize, clean up afterward. We appreciate all of their efforts. However, Herb Society needs Board Members who help guide the programs:

We need someone who will manage a very simple budget and document the use of our funds.

We need a small group of people who will get together about twice a year to plan eight (8) programs.

We need someone who will help new members fill out membership forms, and who will keep a record (already created) of our members.

We need someone to send out publicity. We already have the names and addresses. It is a matter of sending upcoming meeting information over the internet. (A do in your pajamas job)



And we need someone to guide the group. Robin is wearing out, and can no longer carry the burden of doing all the above jobs.

April will be here before you know it, and Robin will not be making any effort to develop a program. It will be up to you, my dear members, to get this together. What Herb Society needs is “I called so-and-so and they have a wonderful program on a real research based gardening topic. They would be available to speak on this date. Shall I tell them ‘Yes’ or do you have another person already? ”



Anticancer Herbs
Clearly, how we season our food influences our health.
From *SIGNS OF THE TIMES*· FEBRUARY 2022
By Winston J. Craig

Foods from your local supermarket, such as beans and broccoli, tofu and tomatoes, carrots and cabbage, can be powerful partners in your battle against getting cancer. But did you know that how you season these foods can also influence your risk?

Several commonly used culinary herbs have been identified by the US National Cancer Institute as possessing compounds that protect us against cancer. These defensive herbs include those belonging to the onion, ginger, mint, and parsley families, as well as flax. Use them regularly to flavor soups, stews, sauces, dips, salad dressings, entrees, vegetables, and stir-fry dishes.

They contain a diversity of active phytochemicals (such as flavonoids, terpenoids, phthalides, and sulfur compounds) that can combat the proliferation of cancer cells.

Garlic and Onion

A recent study revealed that the risk of prostate cancer was 44 percent lower in those using garlic more than once a week. In China, people with the highest intake of garlic, onions, and leeks had a risk of stomach cancer 40 percent lower than those with the lowest intake. In the Iowa Woman's Health Study, the highest consumption of garlic was associated with a 32 percent reduced risk of colon cancer.

The antitumor property of garlic results from its diverse content of organic sulfides and such health-promoting compounds as flavonoids, phenolic acids, phytosterols, and saponins. But note, garlic's inhibiting of tumor growth seems to be effective only when the tumor is small. More research is needed to determine the exact quantity of garlic needed to minimize cancer risk.

Studies in Greece showed that high consumption of onions, garlic, and other alliums (bulbous herbs) protects against stomach cancer. A Dutch investigation revealed that stomach cancer occurrence in those consuming at least half an onion a day was about 50 percent lower than in those eating no onion.

Turmeric

Turmeric offers a rich yellow color when added to such foods as rice and tofu. It also flavors soups. Turmeric's beautiful hue comes from curcumin, a bright-yellow phenolic pigment that's an even more powerful antioxidant than vitamin E.

Different ethnic communities commonly use turmeric as an antispasmodic. It is well known for its powerful anti-inflammatory action. It also contains substances that enhance immune function by stimulating white blood cells to action. Curcumin boasts the ability to suppress the growth of certain cancers in the stomach, breast, colon, lung, and skin.

Ginger

Dried ginger root offers a rich package of gingerols-phenolic antioxidants that have anti-inflammatory activity-that inhibit various cancers.¹⁶ Ginger also contains curcumin, which assists in

the elimination of cancer-causing substances. A teaspoon of ginger powder every day is a useful addition to any diet. Pieces of ginger can be added to fruit salads, muffins, and other bakery products.

Flaxseed

Flaxseed flour is finding its way into more and more breads, cereals, and bakery products. It not only contributes a pleasant nutty flavor but also increases the nutritional and health benefits of the final product. Some people enjoy a teaspoon or two of flaxseed flour or ground flaxseed on their cereal.

Animal studies have shown that flaxseed in the diet can reduce the incidence of breast tumors by 40 percent and the tumor size of chemically induced cancers by about 50 percent. The cancer-protective properties of flaxseed are believed to result from their very high level of lignans. Lignan metabolites bind to estrogen receptors, inhibiting the growth of estrogen-stimulated breast cancers.

The parsley family

Cilantro is a great addition to any salad, while ground cumin seed puts zest into hummus. A sprig of parsley adds color and flavor to soups or vegetable dishes. Fennel flavors vegetable preparations, and dill is used to flavor cucumbers and potato salad. Caraway seeds pep up bakery products and stewed fruits, while coriander seed adds richness to curry and pickles. Parsley family herbs are a good source of phthalides, coumarins, terpenoids, polyacetylenes, and other phytochemicals-many of which have cancer-preventive properties. These beneficial substances block metabolic pathways associated with cancer development or induce enzymes that help metabolize and eliminate carcinogens.

Mints

Terpenoids, the compounds responsible for the flavors of mints (basil, oregano, thyme, rosemary, sage) and other common herbs, suppress the growth of tumors and decrease the number of tumors produced. For example, sage and rosemary are rich in ursolic acid and various diterpenoids that inhibit cancer cells from growing.

Rosemary is a common ingredient in French and Italian dishes. It can be used to flavor stews, casseroles, and baked potatoes and may be added to various dressings. Rosemary improves digestion and is known for its anti-spasmodic action. It has been discovered that carnosol in rosemary extract can protect against cancer. It blocks the enzyme COX-2, which normally plays an important role in the development of colon, breast, and other cancers.

Ginseng

A study in Korea showed that the incidence of human cancer steadily decreased during the time Asian ginseng was used. Those taking ginseng for one year had 36 percent less cancer than nonusers, while those who used ginseng for five or more years experienced 69 percent less cancer. In addition, those who'd eaten ginseng, but less than 50 times in their life, had 45 per-

cent less cancer, while those who'd used ginseng more than 500 times in their life boasted 72 percent less cancer.

Clearly, how we season our food influences our health. Culinary herbs bring eating satisfaction while providing protection against a significant health risk. Make the change!

Winston J. Craig is a professor of nutrition and the director of the dietetics internship program at Andrews University in Berrien Springs, Michigan.



The San Antonio Herb Society does not advise, recommend or prescribe herbs for medicinal use; Information is provided as an educational service and the San Antonio Herb Society cannot be held liable for its content. Please consult a health care provider before pursuing any herbal treatments.

Word for the month Up-pot Meaning, replot your plant in a larger pot. From Klaus Schonfeld

Plumeria lecture at the Garden Center notes available upon request



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