



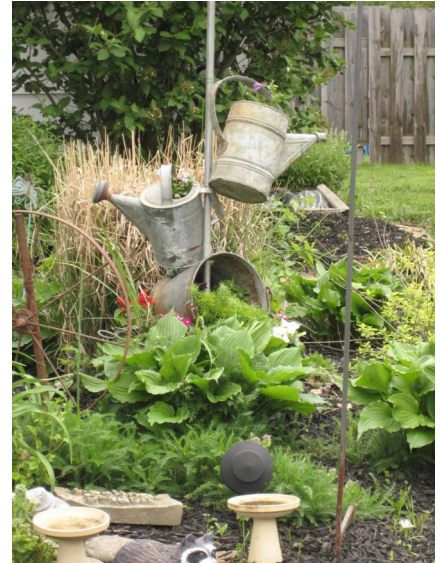
NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY  
 JULY 2022

**Recycling In The Garden– Share Meeting**

We have not had a Share meeting in over two year. So by the powers vested in me, I declare a Share Meeting. Traditionally, this is one of the most popular meetings we have all year. Everyone is so creative. We all come from so many diverse directions that we all can share something

You, dear members, are tasked with bringing at least one way you have recycled things to your garden or from your garden. Compost ideas are fair game. Think Raised beds, stakes, garden markers. Watering devices. Spots of interest. Adding color. Recycling wood of all sorts. Metal. Glass. The ideas are endless

Share also involves any ideas. So if you are short on recycle ideas, a recipe, a tool, an internet source, a new seed or a new food are all in the offering.



**SAN ANTONIO  
 HERB SOCIETY**  
 Mark your calendar for  
 July 14, 2022  
 3310 N. New Braunfels  
 San Antonio, 79209

INSIDE THIS ISSUE	
FROM THE PREZ	2
WEED AND GLOAT	4—5
UPCOMING EVENTS	3
MEMBER RECIPES	6—7
IN THE JULY GARDEN	9—11
MEETING MINUTES	8



Some good news : Why are we still in Stage 2?

“Stage 3 Drought Restrictions begins when the 10-day rolling average of the aquifer level drops to 640 feet mean sea level at the monitored well. [As of this writing, the level is at 634.9] Landscape watering is allowed only EVERY OTHER WEEK, from 7-11 a.m. and 7-11 p.m.” (From Google)

Brian Kirkpatrick’s article for NPR says: San Antonio’s drought ordinance also contemplates a Stage 3, when watering is only allowed every other week. It’s never been used before. The City can declare Stage 3 when the aquifer reaches **640 feet or below**, but unlike stages 1 and 2, **it doesn’t automatically take effect**. (my emphasis)

The Edwards Aquifer Authority has declared Stage 3 water restrictions for pumpers from the underground reservoir as the drought worsens. But two major pumpers, the City of San Antonio, and the City of New Braunfels, are sticking with Stage 2 restrictions, leaving customers unaffected.

The San Antonio Water System reports its diverse water supplies such as the Vista Ridge project, stored water at the Aquifer Storage and Recovery site and continued customer compliance with Stage 2 rules will make up for the reduced Edwards pumping requirements that affect pumpers only.

The EAA pumping cutbacks, which were triggered when the 10-day average of the J-17 well reached 640 feet, will not affect SAWS customers at this time since SAWS has demonstrated that it can meet cutbacks without stricter rules, according to a SAWS news release.

“SAWS has worked for 30 years to prepare for these kinds of Edwards cutbacks,” said Robert R. Puente, SAWS President and CEO. “We are well prepared with diversified water resources and reasonable watering rules in place.”

“We have been through this before and have not needed to go into Stage 3,” he continued. “We can manage this again together.”

SAWS said the Edwards Aquifer represents only about half of the city’s available drinking water because it is just one of the utilities’ nine water sources.

Watering days stay the same in Stage 2 as in Stage 1 – however, the hours during which watering is allowed are shortened. Watering with a sprinkler, irrigation system or soaker hose is allowed only between 7-11 a.m. and 7-11 p.m. on your designated day. Watering

with a hand-held hose is still allowed any time on any day, SAWS reported. The number that your home address ends with determines which day you can water your lawn:

0 or 1 – Monday, 2 or 3 – Tuesday, 4 or 5 – Wednesday, 6 or 7 – Thursday,  
8 or 9 – Friday

SAWS customers can take advantage of SAWS WaterSaver coupons and rebates to spruce up their yards and save money while saving water.

Stage 2 watering restrictions for landscape watering in New Braunfels are like those in San Antonio.

*We are so pleased that SAWS has worked for those 30 years, to ensure that we have water during a drought. Be sure to take advantage of the WaterSaver coupons. To conserve the water we have.*

## UPCOMING EVENTS

Meeting: Thursday July 14 Bastille Day so wear Bleu, Blanc et Rouge

NEED: Sandra is out of town. We need someone to help make the tea and set it up at the meeting. Contact Robin for supplies and equipment.

Weed And Gloat: Monday July 25th at 8 am. Botanical Gardens

August 11 Meeting: Bees? Or Microgreens... stay tuned!



## Herb Society Board

### President

Robin Maymar

[robinmaymar@gmail.com](mailto: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>

Fan blades, an old leg from a chair or a banister upright, decorated to make a dragon fly.

This month's Share Meeting will be full of clever ideas for decorating your garden as well as many ideas for practical use of ordinary objects.



## 7 1 2022 WEED AND GLOAT Jasmine, QR Codes and Mulch

Nelle reminds us that it is too hot to do much late in the day in the garden. She arrived about 8:30 and the rest of us about 9. Next month, July 25, we ARE coming at 8. Go mark your calendar right now.

Our wonderful news is that Jasmine Torrez joined us and helped until about 11. Jasmine is the new volunteer coordinator for the Botanical Gardens. In our opinion, she is a real keeper.

A native San Antonian, she attended Incarnate Word before joining the Botanical Gardens. We talked about the issue of marking all the plants. Especially when you are growing herbs, it is important to know which ones are edible, and how to use them. We think it would be helpful to have markers. However, one of the issues is tourists take souvenirs instead of pictures. The special marker disappears, and the gardens have to have another one made. A horticulturist from Seattle said that they had put QR codes on their gardens to identify things but they also were stolen. We are left wondering about the mindset of someone who steals a QR code... That is a QR code placed on a brick wall. You use a smart phone to download the information, then the phone takes you to a site. You can read a menu, or visit a garden, or learn more about tickets for sale or all sorts of things. It is a pretty clever system once you get the hang of how it works.

Jasmine had used QR codes for treasure hunts. Said another issue was that if an extra pixel is added to the code, it takes the adventurer to whole different location. We were sitting under the confetti of the crape myrtle as little flowers kept falling. I can just imagine them messing up the code.

To our delight, the gardeners have been watering twice a day. There was actually mud in the bed! Of course, the herbs looked spectacular. The quiescent mint had sprung to full-on invasive strength. We chose to weed and cut back the tide beginning in the two ends, the sunny spots. If



Gloria arrived, we would put her in the shade, as the past two sessions she had exclusively weeded the mint. We removed mint from around: gingers (transplanted last year to cover that back wall), the rosemarys, the garlic chives, the lemon grass and the copper fennel. If you want to see what a healthy fennel looks like, there is no better than in the Botanical Garden Herb Bed.

A number of visitors came by. We love that. Some are from out of town, most of them are gardeners, and some are local. We always invite them to our meetings, ask about their garden, and usually offer them some mint, or whatever we are whacking back at the moment. I do not know if any of the other garden volunteers are as bold as we are. We just love to share what we are doing.

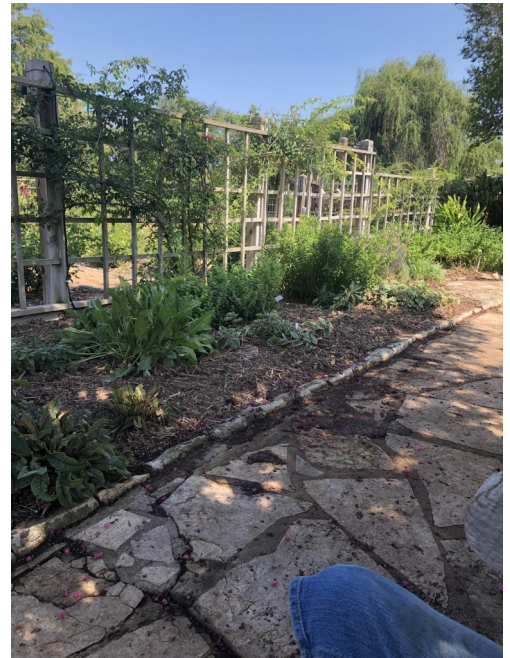
Nelle excavated the little Dutch Pipe, not an herb, but a delightful plant invited to stay. We were sad that Marsha could not join us (air conditioning guy coming), as it was her request that we grow the Dittany Oregano. It had struggled for months Cindy cleared around the Dittany grown large since last month and now blooming. (pictured).

Then the best! Dennis brought us a load of mulch. Nothing warms a gardener's heart more than mulch is the dry summer weather. We blanketed the whole garden with it. Since the soil was so moist we did not feel that it needed more watering.

Then we sat in the shade and gloated. "Don't take a picture of me," Nelle said "I am not picture ready" So who was? I had mud on my face and my denims, we were all glowing. But Nelle persisted in sweeping up.



## Dutchman's Pipe



**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 25  
We meet at 8 A.M.  
Contact [robinmaymar@gmail.com](mailto:robinmaymar@gmail.com) for  
Information about parking & easy access .  
See you then.

# Culinary Contributions

## CHICKEN & MANGO COLLARD WRAPS

Your Guide To Greens article from Eating Well section in *Health Magazine*

Recipe by Julia Levy Edited by Robin Maymar

From Health magazine, April 2022

Active time: 30 minutes

Total time: 30 minutes

Serves 4

### Bottled Peanut Sauce

The Seoul Grocery on Rittiman Road at Harry Wurzbach carries a variety of brands of bottled peanut sauce. One was a small bottle with a long thin neck. This was a sweet variety with just a hint of heat. But it was hard to get the sauce out of the bottle. The other we chose was Thai Peanut Satay that had a kick to it. We used some of each but determined that the sweeter variety was safer for public use.

I wrote to the author because I felt she should have either given a brand name or provided a recipe as peanut sauce is not a common thing here. Here is a recipe I used from *greatest ever thai* by Paragon Press

### PEANUT SAUCE

*1 ¼ Cups coconut milk (13.5 oz can)*

*8 tablespoons chunky peanut butter*

*½ small onion, grated*

*2 teaspoons brown sugar*

*½ teaspoon chili powder*

*1 tablespoon dark soy sauce*

*DIRECTIONS; Place all the ingredients in a small pan and stir over medium heat until boiling. Remove the pan from the heat and keep warm. (Store in closed glass jar in the refrigerator)*

### CHICKEN & MANGO COLLARD WRAPS *(our edits in italics)*

#### Ingredients:

1/2 cup bottled peanut sauce

2 Tablespoons fresh lime juice

1 Tablespoon Massaman or yellow curry paste *(found Mae Ploy brand Yellow Curry Paste at Seoul Grocery also)*

2 cups shredded cooked chicken breast *(either cold or hot) Wonder if firm tofu would work as a vegan substitute*

2 cups finely shredded red cabbage

2 cups coarsely chopped fresh baby spinach

2 cups matchstick carrots

2 cups cooked short-grain brown rice

1 firm-ripe mango thinly sliced into 24 pieces

1 firm-ripe avocado thinly sliced into 24 pieces

## DIRECTIONS:

1. Stir together peanut sauce, lime juice and curry paste in a small bowl.
2. Toss together chicken and 2 tablespoons peanut sauce mixture in a medium bowl; reserve remaining sauce mixture. *Comment: the combination of peanut and curry paste is incredible.*
3. Cut stems off collard green leaves. With a paring knife or vegetable peeler, shave off tough part of remaining stem for easy rolling. Place leaves in a large, shallow heat proof bowl or baking dish. Boil 4 cups water and pour over leaves; let stand until bright green and malleable, about 1 minute. Remove and pat dry. *Comment: you may want to cook these a little longer to remove more bitterness.*
4. Place a leaf flat on a work surface with vein side of leaf facing up and stemmed end toward you. Spoon about 2 heaping tablespoon each chicken, cabbage, spinach, carrots and brown rice in middle of leaf.
5. Top with 2 slices each mango and avocado. Roll up leaf burrito-style; fold stem edge up over filling, fold in sides and roll. Make 11 more in the same manner. Slice each wrap in half crosswise and serve with reserved sauce mixture for dipping. *Comment: the mango/avocado combination is delightful. (If you use this quantity, serve with knife, fork and spoon as it falls all over the place. Or fill with less, use a little more peanut sauce to hold it together.)*

### Robin notes:

- It was not clear from this recipe whether it was to be served with warm and cold ingredients. So, I experimented.
- The first offering was as written, served cold, at the Herb Society meeting.
- Then I cooked some of the cabbage and carrot, just to soften them a little more, as it seemed too crunchy to eat. Then stuffed a second set of leaves. After cooking they stayed in place.
- The collard greens were just a little too bitter. After chilling the un-cut wraps overnight, we cooked them in a small amount of olive oil about three minutes on each side. This was by far the best taste

We wrote to the Author, Julia Levy

The idea of using collard leaves as a wrap caught my eye. I followed the recipe as best I could, but felt there were some things missing. The author seemed to think that everyone knew what bottled peanut sauce was. Well, not in San Antonio, Texas. When I asked at the Asian grocery store, there were lots of varieties. It would be better to have a brand name, or an additional recipe for the sauce.

Also, it was not clear whether this was a make ahead and chill, serve hot (because of the chicken) or serve immediately at room temperature. Confused, I tried all three methods. Served right away. Chilled and served the next day. Took some and heated olive oil, cooked a little one either side and served hot.

The heat helped make the collard less bitey. It got the highest praise. The other problem we had was it looked like this was an eat out of your hands (us Texans know our way around a tortilla used for the same purpose) However, all the beautiful stuffing, my wraps looked like the picture, fell all over the place. They were hard to eat without knife, fork and spoon

So, kudos for using the abundant collard green leaves. We will experiment with other stuffings, use less stuffing and thank you for a good recipe.

Robin Maymar (830) 459-8415 San Antonio Herb Society

The other problem we had was it looked like this was an eat out of your hands (us Texans know our way around a tortilla used for the same purpose) However, all the beautiful stuffing, my wraps looked like the picture, fell all over the place. They were hard to eat without knife, fork and spoon.

# Meeting Minutes

The meeting was called to order at 7:10 pm by president Robin Maymar.

Members were welcomed. New member Patsy Nicholas was introduced, and we welcomed returning member Betty Riggs. There were 17 members in attendance.

Robin gave an appeal for

- 1) more books for our scholarship table.
- 2) a person to train on how to set up the video equipment before the meeting

She also reminded members about our Free Table. It is always fun to recycle our garden things, be sure to bring items for the free table. And she gave a big “Thank You” to Loretta for bringing her free table Jewel of Ophir plants to share.

Robin also thanked all the good cooks for bringing buffet items. She introduced an experimental dish collard-green wraps. Offered no guarantees but promised to post the recipe in the next newsletter. Remember to bring a ‘title’ for your dish, and if possible, a recipe. We love to feature the good stuff in the next issue.



Robin introduced Alma Roninger, our speaker from Compost Queens. There was some confusion about the projector, as Alma had not brought a thumb drive. But the talk went on without as many visual displays. She did have a lot of equipment to see.

To explain why compost was so important she gave us a lot of information about soil in general. Good soil can hold twenty times its weight in water. Compost enhances the microbial properties of the soil. Compost also stimulates growth of mycorrhizal fungus, which produce enzymes, which in turn release nutrients to the plants. They also sequester carbon from the atmosphere. Pictured is the proprietor of Talking Tree Farm who is using a broad fork to open the soil. He does not turn it, but loosens the soil to introduce compost.

One third of the topsoil is lost to erosion. (My notes may be fuzzy here) Compost will help thing grow and this in turn prevents erosion. In layering compost use three layers of browns to two of green. Compost should reach a temprature between 130 and 170 degrees to actually break down efficiently.

Vermicompost uses worms to break down materials. For 1 cubic foot of soil you need 1 poind of worms. They need ventillation, but also darkness. This system is not like composting, in that you do not turn anything over, the worms do that for you. Add half a pound of food a day for one pound of worms. She suggested no cooked foods. Mostly food scraps, peels, fresh fruits and vegetables, etc. No citrus or garlic.

Once the material has composted, she moves the worms to one side and just harvests the castings themselves. Worm farm will do well outside as long as it is kept in the shade and does not have too much water. A healthy worm colony should not smell at all.



Finally, Bokashi Composting, which Compost Queens specializes in, was introduced. Bokashi is Japanese, and involves fermentation. The starter is made by inoculating coffee chaff, a waste product from coffee roasting. The inoculant is made from milk and rice fermented bacteria. It is dried for long term storage. You use ½ a quart to a five gallon container. You place solid food waste, all kinds, into the five gallon container, add a layer of inoculant. Instead of decaying, the mixture pickles. Seal the bucket between additions. The bucket can be kept in a garage or outside in the shade. Extra liquid may accumulate in the bottom of the bucket. This can be poured down the drain. The bacteria will help clean out the pipes. Press down the layers, use shredded paper at the bottom. It will have a sour smell. Some white mold may grow on the mass in the bucket. When the bucket is full, you can introduce the material into a trench in your garden. It will continue to compost in place there.

Alma then had us do a mini- compost with a banana peel and some inoculant. Members were encouraged to take the jar home to see how the compost proceeded.



In addition to our speaker, we had a Bingo game contest, to identify all the different materials that can be placed in compost. Always begin with shredded paper at the bottom which makes it easier to empty the container. Three winners won a brand new do-it-yourself compost container: a one gallon bucket of ice cream. After the ice cream is eaten, the bucket makes a very strong seal for keeping a day's worth of compost on the counter.

The meeting ended at 8:40

### CALL FOR MORE BOOKS RECYCLE! RECYCLE! RECYCLE!

Next to the Free table, a popular table used to be the donated books. However, we are recycling a bunch that we have had for a while and need some new donations. Do you know somebody who is downsizing? Or needs to? Is there someone who is moving, that might be willing to donate books?

We have even been to a massive estate sale with a huge, cluttered bookshelves. They had wonderful craft, cooking and gardening books. There were so many items to be sold, it was the last day. I pulled together a whole box of books and made them an offer. Sold! They eventually regrouped and had a second sale. But we had some fabulous books to sell. Even Grace keeps telling me she has a bunch of books for our table. So please, call me up. I'll drop by and leave you with shelf space. You know how valuable that commodity is!

NOTE: The book sales go toward Scholarship at San Antonio Colleges. Cookbooks not sold are donated to St. Philips college. They are used for a variety of reasons. Analysis of menus and recipes. For historical research on food service and food preparation. For using different and unusual techniques. To compare types of cookbooks, in preparation of making a cookbook for a restaurant, nursing home, or hospital. Nothing is wasted.



## JULY TO DO LIST

In his garden every man may be his own artist without apology or explanation

*Here is one spot where each may experience the "romance of possibility." -Louise Beebe Wilder*

**1st WEEK:** **2nd WEEK:** **3rd WEEK:** **4th WEEK:**

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.

**In the 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.

**In the Garden** 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

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 the compost pile.

Seeds from many spring-blooming flowers are mature and can be harvested, stored and then planted later this fall in your landscape.

As spring-planted vegetable plants play out, add them to your compost pile as long as they are not diseased or pest-infested. For hot-weather nematode control, plant Mari-Mum marigolds. As vegetable beds become vacant, till and cover with a black plastic cover to control weeds and nematodes until fall planting. Conserve water by buying plants adapted to the area.

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. **Don't waste water.** Water most plants deeply on the day before they would have wilted. **Begin preparing vegetable garden for fall planting; tomatoes look for Surefire, Heatwave and Merced. Pinch back garden mums for the last time.** It is time to plant your fall vegetable garden (or start in shelter if the temperature is hovering around 100 deg.). Put in a simple drip irrigation system for efficient watering. Kits are easy to use. A soaker hose is a simple method to install drip irrigation in vegetable gardens and flower beds. But don't turn the faucet on full blast. A quarter turn of the spigot is all you need. Check the moisture level of your compost pile.

**Birds/ Pollinators** 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. A bird bath or other source of water will help birds, bees and other critters survive a drought condition. Plant Asters, Firebush, perennial garden Mums, Salvias, Marigolds (spider mites are less problematic in the fall), etc. for fall bloom in sunny sites. Skim the top of lantana (except the one pictured) and verbena with a string mower every six weeks to keep the plants blooming consistently. 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. If you can find sturdy American hybrid marigold transplants that are not blooming yet, plant now for a spectacular fall display. Firebush, planted in full sun on a patio, will attract hummingbirds. Use fire spike for shaded areas.



A very determined lantana

**Yard** As temperatures rise, expect some leaves to fall from tree crowns. It is a natural survival tactic. July is a good month to prune oaks and avoid OAK WILT threat. Paint pruning wounds immediately to be safe. Lawn clippings left on the lawn decompose to provide nutrients and organic material. Do not waste landfill space by bagging clippings. Remove spent crape-myrtle flower heads to encourage more blooms, even through September. 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. Bear with trees and shrubs with yellowing leaves. They are reacting to hot, dry weather and will recover in milder conditions (do not water the base of the tree trunk as this will contribute to more stress, water out at the drip-line). Spray iron sulfate on plants with chlorotic leaves (yellow leaves with green veins).

Establish a new compost pile to accommodate the upcoming fall leaf accumulation. 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 neighbors dog (and away from the neighbor's nose). The driest time of the year is the best time to paint and reseal wooden outdoor furniture, decks and fences.

Water lawns wisely. Contact SAWS for more information. Water apple and pear trees weekly. 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

**Pests** Chewing SQUIRRELS, in search of food and moisture, are girdling branches in shade trees, which can cause the whole branch to die. Spray pruning paint on the wounds, where practical, to discourage further chewing.

**Organic Rose Program** Watering: If possible, save and use rainwater. If not, add 1 tbs. of natural apple cider vinegar per gallon of water. If all else fails, just use tap water but don't over water. Avoid salty well water. For best results foliar feed with Garrett Juice every 2 weeks, but as least once a month. When soil is healthy, nothing but Garrett Juice is needed in the spray. During our hot Texas months, try watering and spraying in the morning.

Pest Control Program: Add the following to Garrett Juice and spray as needed.

Garlic teas - 1/4 cup/gal. or label directions for minor insect or disease infestations.

Citrus oil, orange oil, or d-limonene - 1 oz./gall. of water as a spray, 2 oz./gal. of water as a drench.

Potassium bicarbonate - 1 rounded tbs./gal. for minor diseases.

Liquid biostimulants - Use per label - Agrispon, AgriGro, Medina, Bio-Innoculant or similar product.

Neem - Use per label directions (should not be used when temps. are 85-90 or above) for more serious insect and disease infestations.

Fish emulsion - 2 oz./gal. for additional nutrients (may not be needed when using compost tea).

## BUSINESS MEMBERS

WE THANK OUR BUSINESS MEMBERS FOR THEIR SUPPORT.

MENTION YOUR S.A.H.S. MEMBERSHIP WHEN YOU PATRONIZE THEM!



### Nature's Herb Farm

#### Natures Herb Farm

7193 Old Talley Road Lot #7  
San Antonio, Texas 78253

Email: [naturesherbfarm@att.net](mailto:naturesherbfarm@att.net)

Website: [naturesherbfarms.com](http://naturesherbfarms.com)



#### Rainbow Gardens

8516 Bandera Rd,  
San Antonio, TX 78250

[210\) 680-2394](tel:2106802394)

### Health by Choice

San Antonio's "go-to" group offering  
Natural Health Solutions

Sil & Yoli Huron, BA, CNHP  
Certified Natural Health Professionals

(210)-735-9053 (210) 213-4852

Email: [health4ever@barleybaby.com](mailto:health4ever@barleybaby.com)

[www.barleybaby.com](http://www.barleybaby.com)



Helping Millions Since 1948.

Affordable, effective weight-loss support

Real People.  
Real Weight Loss.®

Try it free.

To find a meeting, call (800) 932-8677 or visit [www.tops.org](http://www.tops.org)



#### WILLIAM VARNEY

830.456.9667  
P.O. Box 927  
407 Whitney Street  
Fredericksburg, TX 78624  
[wvarney@urbanherbal.com](mailto:wvarney@urbanherbal.com)  
[www.URBANherbal.com](http://www.URBANherbal.com)

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



#### David's Garden Seeds

5029 FM 2504

Poteet, TX 78065

Website: <https://www.davids-garden-seeds-and-products.com/>

**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