



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY
September 2022

Problems with Plastics: What we can do Now !

Plastic in our surroundings has become so pervasive that we hardly notice it anymore. Like the water to a goldfish, we are completely unaware... until a report comes out that micro-plastics are everywhere. Even in our food supply, our drinking water, our very bodies.



Alan Montemayor brings word about what we can do. He is passionate about conservation of natural resources, clean energy, local agriculture, sustainability and improving quality of life for not just San Antonio and Bexar County but the whole world. He has a lot to tell us.

A lifelong San Antonian, he has been active in the Sierra Club since 1983. He has a Bachelor of Science degree from Texas A & M and worked at Southwest Research Institute for 25 years, designing alternative fuel vehicles. A world traveler, he directs his efforts toward local actions that will lead to sustainable energy, water, air quality and food policies for our region. Climate justice is a large part of that local work, and there's plenty to be done. Alan is chairman of the Alamo Group of the Sierra club and sits on the board of the Greater Edwards Aquifer Alliance. Alan says "I thought retirement would allow me to sleep late and enjoy life, but I'm up every morning at 6 a.m. ready to save the world!" We are looking to see how we can help accomplish this one herb at a time.

**SAN ANTONIO
HERB SOCIETY**
Mark your calendar for
September 8, 2022
3310 N. New Braunfels

San Antonio,
78209



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FROM THE PREZ

Thunderous applause to all members! What a wonderful salad we had last meeting. Let's do that again some time. We had: cherry tomatoes, pepitas, pecans, pistachios cucumbers, in slices, cucumbers in half-moons, radishes, olives green, black and Kalamata, roasted chicken, mushrooms, peas, pasta/shrimp salad and Watergate salad. And bowls both large and small that Cindy Moore found at HEB.



Tea was our very own lemon grass tea, brewed by Sandra. (There will still be some dried lemon grass available at the next meeting. If you have not run out, make some lemongrass tea now!)

There will also be mint seeds available. The mint had gone completely to seed, spurred by the heat and dry conditions. Time to sprinkle the seed and start again. Mint grows quickly, so we will only have a short out-of-season before we are back in production. If you are not picking mint and using it all the time, have a look at Mediterranean dishes; Middle Easterners use

cups of mint in recipes. We find it is a healthy and tasty addition to the meal.

This week we have seen the quote “Believe, but verify”. Our speaker had some pretty astounding claims for his product. This sent us on the trail of verification. Lots of excellent reports below.

We looked at the USDA the Department of Agriculture as a source. “Microgreens” is the name for vegetables and herbs harvested for food as tiny seedlings. Says Agricultural Research Service (ARS) food technologist Yaguang (Sunny) Luo, “Microgreens are an emerging class of specialty fresh produce that has gained popularity with chefs and consumers in recent years and could have a positive impact in the diet.”

Luo's research team found that mineral concentrations varied among the different microgreen types. The most abundant element found in all the microgreen samples was potassium, followed by phosphorus, calcium, magnesium, and sodium. Potassium values were highest in wasabi microgreens and lowest in daikon radish microgreens.

“Savoy cabbage microgreens have the most calcium—98 milligrams per 100 grams fresh weight—of any of the 30 *Brassica* microgreens studied,” says Luo. “On the other end of the spectrum, peppercress has the least, with 39 milligrams per 100 grams. If getting enough iron is important for a particular



person, then purple kohlrabi microgreens may be a good addition to the diet, with 0.75 milligrams per 100 grams fresh weight.”

Manjula D.Ghoora^aMicrogreens are emerging functional foods of the 21st century.

The microgreens were found to be moderate to good sources of protein, dietary fibre and essential elements. They were excellent sources of ascorbic acid, Vitamin E and beta-carotene (pro-vitamin A), meeting 28–116 %, 28–332 %, and 24–72 % of reference daily intake of the respective vitamins. The study revealed low levels of oxalate, an anti-nutrient, in microgreens. Based on NQS 11.2, radish microgreens were found to be the most nutrient dense, followed by French basil and roselle microgreens. Least nutrient-dense microgreens were fenugreek and onion. The NQS 11.2 showed that all microgreens are 2–3.5 times more nutrient dense than spinach mature leaves cultivated under similar conditions. Overall, this study provided critical information useful in selecting microgreens for wholesome nutrition.

Also looked into Aluminum, and the claim that microgreens will remove aluminum or that aluminum is associated with Alzheimers.

Most of the articles claiming association were from the 1990’s, which tells me that this concept has faded and been replaced with much more current research.

“For years, aluminum has been suspected as potentially playing a role in the development of Alzheimer’s disease and other dementias, but conclusive evidence has been difficult to find. “(HowleyBy Elaine K. Howley)

In a June 12, 2019, article, “It’s a tricky question that researchers have been investigating for decades, says Dr. Alex Mroszczyk-McDonald, a practicing family physician with Kaiser Permanente Fontana Medical Center in Fontana, California. “There is no clear answer whether aluminum exposure directly causes Alzheimer’s disease, and there is no scientific explanation for this controversial theory which dates back to the 1960s.”

Plus, Scharre says that if toxin exposure were the cause of Alzheimer’s, there would likely be hot-spot areas of higher incidence of Alzheimer’s disease in locations across the country where aluminum levels are higher. “It doesn’t make sense that a toxin is the cause of Alzheimer’s because it runs more in families than in local areas where there’s higher exposure to aluminum or other toxins.” He says family history and genetics are a much more likely cause of Alzheimer’s than any specific toxin you might encounter. (from same article as above)

So, the one question missing from the research here is: Are there cold-spot areas where Alzheimer’s does not present? Has anyone ever studied that?

There is aluminum found in the tangles present in Alzheimer’s diseased brains, but there is no evidence that it is a cause. It may be a result of the disease. Did not find information about microgreens removing aluminum.

Note: The author apologizes for the wonky visual presentation with odd spacing, underlining or different colors.. Apparently, things taken off the internet have a mind of their own. Our sources are mostly university research sites. If you wish to see more, use the quotation in your search engine, it should take you to the original source.

WEED AND GLOAT

In the concrete business they call it 'slump'. The slump test is done when a pour is made. You fill a five gallon bucket and let it set up. The concrete sets up, but it gets shorter in the bucket. Well, the barrels have slumped. The wonderful light compost, soil and peat moss has had rain bear down on it. The barrel, full at the beginning of the year is about a third of the volume now. We see this in raised beds as well. Time to remove the plants, add new soil and fluff up the beds again.

Our horse radish barely peeks over the top of the barrel, desperately needs attention. The highway department puts the concrete under enormous pressure to test the strength at which it breaks. Good news for people driving over their excellent bridges; no beam is laid without this test.

In the Herb Patch, we noticed changes brought by the hot weather and drought. Although watered well, many plants had died or gone to seed. This is the first time we have seen the mint in seed. Authorities say that the heat brings on an advanced stage of bolting. They will die, dropping all their seeds below, and return as new sprouts. We gathered some seeds to see how long this process will take, but left a lot of seed on the ground. Our only concern is that the seeds may not make it through the mulch, and not reseed.

We are expecting that with the fall will come more rain and cooler temperatures. During the Gloat part of our visit, we made a list of fall herbs we would like to plant. A bay tree for the center barrel under the tree. It is an under-story plant, which we can prune to more of a bush than a full tree. We could plant violets below as they are pleased with shade as well. Comfrey, parsley, lemon verbena, bee balm, germander and borage.

We also noted what plants did well in the landscape as well as the herb garden. Bougainvillea seem to thrive on abuse loving both the heat and the dryness. This month they are in flamboyant profusion all over town, even in empty lots. Pride of Barbados, reseeding itself in our patch, gently being dug up for transplant where wanted, is also doing well in the heat. And the third brilliant plant, Esperanza, a little slowed by lack of water, is still in yellow profusion. In the herb garden, English thyme is doing beautifully. Our impression that it needs cloudy days and misty rain is completely false. With water, it has done beautifully. Sort of an all-weather friend. Lemon grass is another happy camper, we pruned it severely last month and it is back to four feet tall. Sage and artemisia are also abundant, but heat affected. Oregano and marjoram are still present but knocked back some.



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.

A reminder to those with roses, there are new viruses that affect roses. Be sure to clean your blades before and after cutting any of your roses. Infected blades can carry disease. We got a bleach/water mixture in a spray bottle from the gardeners to disinfect our cutters before we cut back the roses coming from the rose garden next door. Remembering to put a small spray bottle of alcohol in the kit for next time.

Which reminds me. We went to sign in and out at the Volunteer Room by the front gate. To cool off we wandered through the plant sale area (you must stop here on your next visit) and through the gift

shop. They have fancy spray bottles that make a beautiful mist for misting indoor plants, orchids and such. The track record for the ones I have used is really poor. They clog with calcium almost immediately and then do not work at all. Sally Beauty Supply (I get not compensation for saying this) carries small plastic bottles that mist just as well. They work for years. I use different bright colors of them for a variety of sprays. They are very inexpensive and very durable, just not as cute.

NEW PRODUCTS TEAM NEEDS YOUR HELP

Members met in August to determine items to make for sale at the Herb Market in October. There were a lot of excellent ideas batted around. We have determined a number that can be done,. We are doing the cost accounting as to which ones will be the best to go forward with.

We have three days available, so far, for putting these ideas into shape. See the Coming Events below.

Some of the suggestions are: garlic salts (a perennial classic), ancho/smoked paprika salt, floral whimsies made of Ping-Pong balls (we will paint), painted rocks (we will have models and be painting), herbal tea, spritzers and sachets (which may go home as a kit to sew by members, depends on time and materials available) If you have blue spritzer bottles, donations could be recycled for the Herb Market.

Contact Robin Maymar at (830) 459-8415 by text to sign up for our New Products Construction Days. She will email you information about all three meetings and what supplies will be needed.

Thanking you in advance for supporting out efforts.



Upcoming Events

THURSDAY September 8, Herb Society meeting

Monday September 12, 10:00 a.m. Board meeting at La Madeline on Broadway Open to any member of the society.

Thursday September 15 New Products construction 10 to 12, 110 W. Brandon 78209

Monday September 19 15 New Products construction 10 to 12, 110 W. Brandon 78209

Thursday September 22 15 New Products construction 10 to 12, 110 W. Brandon 78209

October meeting Thursday 13.

October 15, Saturday- Herb Market at The Pearl We will have sign-up sheets at the September 8 meeting.

Culinary Contributions

WATERGATE SALAD CONTRIBUTED BY Cindy Moore

Nov. 5, 1999 "Watergate salad is an American classic. This delightful side dish salad or dessert is made with pistachio-flavored instant pudding mix, canned pineapple, mini marshmallows, nuts, and whipped topping." It comes together in minutes and after one to two hours in the refrigerator, this chilly treat will impress your dinner guests with it's light and fluffy texture and colorful appeal. Garnish with crushed pistachios and maraschino cherries.

The original recipe was originally published by General Foods under the title "Pistachio Pineapple Delight." A Chicago food editor renamed it "Watergate Salad" when she printed it in her column in 1975, presumably to pique readers' interests after the presidential scandal that shared the same name.

Prep: 15 minutes + refrigeration

Serves 8, about ½ cup each

- 1 can (20 oz.) crushed pineapple, in juice, undrained
- 1 pkg. (3.4 oz.) JELL-O Pistachio Flavor Instant Pudding
- 1 ½ cups thawed Cool Whip whipped topping
- 1 cup Jet-Puffed miniature marshmallows
- 1/2 cup chopped Planters pecans

Combine ingredients

Refrigerate 1 hour

Store leftovers in refrigerator.



Watermelon Sorbet (MINT) From Jasmine Torrez at San Antonio Botanical Gardens

Ingredients:

- 3 cups frozen watermelon chunks
- 5 springs fresh mint (finely chopped)
- 1 date (pitted)
- 1 tsp maple syrup
- ½ tbs lime juice
- 1-2 tbs of water (or more)

Method:

Add all ingredients into a blender and blend until thick, smooth consistency

Pour mixture into a bowl and allow to set in freezer overnight

Enjoy

Use of Essential Oils for Household Cleaning by Leslie Bingham

Today we are going to be talking about the benefits of using herbal essential oils as opposed to the herbal plants themselves. We all know the wonderful uses there are for herbs in the kitchen, in teas, in cosmetics and of course common medicines, salves, tinctures and creams. But, did you know how these useful plant oils can also be used in household cleaning products.

Not so long ago older generations were using household cleaning products that were a lot safer and far more eco-friendly, not to mention – more economical. Baking soda was used for its gentle abrasive quality and perhaps is still the best product to degrease stove tops and get rid of those grimy bathtub rings. I still use an 8% white vinegar recipe to clean all the glass and mirrors in my home and it's a lot cheaper than Windex! Our end goal here is to invite you to explore the benefits in finding easy DIY recipes for making your own non-toxic, affordable, wonderfully herby smelling products. And so, to that end here are a few of my favorite recipes for using essential herbal oils around the house.

The first herb that comes to mind for me is always lavender. It has such a fresh, green and welcoming scent that lingers the air even after it's used. The following recipe uses essential oil of lavender, but any of your favorite herbs may be substituted here...lemon, orange, rose, patchouli, geranium and palmarose for a lovely garden scent, or perhaps the more piney scented herbs such as cedar, balsam or rosemary. Your house, your laundry, your choice. This linen water makes ironing a pleasant experience no matter which you choose.

Linen Water

2 cups of distilled water

2 tablespoons of vodka

25 drops lavender essential oil.

Method: 1-16 oz. spray bottle, add water & vodka and shake. Add the lavender and shake again. Shake before using and mist clothing or linen lightly before ironing.

Tea Tree Anti-Mold Spray This is a very practical recipe for San Antonio, especially this very hot and humid summer when we have very little fresh air circulating in our houses. Mold is no respecter of surfaces – it grows on anything and everything, you can even find it inside your washer or dryer...but tea tree essential oil is highly anti-fungal and kills the mold spores.

4 cups distilled water

400 drops or 4 teaspoons tea tree essential oil – I know it seems like a lot but it's needed! One – 1 fluid oz. bottle should do the trick for a year. .

Method: 1-16 oz. bottle mix water and tea tree. Shake bottle before using and spray in damp areas to inhibit mold growth and spray also on moldy surfaces. Leave on surfaces for 1 hour before wiping off.

Glass & Mirror Cleaner This recipe comes to us from the 18th century – it makes windows sparkle and without streaks.

2 cups warm water

2 tablespoons cornstarch

¼ cup rubbing alcohol

¼ cup 8% white vinegar (blue label available at HEB)

10 drops tea tree essential oil – or lemon if you prefer

Method: Dissolve cornstarch in warm water making sure there are no lumps. Stir in rubbing alcohol and white vinegar. Using a funnel transfer liquid to 16 oz. spray bottle. Add essential oil and shake to blend. Shake again with each use. Spray on glass surfaces and wipe off with clean cloth...microfiber is a really good choice here and leaves no streaks.

All of the ingredients in the above recipes will last for at least 12 months if stored in a cool dark area, cupboard or pantry. Just a quick foot note – remember to keep all those old T-shirts which make wonderful cleaning cloths and help us cut down on paper towel use.

SEPTEMBER TO DO LIST

Half the interest of a garden is the constant exercise of the imagination. -

Mrs. C.W. Earle, Pot-Pourri from *A Surrey Garden* (1897)

With the record drought, have you let some things die back? Seize the perfect opportunity to pull every dead weed out by the roots. Time to solarize and begin afresh in the fall. Make sure to make note of what wonderful plants are still standing. These will be you garden in the coming hot years. Nurture them.

In our Herb Garden:

- *Plant everlastings for spring harvesting: perennials such as bergamont, yarrow, puchellum and annuals such as statices, larkspurs and strawflowers.
- * Re-pot container-grown perennials as needed.
- *Plant frost-tolerant herb transplants and seeds from now until mid-November (Keep in mind Herb Market in October for major purchases) This may be the best time to plant or transplant herbs. Include annuals from seeds: **parsley, dill, cilantro, anise, chervil, chamomile, edible flowers and greens.** Annuals from transplants: **parsley and chervil.** Perennials from well-established transplants: **chives, rosemary, sage, salad burnet ad English thyme.**
- * From now until frost in November/ December harvest basil.
- * The library at the Garden Center has an excellent horticultural collection and is available for use to any SAHS member. One of the best ways to water outdoor container plants is to set them in another container of water and let them absorb as much as possible. Or let water drip into the container for an hour or so until the soil is well saturated.

VEGETABLE GARDEN

- *Prepare garden soil now for fall vegetable transplants by addin 2" of compost and tilling to a depth of 6" to 8"
- *The organic material in raised beds decomposes and compacts as we garden. Replenish now with compost to get ready for fall vegetables. Use a garden fork or hay rake to lift and aerate soil.
- *Plant green beans, radishes, carrots, beets, squash and sweet corn for fall.
- *Transplant: broccoli, brussels sprouts, cabbage, artichoke and cauliflower
- * Fertilize tomatoes with $\frac{1}{2}$ cup of lawn fertilizer per plant when the first fruit sets. Spread fertilizer over the roots of the plants.

Birds

- * In the spring, most hummingbirds hurry through Texas toward breeding grounds farther north, but during their fall migration- which begins in July and ends in mid- October- they linger for days or weeks at a time. Add a little extra sugar to fuel the hummers as they travel through
- *Always keep water supplies fresh. This is a good time to install a solar powered water spray for the hummers. A timer sets it off at regular intervals, very entertaining to watch the birds attracted to the fountain.

FLOWERS

- *Order spring bulbs for later planting. Most require a six-week stay in the refrigerator before planting.
- *Sow seeds of winter annuals and wildflowers in full sun. Plant perennials like Asters and Garden Mums for fall color.
- * Clean up iris beds and thin out clumps, if crowded.
- * Now is the best time to plant bluebonnet and other spring wildflowers. They must germinate in late summer or early fall, develop good root systems, and be ready to grow in spring when the weather warms. Plant seed in well-prepared soil, one-half inch deep, and water thoroughly.
- *Wait for our first cool spell before setting out plants to provide cool-weather color. Try ornamental kale

for colorful, fringed foliage with inner leaves of red, white, rose and pink.

*Dianthus, calendulas, stock and snapdragons offer flowers in a wide range of hues.

*Lightly prune and fertilize geraniums and begonias for further blooming

YARD

* The brown scorching symptom you see on citrus, bur oak, ivies, (aspidistra?) and other leaves is likely the result of sunburn. When temperatures fall, the symptoms will cease.

* Finish pruning cold-tender shrubs now to avoid having new growth killed back by first frosts.

* If leaves and pecans are dropping, it is in response to heat and dry weather. Watering deeply at the drip line once a month will help.

* Do not give up on a new plant until you've tried it in three different spots

* Prune perennials such as butterfly weed, cigar plant, four-o'clocks and Ruellia that bloom well into fall

* The first "full" week of September is "Fire Ant Awareness Week", check with your local neighborhood organization or Tx. Coop. Extension Office If the weather brings the FIRE ANTS out in exposed mounds, apply fire-ant baits such as Amdro or a product with *Hydramethylnon/ S-Methoprene* (formerly *Logic*) to control the pests in fall and spring. Check and follow directions, (use around the outside edges of the vegetable garden, not directly in it)

LAWN

*If a hot, dry summer turns your lawn brown, it is probably dormant and will recover when it rains. If you must water, do so early in the morning to cut down on evaporation. Water deeply and infrequently to encourage deep roots. Remember that the more you water, the faster the grass grows and the more mowing is needed. Summer dormancy is a natural rest period for grass in hot weather. GRASS CLIPPINGS contain about 4% nitrogen, .5% phosphorus and 2% potassium. Clippings decompose quickly, thanks to earthworms and microorganisms, and do not contribute to thatch accumulation. Thatch is composed of dead roots caused by over fertilization and soil compaction. Grass clippings conserve water by shading the soil from the hot sun and reducing moisture loss from evaporation.

A YEAR IN THE ROSE GARDEN: by A.J."Pop" Warner

Keep up the watering. If the water bill goes too high it is better to cut down on the number of bushes next year than cut down on the water. Six well-watered, well cared-for roses will produce more blooms and more satisfaction than 60 neglected bushes.

Mildew season is at hand. When the nighttime temperature drops below 70-80 degrees F start watching for the telltale wrinkled new foliage and distorted bloom buds. Don't wait until the new leaves turn white or you are in trouble. *Triforine* (formerly *Funginex* (?)), applied regularly should head off mildew before it starts.

Blackspot has been seen in several area gardens. It probably resulted from the time you were on vacation and tried to stretch the spraying intervals. *Dithane M-45* (*Maneb* (?)) or a product with *Propiconazole* at 1/2 Tbsp. per gallon, once a week should clear it up in three or four weeks. *Dithane M-45* (?) @ 1/2 Tbsp. / gal. of spray plus 1 Tbsp. *Funginex* (?) (or product with *Triforine*) per gallon seems to be more effective than the *Maneb*(?) alone and also gives some mildew protection.

Continue to spray in the cooler part of the day. Many September days will still be very hot and spray burn could result. But do spray. Spray burn is not contagious like blackspot and mildew.

A heavy feeding is due around the first of September, perhaps not as much as the spring feeding but a good handful of 10-20-10 or 12-24-12 per bush. Then water, water, water. Two weeks later many good growers, especially exhibitors will use "soluble" fertilizer at 2 Tbs. per gallon at one gallon per bush. They will continue this every 2 weeks until the last week or so before show time. Note: All fertilizers are soluble; else they would not be fertilizers. The solid granular fertilizers sometimes are less readily dissolved than, say, Peters or Carl Pool, but before they can be used by the plant they must go into solution. The granular residue left on the mulch after fertilizing with solid products is not the fertilizer, but the carrier. Don't worry because it is not dissolved. If you got a good rain or watered heavily the fertilizer is already in the soil.

If stink bugs, bud worms and cucumber beetles start showing up, 10% *Sevin* dust, applied lightly over the top before they multiply too much will control them. *Mavrik* is extremely effective and many of us are using it for these critters. (It also controls thrips.)

Don't let weeds go to seed in your rose beds. It will multiply your weed problems for all next year if they seed themselves.

GROWING TIPS AND USES FOR JEWELS OF OPHIR

(*Talinum paniculatum*)

Jewel of Ofir (Temple Bells) is an easy care ornamental with edible leaves (Eat raw or lightly stir-fry or steam as spinach substitute) Easier to grow than Malabar spinach and doesn't need staking. Produces sprays of tiny pink flowers and abundant seeds. Takes full sun, little water, small or large pot or fairly food garden soil. Cover or bring inside in winter; after light freeze, comes again in spring.

Seeds: Scatter in a large pot or in good soil in ground. Water in and keep watering until plants appear. Then water sparingly.

Ofir was a port or region famous for its wealth: King Solomon received a shipment of gold, silver, sandalwood, precious stones, ivory, monkeys and peacocks from **Ophir** every three years. Apart from the monkeys and, perhaps, the peacocks, the idea of evoking a mythical place where gold is abundant, was successful and Ofir is able to produce and offer high quality jewelry.

Research on this particular plant is highly difficult. You can spell it Jewels or Jewel, Ophir, Ofir, Opir and many other variations.

We were gifted with pots of Jewel of Ofir by Loretta Van Coppenolle. To our delight it is still growing on my windowsill. Thought you would be interested in a little about it.

Many thanks Loretta



Herb Society Board

President

Robin Maymar

robinmaymar@gmail.com

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Our website: [https://
sanantonioherbs.org](https://sanantonioherbs.org)

Meeting Minutes

8 11 2022

Meeting was called to order at 7:04 by President Robin Maymar
She welcomed members, renewing members and newcomers
She thanked everyone for bringing wonderful food for the “Get Out Of The Kitchen” salad.

Announcements were:

Sandra is here for August & September meetings but **we will need someone to prepare tea for the October meeting**. She will have equipment and step-by-step instructions for the dear person who volunteers to help. There will be ice in the freezer at the Garden Center for the use of the Herb Society, so all other materials will be supplied.

Lemon grass bundles are available at the sign-in table.

Upcoming Events:

New Products meeting August 25 10 AM 110 Brandon

September Board meeting September 12, 10 am La Madeline

Treasurer’s report balance is available. Just ask.

December the Garden Center will be closed because of the LightScape at the botanical Gardens usurping all the parking lots. Would we like to have a Banquet in November? January? Or Not at all until spring? Or have a party during the day in December?

Weed and Gloat is Monday August 29 We will meet at 8 a.m. because it gets too hot later.
We have a new coordinator: Jasmine Torrez. She came to meet us, stayed to weed for a whole hot morning. We are so glad she has come to the Botanical Garden

Next meeting: September 8 Topic either Water or Sierra Club and Plastics.

Our speaker this evening is Jeremiah Slavik of San Antonio Microgreens Jeremiah is a vascular ultrasound technologist, who spends his days looking at the health of veins and arteries of patients. He works with doctors who have diabetic patients. Their solution is to prescribe drugs that help balance the body and improve circulation.

Jeremiah, himself, has seen how microgreens help reduce inflammation in the body by introducing microminerals. He explained that the seeds that he plants form a sprout as a first stage. In the second stage of growth the leaves extract the microminerals from the soil and make them bioavailable to the plant. At this point he harvests the microgreens. If left to grow, the minerals are sent around the plant to root stem and leaves to help each part in growth. By swooping in, the highest concentration of minerals and nutrients are available to the person eating the greens.

This feat is not easily achieved by gardeners. Timing and exquisite attention to detail helps fuel his thriving business. Sowing, providing the right amount of air circulation, preventing the growth of disease or mold, ample lighting and air temperature control are all tied up in this enterprise. We are so lucky that Jeremiah is providing this service and we do not have to grow our own microgreens.

Of interest, were broccoli greens which help the body fight cancer. The white blood cells are the defense used here to break down foreign bodies especially tumors and they need vitamin B₁₁.

The amount of B₁₁ in microgreens is forty times the amount in a head of broccoli. So microgreens or 40 heads of broccoli? Easy choice.

Purple radishes were another microgreen featured. These have the most microminerals. The minerals move the static electricity in the body. This affects the gut. The vasodialators help open up the small arteries.

Part of the issue that doctors see in diabetes is lack of circulation. This is particularly apparent in eyes and in blood flow from the feet back up into the body. The tiny valves in the veins do not work as well as they should. Blood tends to collect in the legs, causing swelling.

Good nutrition also helps people heal.

The second claim was that microgreens may help eliminate aluminum from the body and that this metal is associated with Alzheimer's Disease. A little bit of research follows.

"For years, aluminum has been suspected as potentially playing a role in the development of Alzheimer's disease and other dementias, but conclusive evidence has been difficult to find." (By Elaine K. Howley)

June 12, 2019 "It's a tricky question that researchers have been investigating for decades, says Dr. Alex Mroszczyk-McDonald, a practicing family physician with Kaiser Permanente Fontana Medical Center in Fontana, California. "There is no clear answer whether aluminum exposure directly causes Alzheimer's disease, and there is no scientific explanation for this controversial theory which dates back to the 1960s.""

"Plus, Scharre says that if toxin exposure were the cause of Alzheimer's, there would likely be hot-spot areas of higher incidence of Alzheimer's disease in locations across the country where aluminum levels are higher. "It doesn't make sense that a toxin is the cause of Alzheimer's because it runs more in families than in local areas where there's higher exposure to aluminum or other toxins." He says family history and genetics are a much more likely cause of Alzheimer's than any specific toxin you might encounter."

The microgreens can keep in a refrigerator for up to two weeks (if you can keep them around that long!) Mr. Slavik also had dehydrated microgreens. He said that they only lost 10% of their potency by being dried. He has a market stand at the Farmer's Market at 11651 Bandera Road, at the Point Shopping center (Near Lowe's) You can contact him through his website. He offers weekly delivery service.

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.

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

Website: naturesherbfarms.com



Rainbow Gardens

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