



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY
NOVEMBER 2022



Landscaping with Herbs featuring Grace Emery

Our former president, Grace Emery, will return to show us how to incorporate herbs in our landscape designs. A Master Gardener since 2016, Grace helped develop the volunteer docents at the Culinary section of the Botanical Gardens. She has a real knack for growing a beautiful garden and an excellent eye for design. A talented cook, she helped us develop our most recent cookbook.

We are seeing that even in a drought, we can maintain some herbs. Judicious use of water can also help the more sensitive plants. There are so many uses of herbs: cooking, fragrance, use in salves and tinctures, teas, even for use as dye for fabric. The subject is wide open. Are there herbs you have not worked with? Are there some you have tried that did not do well? Do you know what to do with the herbs once they are growing? How should herbs be placed within the garden? Thursday November 10, 2022 San Antonio Garden Center, corner of Funston at 3310 N. New Braunfels San Antonio

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

Social at 6:30 Meeting at 7
Meetings are free and open to the public.
sanantonioherbs.org

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HERB MARKET REPORT

The annual Herb Market, established in 1997, celebrated Winter Violas this year. T-Shirt shirts featuring purple and yellow violas were for sale. One of the best pictures we have seen. We love their shirts celebrating herbs each year.

The big success for our sale was the London Fog Tea. It is good we had practiced at the general meeting, as there were a lot of moving parts. Hopefully, the next sale will be in cold weather and we can convert many more people to this lovely soothing drink. (See the Culinary Contributions for how to make a lemon lavender sugar)

We finally hit on a name for our wonderful painted pingpong balls: Garden Follies. Named after the faux Grecian structures on Downton Abby Estate, and others in England. A folly was just a landscape focal point, reminding people of the Roman occupation and influence in early times. Our follies help focus on a plant, make it a little more visible with bright colors. Those little things were hard to paint, we are so glad people enjoyed them.

Oddly enough, most of our dried herbs and garlic salts did not sell well. We wondered whether being hidden behind other tents in the back and away from strong cooking fragrances kept people from buying. On previous events bachelors seemed to be our main customers. Maybe people are back to eating out and not cooking as much at home.

We greatly appreciated the Allspice (see story p. 3) that Annabelle, Patsy's sister brought. They were so fresh and fragrant. We will have them available for sale at the next Herb Society meeting, \$3 a bag, whole or ground.

Lavender Sugar was also a new feature. It sold well, but we need to develop or have available some sample cookies. They may sell even better

It was 91 degrees by the time we began to pack up at one p.m. We were all so tired that was a long day. Next time we need to have a fresh crew come just to pack up and roll us home. Parking is a growing issue, as even at that late hour it was hard to find a space. We also need to be a little more heads-up when someone drops out. We were really pressed for sales people, and could have used more.

Many, many thanks to the whole team who worked so very hard: Cindy Moore, Loretta Van Coppenelle, Marsh Wilson, Esther Sutton and Milan Maymar



Our next sale will be Nov. 7 at the Garden Center Hopefully, Spring Bloom in February or March will be the next.





November, the month of harvest and Thanksgiving. As time passes I am more and more grateful for our circumstances. It seems difficult, covid, drought, lack of communication... and yet, we have reached cooler weather. There has been some rain. The garlic I broke into cloves and soaked for two days has begun putting down roots, so I planted it. There were finally some plants to put into the garden.

Newsletter articles have been filed. Friends have volunteered to help with fund raisers. The Weed and Gloat team sees the return of Mary Jo and Basil. Flu shots are free. Covid seems to be diminishing. There are so many things to be thankful for.

So, four brief things for you to know in this letter to mark your calendars.

November 10, Herb Society Meeting Thursday. Grace Emery, master gardener, will help us plan herbal landscaping. There is an event-at 6 p.m., a gala kickoff for the Lightcape with valet parking. We are promised fifty (50) parking spaces. We will have our best ambassadors out to move barriers (if necessary) so you can park. You will be able to park, please do not let this minor inconvenience stop you from attending. **November, last names from McShane on should bring food. (See p 9)**

November 28 & 29 9 a.m. (Monday and Tuesday), Operation Christmas Cheer. I very much want to encourage you all to participate. This is the annual major outreach to the community. Come prepared to make wreaths, table pieces and children's gift baskets and bags. Bring a gift for a child. This could take the place of a white elephant gift to exchange at a banquet.

December 4 Cookies with Santa at the Garden Center 3- 5:30 Free admission, open to the public, so tell your friends. This is a lovely, low-key event and a wonderful photo opportunity.

Wednesday December 7 we are invited to have our banquet with the Garden Center Luncheon. This will take the place of our Thursday evening meeting and banquet. They are thrilled that we will attend. We will have tables for Herb Society. Bring a dish: finger foods, hors d'oeuvres or desserts to share. This will be part of the Holiday Market and Social that the Garden Cubs have each year. Bring a guest and plan to visit with friends old and new. 10 am shopping, 11 luncheon.

We have a lot to be thankful for. Come join us this month and next .

ALLSPICE– special feature at our next meeting:

Allspice — also known as Jamaican pepper, pimienta, or newspice — is a single spice with a unique flavor profile described as a blend of up to four different spices, hence the name.

The name “allspice” comes from the British, who said that its flavor resembles that of cloves, pepper, cinnamon, and nutmeg combined

Allspice (continues) “The Caribbean tropical tree, *Pimenta dioica* has been used for a variety of human endeavors, such as in perfumery industry, food spice, as a natural pesticide, and in folk medicine. Discovered in Jamaica during the voyages of Christopher Columbus, the dried unripe berries of *P. dioica* also known as Allspice can be found in all continents with unique names in over 50 languages. Systematic investigation of aromatic constituents of *Pimenta* leaves and its unripe berries, Allspice, have resulted in discovery of many and novel aromatic compounds, mostly glycosides and polyphenols that show antibacterial, hypotensive, anti-neuralgic and analgesic properties. Recent studies have shown two of the known compounds isolated from Allspice, Eugenol and Gallic acid have selective antiproliferative and anti-tumor properties on human cancer cells and their animal models. New characterization of novel compounds such as Ericifolin from the aqueous extract of Allspice berries show potent anti-prostate cancer and anti-breast cancer properties that can be verified *in vitro* as well as *in vivo*.”

So let's define some terms. In vitro a process performed or taking place in a test tube, culture dish, or elsewhere outside a living organism: The opposite of in vivo. For example on human cancer cells In vivo: a process performed or taking place in a living organism: The opposite of in vitro. For example in animal models Neither of these are tests on live human beings. The authors of this paper make this clear that the results they have come from seeing how this specific compound affected cell in a Petrie dish, or having used it as a solution in water how it affected animals.

Upcoming Events

• * * * * *

November 2, Wednesday, Herb Society members host the Garden Center meeting with savory treats. All members welcome to attend

November 10 Herb Society Meeting at the Garden Center. Featuring Grace Emery

November 28 Weed with us at Botanical Gardens herb garden. Call (830) 459-8415 for details, directions and addition to email.

November 28 & 29 9 a.m. Operation Christmas Cheer– Learn to make wreaths, table toppers, bows and children’s gift baskets/bags. Donations are welcome for this event.

Pictures with Santa December 4, 3-5:30 p.m.at the Garden Center Free admission, open to the public Bring your kids, grandkids and a camera; or purchase portraits fro our professional photographers.

December WEDNESDAY the 7th 10 a.m. “Holiday Market and SocialGarden Center Luncheon, Traditional Christmas Tasting. All Garden Center Members (That is US Herb Society members) bring your favorite holiday finger food, hors d’oeuvres & desserts to share.

Culinary Contributions

Lavender-Lemon Balm Sugar and Cookies

From Mary Beth Wilkinson, featured in Herb Society's *12 Herbs Cookbook*

Lavender-Lemon Balm Sugar (make two weeks ahead)

Ingredients: 1 cup sugar

Lavender sprigs, equivalent to 1 teaspoon (vary according to your taste)

lemon balm sprigs equivalent to 1 tablespoon (vary according to your taste)

Jar with a tight-fitting lid.

Layer the lavender and lemon balm sprigs with the sugar inside the jar.

Be sure herbs are completely covered with sugar. This will help preserve the herbs.

Every couple of days stir your herbal sugar. It will start to clump as the moisture and essential oil from the herbs seep out into the sugar.

After a couple of weeks your sugar is ready to use.

At this point you can either remove the herb sprigs or you can put everything in a food processor and grind it up together. (After grinding, you may wish to sift it to remove large flower pieces.)

Store your sugar in a jar with a pretty label.

Cook's Note: This recipe is easy to make. Use it for topping scones, to roll cookie dough in or add to a cup of Earl Grey Tea.

Herbal Information: All herbs and flowers used in recipes should be from your own herb garden or a reliable source for culinary herbs, grown without pesticides.

Lavender-Lemon Balm Cookies

Ingredients

2 tablespoons minced lemon balm leaves 1 tablespoon culinary lavender flowers

1 teaspoon lemon juice 1/4 cup butter, softened

1/2 cup sugar 1 egg

2 1/3 cups all-purpose flour 1 teaspoon salt

Lavender sugar for garnish (or sprinkle with lemon balm/ lavender leaves)

Method Preheat oven to 350 degrees F.

In a small bowl, combine lemon balm, lavender and lemon juice; press mixture with back of spoon to blend.

In a large mixing bowl, cream butter and sugar until light and fluffy. Beat in egg and lemon balm/lavender mixture. Gradually beat in flour and last.

Cover and refrigerate 3 hours or until firm. Roll chilled dough in waxed paper to form a cylinder.

Cut roll into slices about 1/8 "thick.

On ungreased cookie sheet bake 8 to 10 minutes. When baked, cookies will have browned slightly around edges.

Taste and Smile!



WEED AND GLOAT

Last month we put in lemon verbenas, violas, basils and germanders. Violas are a little small but the germander and basils have both doubled. We finally found the lemon balm, they were almost gone, hidden close to mulch and just a few leaves. They may have had too little water and too much shade. Did not risk moving them, but got water to them.

The garden is aflutter with butterflies, some headed to Mexico for the Day of the Dead. They better hurry, it is almost time

The stand-outs this month are Mexican Mint Marigold which fills the garden with fragrance and color. As we know, this herb is good to use for a fabric dye, as well as a substitute for tarragon. A wonderful, abundant herb. The other stand-out, not an herb, is the huge purple drift of asters. We left them in a few years ago because there were so few fall pollinator plants and lots of butterflies still looking for pollen.



Angelica, our winter friend has just begun to sprout. It makes a large shiny plant that lasts all winter. It is an old fashioned herb that used to be candied for decorations on cakes. The process was long and complicated. We never got to finish the product as it got moldy. Probably why they went to different kinds of cake decors in modern times. Next month drop by to see it when it is spectacular.

A brief report as today is deadline for Yerba. Thanks to Mary Jo, Basil, Patsy, Gloria, and Patti who volunteered today.

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, November 28
We meet at 9 A.M.

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

Herb Society Board

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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>

IN THE NOVEMBER GARDEN

Time change, time to fall back. You lose a lot of evening daylight for the next couple of months, so get as much outside stuff done as possible and save the inside stuff for next week. Also, this is a good time to check your smoke alarm and change the battery.

IN OUR HERB GARDEN: Plant parsley, sage, rosemary, thyme, chives, lavender, cilantro and mint. Fall fertilizing is even more important than spring. Use fast release 3-1-2 fertilizer- don't use anything high in nitrogen. Mature herb plants will be high in essential oils and this is a good time to preserve them. You can dry or freeze them for later use. Complete harvesting of cold-sensitive herbs, such as basil (make pesto and freeze it) or cilantro (use right away, as it freezes poorly) Apply compost as winter mulch if not done in October.

VEGETABLE GARDEN Plant onions, radishes, spinach, English peas, sugar snap peas, kale and collards

Start collecting seeds from your favorite plants.. **Seed** lettuce, mustard. Swiss chard, sweet peas, radishes, carrots, rutabaga, turnip, English peas, sugar snap peas, onions, collards spinach and leeks. **Sow Elbon (Cereal) Rye** in bare parts of veg. garden as both a nematode trap crop and a "green manure" to be tilled into soil in late winter **Do not plant beets, carrots, cabbage, lettuce or mustard too deep** If you want to protect the stem of your **banana tree** during winter to increase the chances of having fruit next summer; first, cut the stalk to 4 ft., wrap the stalk with newspaper and secure it with duct tape. Then, put a wire cage (a tomato cage will work) around the stalk and stuff it full of leaves. That will provide insulation to protect the blooms that developing in the stalk. **Papayas** are not cold hardy. Be prepared to harvest the fruit when temperatures below 36 degrees are forecast.

Back in the 18th century, folks used to lay banana skins in planting holes since they would rot quickly and supply calcium, magnesium, sulfur, phosphates, sodium and silica to the new plants.

BIRDS Resist the urge to neaten or 'dead-head" all seed-laden plants. Leave them for the birds. In the fall make the birdscape even more inviting by offering energy-packed suet, protein-rich peanut butter and a source of (and probably the most important part) clean water. Keep feeders clean and freshly stocked, and birdbaths/ water bowls clean and full. : * Plan and plant ahead. Remember, annuals yield quick results; perennials produce seed crops year after year. Be sure to provide a good mix of native / well adapted plants in your scheme and allow for some naturalizing. Put up new bird houses so the birds can become accustomed to them before spring. Clean martin houses of sparrow debris and close them up until mid February.

In the rose garden: The fall colors and bloom size of our November blooms here in South Texas are a sight to see. The cooler weather slows down the growing speed, increasing the size and intensifying colors. We need to start planning for the new rose year coming up. Now is the time to step back and evaluate the performance of roses in your garden. This includes the growth, bloom production, disease resistance, etc. If they are first year bushes you might consider giving them another growing season in the garden since some varieties perform better the second year. **Hibernation** begins at this time for the ladybug, and goes through to January. Clean out Ladybug house, if Ladybug's are hibernating, replace compost with fresh material (the geckos like the house better than the ladybugs). Mark the roses you plan to dig up with the names of people who like them and would like to have them. Often one man's "dog" is another man's "pet". Many non-exhibitors could not care less whether a rose has classic

“show form”. Make some cuttings of your favorite roses. Many should root now, root some understock for next spring’s budding.

FLOWERS Set out plants calendulas, alyssum, asters, snapdragons and stock for winter color in your yard **Color:** If above average temperatures prevail, wait until after Nov. 15 to plant cool-weather plants such as pansies. Prepare flowerbeds and plant pansies where they will get at least 4 hours of sun per day. Plant daffodils, day lilies and irises now. Sow wildflower seeds. Bluebonnet transplants are available at area nurseries. Plant them 2 feet apart, water them once and apply snail bait. They won’t grow much until March. Be careful not to overwater Plant pansies between them for color until April **Divide** irises and day lilies now. Replant the rhizomes and bulbs in full sun in compost-enriched soil. **Sow Elbon** (Cereal) Rye in bare parts of veg. garden as both a nematode trap crop and a "green manure" to be tilled into soil in late winter **Plant** any remaining wildflower seed you have.

YARD If you are going to plant trees and shrubs this fall, select xeriscape plants that will fit qualifications for the SAWS's landscape rebate. Visit their website @ www.SAWS.org , to see more. (It's a good time to plant shrubs. Consider hollies and nandinas, evergreen shrubs with colorful fall berries. They do well in sun or shade

Housekeeping: This is a good time to paint the handles on your tools. Check all plant containers for proper drainage and condition of plant (worn out soil, root-bound, poor quality potting soil, etc.) for winter storage. Re-pot to a larger container, and with a high-quality potting soil, or cut off an inch around the root ball so you can add more potting soil. Stored pots you plant to recycle can contain fungi and pathogens that could be harmful to the plants you plan to grow them in. To avoid that problem, mix a little bleach in some water (about 1part bleach per 9 parts water) and pour the mixture in and over the pots before reusing. Or soak them in the mixture, then drain. This is also a good time to build a compost bin. Leaves can be raked and composted and ready for spring gardening. **Repair** lawn and garden equipment. Sharpen mower blades and drain equipment of old gas before storing. Check your irrigation system for any broken heads or emitters.

Journal: If you keep records, now is the time to make your notes. After evaluation, keep up winter maintenance. Plan and plant ahead. Remember, Annuals yield quick results, produce seed crops year after year. Be sure to provide a good mix of native/well adapted plants in your scheme and allow for some naturalizing.

In the event of a freeze warning, here are your biggest concerns :

Plants that are dry are vulnerable. If it’s been a while since you had rain or ran the sprinklers, consider irrigating before the cold arrives. Dry plants will always be hurt worst.

Plants that are growing in containers are most likely to have damage. Their soil balls freeze where plants in the ground would not.

Don’t leave hoses attached to faucets. Drain all hose end sprinklers. Wrap exposed pipes to protect against freezing.

Have “thinsulate” or other blankets and a mechanic’s light (with a 60 to 100 watt bulb) ready to protect citrus, tomatoes and other cold-sensitive plants. Our first freeze usually arrives in late November, with the actual freeze typically coming on the following night after a severe cold front arrives.

Clean up gardens after first freeze. Any plants with blights or mites should be thrown away, not composted

Meeting Minutes



GENERAL MEETING MINUTES October 13, 2022

Meeting called to order a 7:05 by President Robin Maymar

We welcomed seven guests : Margaret, Mary, Linda, Ellen, Lisa, Kate and Annabelle (Patsy's sister visiting from Mexico)

Our table theme was Halloween, beautifully appointed by Cindy Moore. She has also loaned us a large centerpiece for use at our November second Garden Center meeting. Once a year we are asked to help host that meeting. We will be providing savory snacks and setting the center table for the meeting. All members of the San Antonio Herb Society are welcome to attend. Plant exchange, morning coffee at 9:30, Business meeting 10; Program 10:15 : *Mahnke Park Community Garden- All about the Gardens and Planting Tips.*

It has been suggested that we back off on asking everyone to bring food for our meeting table. **So November, last names from McShane on should bring food.** In January A through Mayer will bring snacks. We have tried to make this about an equal number, considering that some members pay dues but seldom or never attend in person.

UPCOMING EVENTS were announced. HERB MARKET SATURDAY October 14. A sign-up sheet for volunteers was distributed.

We thanked those members who came to the board meeting. We discussed doing a phone survey of the members asking if they thought we should change time and day of the week for meeting.

Garden Center offered third Tuesday any time during the day. Later it turned out that two or three times during the year it was already scheduled. It seemed to us that having a meeting that was just sometimes on a day of the week would be very confusing. They then suggested fourth Monday, which was free. This suggestion was proposed after we had already called all the members, so was difficult to measure.



Our survey was mixed. Many people were fine with a change of day or time, but also seemed to be fine with things as they were. Some thought we should stay on Second Thursday because new members who join may be working and come after work. We also heard from four people who 'do not drive at night'.

Our second issue was the Christmas Banquet. Because of Covid, zoom meetings, then reassembling in person, we have not had as much time to get to even know each other better. We often do that when we meet in the Botanical Gardens to weed, or when we have projects to make, or during sales events. There have been very few opportunities for this compared to other years. Starting in November, Lightscape has usurped the parking lots for Garden Center. We will be able to meet in November but not on December 8 at night.

We were supposed to have a discussion and vote, but because we had so many guests, we proceeded with the agenda

Food: Some members feel pressure to bring food, and some cannot. It has been suggested we split the task up: last names McShane to end of alphabet bring snacks in November, and A through Maymar bring snacks in January

Money **So November, last names from McShane on should bring food.** In January A through Mayer will bring snacks.

There is always a copy of treasurer's bank balance. If you have questions, please ask me at the end of the meeting.

Newsletter Question: we used to mail it to all the members. Many liked the physical reminder and read it over time. We have now gone to electronic publication, which saves paper and postage. Some members have asked why they cannot print an article from the newsletter. It is in a PDF form for easy electronic transmission. If you wish to have a copy of any one article, just contact the editor (Robin), she will be glad to send you the original article as an attachment to email. The whole newsletter is HUGE, because of the pictures and all the fancy stuff that Publisher lets us put in and it is not easily sent.

The other Newsletter questions was "Why it does not show up in my mailbox?" At the moment we are using a very good, free, service called MailChimp. It suits our needs. I picture it as a very busy Chimpanzee, who has lots of papers on his desk. If we ask him to send out Notice of our Yerba Buena being published, and he is busy with lots and lots of traffic because it is the end of the month and everybody is publishing, I think that he just sends it really fast. It may end up in your Junk mail or in All Mail, which is hard to find. We will have a demonstration of how to find this at the November meeting. Just know that we work hard to publish the whole newsletter on the last day of the month. Technical difficulties have kept us from doing this two months in a row, with two different problems. Hopefully from now on we will be on time.



Minutes from the last General meeting were in the newsletter. There were no additions or corrections.

Focus on Herbs: Our guest speaker was Elizabeth Shrivastava who spoke about natural dyes and using herbs for the dye process. (See article p. 11)

Elizabeth brought a three page information sheet that was distributed to members. If you would like one, ask at our next meeting November 10. there is an updated list available.

At 8:45 the meeting was ended, with the announcement that the next meeting will be November 10, Our topic: landscaping with herbs, to be presented by Grace Emery.

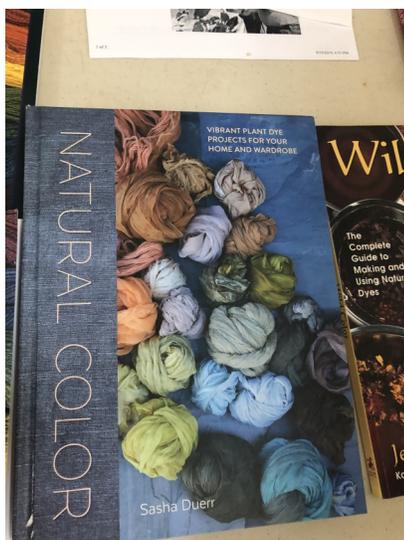
DYEING WITH NATURAL HERBS

Our speaker, Elizabeth Shrivastava, has a minor in chemistry and it shows. The organization and labeling of each skein of wool gave it away. She brought beautiful samples of each color she had dyed, labeled carefully with the name of the herb used. She also had a magnificent notebook with more detailed notes on each project she had done.



She gave us more information than we could even take in. Her delightful presentation kept us spellbound at the wonder of the work she does. We had no idea what a huge process dyeing was. She described her outdoor studio with vats of different types of dye. To our surprise, each vat lasts many months.

As with any true art, her processes take much time, careful measure, mathematics and exotic chemistry. A number of variables are used to dye: the intensity of the color bath, the amount of time the material is soaked in the dye bath, and the temperature of the bath itself. She uses weight to calculate the percent of dye to the percent of the wool to be dyed. Often other chemicals are added during the process. Dyeing uses mordants to set the dye so that it does not wash out, it sets the dye.



There were a number of things we did not know about dyeing. First of all, Mexican Mint Marigold, that abundant herb in our summer garden, makes a really nice yellow color. Alkalines and acids can shift the color from one hue to another. Sugars are used in the dyeing process. This summer, in the heat, dyeing was difficult because it was so hot. We also had aphids in the trees exuding honeydew and making everything sticky. The honeydew, which is a sugary substance from the aphids, actually got into the open dye baths altering the colors.

And then indigo... The color comes from the leaves of the indigo plant. There are a number of plants American, Purple Indigo from Asia and Japanese indigo. We can cultivate indigo here in South Texas. Because it is not soluble in water, a fermentation process is used. In the vat the indigo dye is a greenish color. When the fibers are completely dyed, they are taken out of the dye bath and begin to oxidize and turn into the familiar blue.

Other plants that are used for dyes are pomegranate, lichen, mushrooms, oak acorns, leaves, bark and wood. Even powdered galls can be used.

Elizabeth has sent me an updated page with information about red dye from prickly pear cactus insects. It will also be available at the meeting.



FOUND at Ikea : *Dold* (means hidden in Swedish) A little sugar at a time. With this portion shaker, you avoid digging down in the bowl or package when sweetening your coffee or tea. Perfect to put on the table when it's time for a coffee break.



The man must have RADAR!

Many thanks to Milan Maymar, who went in search of a new lid. The lovely glass tea server's lid went skittering away after the first time we used it and shattered. We set Milan onto the task, and here is the result. Not only a new, more durable lid but also a box with handles holds to store it in.



RECYCLE FOREVER

UPCYCLE Bulky item days are some of our favorites. Upcycle means to take something that is no longer able to be used as it is and turn it into something useable in a whole new way. Take a two drawer side table, cut off the top, upholster, paint and use as a child's reading space, complete with drawer for books. (I think I need one with crossword puzzles in the drawer)

NOVEMBER CHALLENGE :

Show us how you store your bulky items for use in the garden. Tomato cages? Thinsulate sheets for covering tender vegetation? Stakes? Hand watering devices?

Send pictures or descriptions to robinmaymar@gmail.com

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.

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