



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY
OCTOBER 2022



Herbal Dye process with Elizabeth Shrivastava

The dye process is complicated. Elizabeth uses natural dyes, derived from plants and some herbs. There are a surprising number of plants here in San Antonio that can be used for dye. And dyeing is not just for fibers like wool, silk and cotton. Paper, inks, fabric for quilting and even wood or fibers for basketry can be dyed.

Elizabeth began dyeing fibers after she took a class at Southwest School of Art. She has been exploring her craft for four years; because of the nature of the craft, she works mostly outdoors.

Her journey into the fiber arts began in childhood with knitting and weaving. She enjoys fiber arts and gardening, so dyeing is a natural outcome of these two interests. Elizabeth will share resources available here in San Antonio and where to find on-line information about this craft.

If you enjoy fiber arts or gardening then this is the meeting for you.

**SAN ANTONIO
HERB SOCIETY**
Mark your calendar for
October 13, 2022
3310 N. New Braunfels
San Antonio, 79209
HERB MARKET
SATURDAY
OCTOBER 15

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HOLD ON, JUST A MINUTE, LET ME WRITE THAT DOWN

My nemesis is clutter. I have paper everywhere, pencils, memo pads, books, seeds, pots for plants, and just a lot of stuff. Why? Because I am a visual person

Nelle tells me how to make London Fog Tea; she tells me a second time at Weed and Gloat. I pay attention. She brings the me recipe, and I make notes on the back. Do I know how to do this? I get the little frother she recommends (a fine trip to Ikea with the granddaughter) Then I spend a few fruitless hours trying to froth milk. I AM CLUELESS I need to see this done. I am a visual person.

And, I admit it, my memory is not good. I have had a calendar since I was in high school. If it was not written on my To Do list, it probably did not get done. But I am noticing especially that the short-term memory is not serving me well at all. For instance, I am reading a note from someone, I remember that a task needs to be done before I see this person, get up to write it on the ToDo list, look for a pen. By the time I find the pen, I have forgotten what it was I was going to write. If I am lucky I can return to the note and remember. If not, it may not come around in my memory for a day or two. Hence, there are notes everywhere.

Which leads to the second issue of clutter, they are not organized into neatly stacked tasks, as they should be. Probably because I am doing so many different things. My bad.

But the worst thing about the memory, is that there is no tape in the recorder. People tell me things, like how to froth milk and, later, I just do not have that tape in my brain anymore. I do not remember the instructions. Again, this is not new. Many years ago when I managed a department in a large store, my motto was "If it is not written on the calendar, then it does not exist" I had so many young employees say "Don't you remember, I told you this the other day." I trained them to write everything down when submitting it, and it helped both them and me.

So, w (phone rings, I get up to answer and that sentence I was going to write is completely gone... sigh)...Well, the good news is that while I have been writing this newsletter. I put in it all the things I want you to know. This leads to a lot more clutter. So I have been forced to sit down and actually organize a lot of those notes that are floating around on the desk. Forced! Out of necessity. And each month, you are helping me organize just a little bit more. I tidy up even more each time because I want to share with you all the cool things that are happening. I write notes during the month to remind myself. I even have a list of the titles of articles and maybe an outline, for next month and the month after.

And I organize, and file, and organize, and file. To the point that I have actually established a fairly simple routine of filing, organizing, writing. I still lose things but I am getting information to you in a much more timely manner.

I guess that I wanted to write this so that you will know why I called you three times to get the address, or texted you because I could not find the recipe. It is not that it is not important to me, it's just my brain. I know you'll understand.

10 1 2022 WEED AND GLOAT

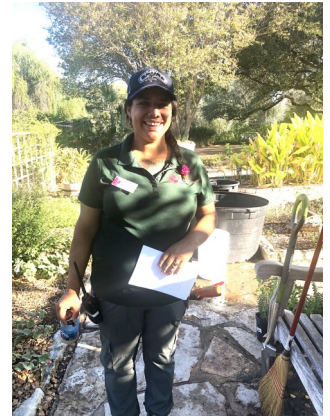
The weather has begun to change. Instead of 99 degrees every afternoon we have 96 or 95, but the real change has been the nighttime temperatures. They seemed stuck in the high 70's all summer. Suddenly they are in the very low 70's or even the 60's.

What a relief, and how fine the mornings are now, starting at just 70 degrees.



The herb garden this month is a mixed bag of good and bad.

Horseradish has slumped all the way to the bottom of the barrel and looks very fragile. We were blessed with good help this morning: Monique Garza (Gardener) arrived, bringing a large bag of potting soil. We gently removed the horseradish, down to that deep root at the bottom of the barrel, then filled in and replanted it, with the 'A' side toward the walkway. Looks much better



The bed of mint we have been thrashing back for years now looks humble and dead. Don't worry, there is another patch growing vigorously. We pulled the last dead runners up and replaced with sweet basil and lemon verbenas. Cindy discovered a whole line of ginger roots with tiny shoots, bravely trying to grow in the shade of large Mexican mint marigolds under the trees. She split them apart, we watered at the very north end of the garden by the gate, then replanted the gingers with plenty of space to grow. Both Gloria and Monique said they would see to watering the new transplants and the shampoo ginger in the barrel. It had really taken a blow from the heat. Yet, it had put out its funny pine cone shaped (excuse me while I Google that) *inflorescence* "Zingiber Zerumbet is known by many as the "Shampoo Ginger Lily" as a result of its pinecone-shaped inflorescence, which when squeezed, produces a fragrant milky-white transparent substance. This substance can be used as shampoo or hair conditioner." Since there is just one, we have never wanted to squeeze it. The flowers of this plant are wonderfully fragrant for days after picking. It is right in the front of the plant in the picture. We trimmed off all the sad dry parts, but forgot to take its picture.



On the other end of the spectrum, the Thai basil has taken over part of the sidewalk and is full of busy bees. We worry that a visitor may brush up against this and be stung. We lopped off all the overhanging branches. It looked well groomed after we finished, so no harm no foul.



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, October 31

We meet at 9 A.M.

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

See you then.

The lemon grass has grown high again. Cindy said it looked nice and to leave it. So we have two nice towering obelisks of lemon grass, framing the barrel in the center, our focal point. Unfortunately, there was nothing in the barrel, so we remedied that by planting the Herb of The Year: Violas. Dennis Joy had provided us with flats of herbs and a lot were violas. I love their cheery little blossoms. They now circle the barrel. Hopefully, soon to be joined by a very small bay tree. (He pointed out that there is a large bay in the garden to the south)

We placed "Wall Germander" by the fence. Looking forward to being able to prune that to a lovely



shape. Lemon thymes were placed in the sun with the other thyme plants established there. We placed a few parsleys across from the bench. Filled in a long space in front of the bench with violas. If they all grow we will have a lovely visual swath. And, finally, the cat nip was placed to the south of the lemon grass, waay far away from the other mint plants so they don't get all mixed up.

Work done, we sat on the bench for our picture. Patti, Marsh, Gloria and Cindy our team this month. Then off for some coffee and talk.

We are documenting in pictures the secret



weapon we use to do all those deep weeds.

Radius makes this Pro Weeder.

We found it on the internet and have purchase.

never regretted the

Upcoming events

October 15, Saturday HERB MARKET!

This event is held the third Saturday in October every year. Vendors assemble with all sorts of herbal goods. We are no exception. We will have herbal garlic salt, hand-painted garden decors, lavender spritzers, yoga eye pillows, London Fog tea, garden markers and lots of herbal advice.

Mary Dunford will have lots of herbs for sale from Nature's Herb Farm. This is your opportunity to stock up, and fill in the gaps in your garden beds. Think especially of herbs that will go through the winter months or live happily in your greenhouse. Parking is free, we understand. Follow the signs to the parking garage at the Pearl (off Grayson) or park on E. Elmira street and walk over the bridge past the Emma Hotel.



● * * * * *

October 13 Herb Society Meeting at the Garden Center. Featuring Elizabeth Sharmastava

October 31 Weed with us at Botanical Gardens herb garden. Call (830) 459-8415 for details, directions and addition to email.

Culinary Contributions

QUICK PEAR CRUNCH

Adapted from *Joy of Cooking* by Irma Rombauer

Quick Cherry Crunch

Use a 9 X 9 X 2-inch pan

Preheat oven to 350 degrees

Mix and let stand 15 minutes

½ cup juice (we used pineapple on hand)

½ tablespoons quick-cooking tapioca

Melt in a large pan

½ cup butter

Mix with it 1 to 1 ½ packed brown sugar

1 cup flour

1 cup quick-cooking oatmeal

1 teaspoon each baking powder, salt and soda

Put half of this mixture in a baking pan

Scatter over it

2 cups pears, peeled and cut into bite size

two tablespoons kirshwasser added to the tapioca mixture

Cover the fruit with the other half of the pastry mixture.

Dot with pecans or walnut if on hand

Bake 30 to 35 minutes or until brown.

Comment: Pears laden the tree at the end of August. We need a taller ladder to harvest the rest. Combined with the pecans frozen from last year's harvest, this made a tasty snack. Some of the pears were still hard and crunchy others were more tender. The combination was fun to the mouth with both textures.

May try baking the lower half until crisp, then adding pears and top.

May also try with skins on pears. Skin seemed very tender.



BEEES WRAP CLOTHS

Plastic cling wrap and plastic bread bags are often one of the last barriers in reaching the goal of a zero waste kitchen. You can save money and avoid endocrine disrupting plastic with a reusable beeswax wrap. Plus, once you see how easy it is to make your own beeswax cloth wraps, you can make any size you need, whenever you want.

IN THE OCTOBER GARDEN

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 15 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 (we hope) 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,(if we have any) 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 vitamin 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.

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.

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.

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)

We have wonderful volunteers in this organization. A number of members stepped up to help with Herb Market, program organization, calling members, printing flyers and distributing them all over town.

You all have been great.

As you can see from the sidebar her, there are some new people stepping up, and there are some vacancies.

The easiest one is Membership. The small file is organized. There are about two hours worth of tasks each month. An hour after the general meeting to up date the rolls. Then an hour before the next meeting to up date the sign-in sheet, rint it and prepare for the meeting itself.

It would be nice if we could have a secretary at the meetings. I prepare a complete agends. Very little needs to be entered. Notes about what the speaker says would be very nice to have, so I could include them in the newsletter.

Herb Society Board

President
Robin Maymar
robinmaymar@gmail.com

1st Vice-President (Programs) *Currently supplied by membership at large.*

Treasurer Milan Maymar
Secretary *Volunteer at meeting*
Membership *Vacant*
Publicity *Vicki Jamvold*

Our website: <https://sanantonioherbs.org>

Meeting Minutes

September 8, 2022 the meeting was called to order by president, Robin Maymar at 7 p.m.

Robin welcomed all the members and guests. She thanked Cindy Moore and Sandra Woodall for setting up our refreshments table.

Announcements:

Herb Market is two days after our October meeting. It is held every year at the Pearl It will be on Saturday October 15 from 10 to 1 as far as I know. *(From 9 to 1)*

We have new products to prepare for Herb Market Workshop at 110 W. Brandon, unless someone else want to host it.

Thursday September 15 from 10 to about noon Rocks, spritzers and begin roasting the garlic for salt (depends on the humidity)

Monday September 19 from 10 to about noon Package Salts and label, more painting, ping pong balls, package tea for London Fog Tea, make lavender sugar for London Fog Tea

Thursday September 22 from 10 to about noon Final prep. Sew lavender sachets

A sign-up sheet was distributed for volunteers to help at the Herb Market at the Pearl October 15.

Mrs. Maymar introduced Alan Montemayor, out guest speaker, with a presentation about Plastics:



Suggestions

Carry a washable, reusable bag with you. (Container Store)

Trader Joe has washable cloth produce bags you can use instead of plastic.



WHAT WAS SAID

Mr. Alan Montemayor spoke to us on Plastics: What can we do now?

He began with a brief history of plastics, beginning with Bakelite in 1909. So in the grand scheme of things, plastics are a relatively new substance.

The plastics manufacturers realized that plastics would last a long time. The public became aware of the fact that plastics needed to be recycled. At first only about 9% of plastics were recycled. In a public relations move, plastic manufacturers added the little numbers in a triangle to alert the public of the different types of plastics that could be recycled. Unfortunately, most of those that could be recycled, were too expensive or difficult to actually be recycled. Some countries purchased bulk recycle to 'mine' for usable material, but eventually that income even dried up. So now we have larger mountains of plastics in our waste facilities and landfills.

The Bad: Scientists now recognize, that with plastics in all of our lives, we now have plastics entering the food chain. This has become a vast, uncontrolled experiment that has affected the whole world.

Worse: PFAS, Per- and polyfluoroalkyl substances is known as the forever chemical. It does not break down in water, air or soil. Found in many places: Teflon, stain repellents, fire fighting foam, it is hard to get rid of and it is not known what levels are harmful to people and it affects many parts of the body.

Alan then spoke about the food chain and how plastics were found in every part of the food chain, from picking to packaging to transportation and consumption. We are surrounded by plastics.

The supply chain issue is that plastics have so many positive characteristics. They are light weight, can be transparent, moldable, useful in so many ways. The huge petrochemical industry cannot leave the oil industry's resources in the ground.

What can we do? Alan suggests a sustained, grass roots effort. First, vote with your pocketbook by not buying plastics if at all possible. Bring your own metal mug. Use cloth re-usable bags for grocery and shopping. "Be the change you seek in the world." Volunteer, vocalize and organize.

Use alternative materials to plastic. Return to glass for household use. Remember to use wood, paper, ceramics. The vast majority of household plastics come from supermarkets and convenience stores.

R⁵ is the watchword:

Refuse to buy things with plastic packaging or content,

Reduce plastic in your life. Is there a substitute?

Reuse as many existing products as possible and

Rot: compost as much as possible

Recycle when all else fails.

An active member of the Sierra club, Alan reminded us that the Sierra club meets the 2nd Tuesday of the month. Next meeting September 20.

RECYCLE FOREVER

First entry in the *Recycle Forever* column, suggested by Alan Montemayor of the Sierra Club. Prize goes to Dennis Joy, our garden supervisor at the Botanical Gardens.

The gardens are always in need of one-gallon black pots.

We were not sure what size that was, so dropped by the green house. Turns out there are two versions of a 1-gallon : The Trade Gallon and the True Gallon. Here's the good news, they will take and use both.

But ONLY this size. They have tons of the other sizes, so don't even think about anything else.

So, here's the difference;

Trade Gallons are about 6 ¼ inches high and have a diameter of 6 ½.

True Gallons: 7 inches high and 7 ¾ across the top.

This is like the cell phone add where there are two maps one orange and one purple, look the same to us.

This is a perfect opportunity to recycle and de-clutter at the same time. In organizing our pots, we realized that we had a number of the trade pots but only one true gallon. Either one will do.

Please wash out your pots. Bring them to the October 13 meeting. They will be recycled the very next day.

Below: True and Trade gallons Both OK to recycle to Botanical Gardens by bringing to the next meeting



YOUR BOARD AND HERB MARKET TEAMS HARD AT WORK

The minutes said there were meetings, and that was true. We had wonderful advice on the idea of moving the meetings to daytimes, the Board and friends decided we would call members for in-put. More to be discussed at the next general meeting.

We had a good team assemble to help create all the merchandise for our Herb Market. We met three times. Painted ping-pong ball garden decorations, roasted garlic and made garlic salt, packaged and labeled the same.

We tried making the London Fog Tea but will need some more executive direction from Nelle.



Esther brought a harvest of parsley. Now dried, we will make new product: parsley garlic salt.

A miracle occurred, and Robin got the computer to reveal the true labels for the Lavender Spritzers, and Marsha generously contributed color printing to finish them off. Marsh, in spite of protestations wrangled the printer into submission and printed paper labels for the garlic salt bags.



The work-table is full. We need one more day, October 6, to finish it all. Call Robin to let her know you are coming. See you at 10.



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.

BUSINESS MEMBERS

WE THANK OUR BUSINESS MEMBERS FOR THEIR SUPPORT.

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