



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY  
September 2023



SAN ANTONIO HERB SOCIETY PRESENTS  
JACI RANDEL

Bexar Branches Alliance is an urban forestry non-profit dedicated to expanding and preserving the tree canopy of the greater San Antonio Area. Our speaker, Executive Director Jaci Randel, currently leads the development and execution of Bexar Branches Alliance. She also currently serves on the Executive Committee of the Tamox Talom Food Forest here in San Antonio.

Bexar Branches is focused on improving the region's urban ecology; providing tree maintenance assistance programs, serving socially vulnerable and low canopy communities.

The region's population nearly doubled between 2000 and 2020, resulting in rapid development expansion and removing thousands of trees from the Hill Country ecosystem.

**SAN ANTONIO  
HERB SOCIETY**  
Mark your calendar for  
September 14, 2023  
At the Garden Center  
3310 N. New Braunfels  
San Antonio, 79209

Table theme: Seeds  
Members N to Z bring refreshments.  
Look for our Culinary ontributions  
Social at 6:30 Meeting at 7

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## Upcoming events

Big thank you to everyone who helped with the meeting in my absence. I am truly grateful. To Sandra who made announcements and ran the meeting, to Patti and Becky who took pictures, and Milan who helped set everything up, and Cindy who set table and assured me things would run smoothly. Members in general who attended.

Thank you one and all.

*Build San Antonio Green is sponsoring SOLAR FEST OCTOBER 7 2023 9 am to 1 pm*

Located at The Green Line at Brooks 2532 Sidney Brooks St 78235, off of S. 281/37 This is 8 miles from the Garden Center.

Of course, our mandate is to show people how to save water. We will be selling Ollas, as well as lots of herbal things, and encouraging people to get out in the garden for fresh air, sunshine and good exercise.

They say “Come celebrate with the community at this free, fun, family-friendly festival that will include a variety of activities and engaging opportunities to learn how you can save energy & water, go solar, learn about Electric Vehicles and how to stay engaged with our great city’s local resiliency efforts.”

Mark your calendars for October 7, and sign up at the September meeting. More details to follow.at the September meeting.



## 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** Membership at large.

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

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.



# From The Pres

Robin Maymar

Monique, our garden supervisor, wanted to know more about Rain Catchment. So, this message is a brief account of one experience.

First step is to consider gravity. You need to catch the rain off the roof and store it in a place that you can use gravity to siphon the water to your garden. We have an advantage because the lot slopes down from the house to the garden. (pictured)

Then consider storage. Will you use just a little bit of water to water the houseplants, or do you want a full scale garden watered? We measure the surface area of the roof (basically two rectangles) multiply by 1 inch to get the volume of the water we would like to store if we got one inch of rain. (There is math in converting inches to gallons, but I won't bore you) Then we went looking for something that size. We found (Tractor Supply) three hundred gallon cisterns that fit neatly in the back of or small truck. We completed one side of the house, bringing down the downspouts to a common spot to catch water in one cistern. Then we attached a second cistern to catch the overflow. These above ground tanks are large enough that they do not suffer when it freezes



We made a lot of mistakes on our first attempt, but by the time we really had a good rain, we were ready for catchment. After a year, we did the same method of catchment on the other side of the house.



Later, we plumbed in a pipe to the lower part of our driveway and extended a hose across to the garden. Later still, we tunneled under the driveway, put a second tap, so we could water without driving over the hoses. Even later still, we installed the same thing down the side of the house where the hose does not go across the driveway.

We also use a lot of Mosquito Dunks, to insure that the mosquitoes are not breeding in the tanks. We have screens on the top but larva can wash down from the gutters into the tanks

So, how's that working? In normal weather, pretty darned well. Gravity feed hoses deliver the water rather slowly. So watering takes on a Zen atmosphere. I have learned to use the timer in my phone. Have experimented with different times. Started with twenty minutes, now that the beds are saturated, I can often get away with five minutes for each group of plants. You always need to keep in mind that as the water goes down in the tank, the pressure changes and the flow changes. Five minutes when the tanks are full is a lot more than when they are low.

Because there is no sound as the water is flowing, getting distracted can have terrible consequences. I have left the tap open, only to find the tank empty the next day.

In normal times, even in a hot summer, we go for a while, the tanks get low or are empty, and then we have a rain. It may not fill the tanks, but it takes the pressure off of your city watering. We usually get enough rain to have access to water. This summer, we hope, is an exception.

Maintenance is also an issue. Our roof is composed of tar covered by small rocks. In heavy rains the rocks roll off our roof and into the big gutters. They either pile up, preventing water flow to the tanks, or they are carried along and clog up the downspouts. We devised a way to open the pipe to release rocks, mud and water, so the pipes run smoothly again. It is a horribly dirty job, though as it opens over your head and splashes down.

Where the gutter overflows, we put heavy duty trash cans and buckets to catch what we can. This leads to lots of bailing water onto the garden, but that is part of my exercise plan.

In hind sight, or if I won the lottery, I would have built even larger cisterns underground. I would have installed pumps, so that I could water the upper, front yard of my lot.



As it is, I have learned from observation just exactly how much water each plant needs as far as water goes. It will help me when I plan my fall garden. I tend to grow too much of one thing, need to diversify a lot more as I like to eat a variety of things. Now that I know the water needs I will plant more deliberately

Much later, we bought a farm trough made out of plastic. It is fitted with a drain. We built a platform on wheels so we can place it wherever we want in the yard. On very hot summer days we fill it with tap water and soak up to our necks, temperature at a cool 78 degrees or so.. Half an hour later our body temperature has dropped way down. It cools us for the rest of the day. This portable tub can be placed above any part of the lower garden. We get out, open the tap and water a bed.

# Culinary Contributions

HERB BREAD (Makes one 4 ½ x 8 ½ loaf) Submitted by Joy Salmon

1 cup sunflower seeds

1 ½ cups (certified gluten free) oatmeal

½ cup flax seed

2 Tablespoons chia seed

4 Tablespoons psyllium

1 teaspoon salt

1 Tablespoon Italian herb mix (oregano, marjoram, sage, rosemary or your favorite savory herbs) Recipe p. 7

3 T grapeseed or sunflower oil

2 cups water

Caraway seeds to sprinkle on the top of the loaf

## Directions:

1. In a large bowl combine all dry ingredients, stirring well. Add water (1 ¾ cup, then add by tablespoons as needed) and stir to let the flax, chia and psyllium soak up the water. Add oil and stir gently until everything is completely wet and dough becomes very thick. Turn dough out into a parchment covered loaf pan. Sprinkle caraway seeds on the top and press them in with a spoon. Let sit out on the counter for at least 2 hours, or all day or overnight. I like to make the loaf at night and let it soak all night. This ensures all the binders are expanded and the loaf is solid.

2. Preheat oven to 350°F

3. Place loaf pan in the oven on the middle rack and bake for 20 minutes. Remove bread from loaf pan and remove the parchment paper, place the bread upside down on a parchment covered cookie sheet and bake for another 35 minutes. Let cool completely before slicing, otherwise it will crumble.

4. Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!

You can also use this dough to mold small pieces into “veggie burgers” to fry, bake or dehydrate. Crumble it up to make a great substitute for hamburger.

NOTE: This and the following two recipes will be featured at our next meeting on September 14.

Be sure to come sample.

## Vegan Almond Cardamom Cake

*Bursting with flavors of almonds and cardamom, this soft and moist Vegan Almond Cardamom Cake is just what you need with your coffee or tea!*

\*You may not have cardamom on your spices and herbs shelf. If you want to try this cake (which is delicious) it calls for 1 and ¼ teaspoons cardamom powder. We recommend you buy the cardamom pods as it makes a much fresher flavor. Cardamom is available in bulk spices both at Central Market and Sprouts. Open each pod, take the small seeds out and grind them. Use a spice grinder, molcajete or mortar and pestle. Cardamom is in the Ginger family of herbs.

15 pods should yield about 1 ¼ teaspoons ground cardamom powder.

Note: Central market has Green, Black, Cardamom seed and Ground. Prices range from \$56.69 to 49.99 per pound.

I bought 16 pods: 28 cents! Don't let the prices scare you.

### Ingredients

- 1 cup all purpose flour (130 grams)
- 1/4 cup almond flour (24 grams)
- 2 tablespoons cornstarch (20 grams)
- 1 teaspoon baking powder
- 1/4 teaspoon + 1/8 teaspoon baking soda
- 1 ¼ teaspoon cardamom powder\*
- 1/4 teaspoon salt
- 1 tablespoon white vinegar (15 ml)
- 1 cup almond milk unsweetened (240 ml)
- 1/4 cup oil (60 ml, any flavorless oil, I used canola oil)
- 3/4 cup granulated white sugar  
(150 grams or adjust to taste to make it less sweet)
- 1/4 teaspoon + 1/8 teaspoon almond extract
- zest of 1 lemon optional
- 1/2 cup sliced almonds + more to sprinkle on top

### Method

Line a 8 x 2 inch round pan with parchment paper and spray with a non-stick spray. Set it aside. Pre-heat oven to 350 F degrees.

1- In a large bowl sift together all-purpose flour, almond flour, cornstarch, baking powder, baking soda, cardamom powder and salt. Set it aside.

2- Take your 1 cup measuring cup and add 1 tablespoon white vinegar to it. Now start adding almond milk to the cup until it's filled to the top.(this makes the buttermilk, see note next page) Set it aside for 5 minutes while you proceed to the next steps.

3- Using the paddle attachment of your stand mixer or using your hand mixer, beat together oil and sugar until combined. Add almond extract and lemon zest (if using) and mix.

4- Start adding the flour mix. Alternate with the prepared vegan buttermilk (almond milk-vinegar mixture). Start and end with the flour mix.

6- Mix until everything is well combined but do not over-mix. Fold in 1/2 cup sliced almonds.

8- Transfer batter to the prepared round pan. Sprinkle with more sliced almonds on top.



Bake at 350 F degrees for 35 to 40 minutes or until a toothpick inserted in the center comes out clean. Let the cake cool completely on a wire rack before slicing. Dust with powdered sugar and enjoy!

Notes: If you want to add a rose glaze- mix 1/2 cup powdered sugar with 1 tablespoon rose water. You can add some almond milk to thin it out as per your preference. Pour over cooled cake.

### Nutrition

Calories: 275kcal, Carbohydrates: 35g, Protein: 4g, Fat: 13g, Sodium: 156mg, Potassium: 130mg, Fiber: 1g, Sugar: 19g, Calcium: 92mg, Iron: 1.2mg

### NOTE:

This cake is as easy as it can get. First, you sift the dry ingredients together.

Then make a vegan buttermilk by mixing together almond milk with white vinegar. This really makes the cake soft so do not try to skip or substitute this.

Let the vegan buttermilk sit for 5 to 10 minutes before using in the recipe.

And then you simply mix the wet ingredients and then mix everything together. Super simple and the prep time doesn't take more than 15 minutes.

Sometimes, I like to get fancy and add a rose glaze top. But that's totally optional.

If you do want to pour a rose glaze, just whisk together powdered sugar with rose water. Add some almond milk to thin it out and pour the glaze over cake. (Recipe below)

Super simple and adds a nice flavor. I generally this almond cardamom cake as it is- maybe just a dusting of powdered sugar on top.



on

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### Italian Herb Mix

Use dried herbs.

3 tablespoon oregano

2 tablespoon marjoram

1 tablespoon thyme

2 teaspoons basil

1 teaspoon rosemary

½ teaspoon sage

These amounts make about ¼ cup of ground seasoning mix.

Using the dried leaves of each herb, grind them together into a powder. I use a medium grind for making the Herb Bread. Place the ground herbs into a spice bottle so you have some on hand to flavor any savory dish to your own taste. This herb mix adds a savory taste depth to homemade stuffing, tomato sauce, salad dressings and hamburgers.

## WEED AND GLOAT

August 28, 2023 7:30 am 82 degrees

The south end of the garden is still three feet (or maybe 2 feet) high with sage, Mexican mint marigold and a third herb which, at this moment, I cannot identify. Give me one good whiff and I can tell you. In spite of generous watering, the thyme at that end (in the sun all day) has died back. I had been doing well for so long. Perhaps it was dry, then very wet and then very hot. Thyme elsewhere, in shade, seems to be doing well. We trimmed the dead back, left what there was of the live parts.



We had a lively conversation with Monique (from the Botanical Garden Crew who helps us with tools, ample supplies of compost and mulch) and Patsy about rain collection and passive watering. I will try to include just a few pictures and words about different rain catchment ideas. (See From the Prez p. 3) Patsy's neighbor has a cistern that catches roof water, but the place that needs the water is uphill. We keep hoping some enterprising Science Fair contestant demonstrates how to use solar power or wind power to pump the water up hill, on demand and waters the front yard.

Marsha, arriving early for Marsha, took advantage of the cooler weather to help weed. She brought a treat: sachets of lemon verbena, dried, for scenting an 'unmentionables' drawer. So, everyone asked her "Did you make the bags?" No, they are called Favor Bags and you can find them at Michael's. Now the key here is that there are ten trillion objects for sale at that store, and unless you know these are called Favor Bags, you have a long shopping trip ahead of you.

We trimmed back the Mexican mint marigold that had grown into the stone path. That gave the entire garden a sense of lushness. We can always see the parts, now covered with beautiful mulch, where something we planted has died. But our visitors see all the abundance in the garden, and wonder why we are complaining about a horrible drought. They do not realize what an effort the whole city makes, and SAWS works diligently to preserve all of our underground water in the aquifer. We capture, filter, treat and reuse water, especially at the Botanical Gardens. That is why we have beautiful golf courses, public gardens and trees. Recycled water!



We have a new volunteer in the Herb Garden. A rose from over the fence has seeded itself (or maybe propagated) and is now growing on our side. Roses are considered an herb. We hope to have a meeting about planting roses, and about using rose scent and rose hips for tea and other uses. Now, with care, we hope to see a bloom and find out what kind of rose we have. Any guesses?

Our barrels are empty- We had originally had horseradish, ginger and a variety of plants in our three barrels. We made a note to transfer some of the spearmint from the north bed down to the center barrel. The mint tends to invade, and we would like to have more of a variety of herb to show our visitors.

Patsy suggested that she could bring a tool and show us how to sharpen our tools. We all are looking forward to that. (September 28, last Monday of the month.)





Marsha wanted to know about some spiders she has met. We decided that all of hers were lethal to the garden insects, but not necessarily to people. All spiders bite. Some have a poisonous bite. But we have heard that because they eat things like dirty flies (feet in manure and dead things) that spiders have dirty mouths. So with any bite treat with care: wash immediately, use antibiotic cream. Stay away from spider habitats. Humming birds use spider webs to build their nests. The nests stretch as the babies get bigger. They are so small that it is really hard to find a humming bird nest. So we always leave the spider webs alone.

In the house, the best defenses against spiders are geckos. They love to eat spiders. A few always come in on the potted plants when we are preparing for a hard frost. They probably go out the same way. Only problem with a gecko is if it lives in your smoke alarm. Every time it walks across the sensor, the alarm goes off!

Which brought us to bag worms. We understand there is a special wasp, (ask at Shades of Green they will know the name) that you can release on a tree to kill the bagworms. To us it seems like the story of the Three Magic Beans. You buy a tiny little piece of paper. Open it up and thumbtack it to the pecan tree as high as you can reach. They tell us that microscopic wasps emerge and lay their eggs on the worms, which kills them when the eggs hatch. Wait for it ..... Next spring, no bag worms. Marsha also says, if litter falls from the tree be sure to pick it up, because it infects the ground and generates more bag worms. Definitely magic.

Wasps, apparently another kind (my source is notorious about not knowing names), are being researched. There are some helpful kinds that eat mosquitoes. I am hopeful we get more and more of these around. I will try to track down the name.

This brought us to a discussion about Africanized bees and James Bills excellent presentation about bees at the last meeting. Apparently us layabouts that missed the meeting missed are really good one. Make a plan for September 14, mark your calendar. We're thinking globally and acting locally.

Determined to do better next month, we made a list of tools we need to bring, and another list of requested tools to ask Moniques to supply. We also resolved, yet again, to give that special request list to Dennis Joy our supervisor gardener.

Our garden supervisor, Mr LeBay called Monique and requested we move our cars out of the empty parking lot behind the restaurant where we have been parking. We did and then hiked back to finish our weeding. We suspect that the garden people want us to park waaaay on the other side of the garden and hike in with all our tools. It hurt my feeling, because I think we are probably one of the most faithful groups to come to weed the garden: freezing cold, boiling hot, national holidays, covid, doesn't matter, we're there. Then again, sometimes (often) we forget to request new plants and there are bare spots. And the Herb Garden is not symmetrical, or really, really colorful. And we have not surmounted the problem of helping people identify the plants, and telling all about them (A dream I have). And maybe they don't really want us around, we're a bunch of old ladies that are just a hassle. But I don't know. Scheduling a visit to Chloe Blumenberg, our new Volunteer Coordinator, for solace and clarification.

Plants selections for shady areas:

A) Turf- St. Augustine, Zoysia

B) Shrubs- hollies, cleyera, aucubas, fatsias and viburnums

C) Groundcovers- English and Algerian ivies (do not use Algerian ivy in colder areas north and northwest of San Antonio), lamium, ajuga, mondograss and dwarf mondograss, lirioppe and ferns. Use aspidistra as a tall herbaceous ground cover, perhaps in combination with ferns, in a really shady bed

D) Perennials- Texas Gold columbines, violets, oxalis, ajuga, lirioppe, summer phlox and spiderwort

E) Foliage- pony-tail, split-leaf philodendrons, tropical ferns and unusual ficuses, sansevierias, fancy-leafed begonias, crotons, dieffenbachias and aglaonemas.



From the Internet  
Greenlink Analytics data

Deceleration was trained by Greenlink to utilize their platform (a satellite gathering data). Last year, Deceleration mapped the relative energy burden of Bexar County residents.

Energy burden is defined as the percentage of annual household income that residents pay for electric, gas, and water utilities

(See: [San Antonio's Five Most 'Energy Burdened' Neighborhoods](#)). We found considerable overlap between areas with high energy burden and high heat island.

URBAN HEAT INTENSITY Up I-10 are some of San Antonio's hottest Census tracts. The dense apartment blocks just above the Medical Center area, including AXIO, Riverstone, and Wolf Run apartments, tie Government Hill with a perfect 10 Urban Heat Intensity rating. The South Texas Medical Center complex just to the south bakes with a 9.8 Urban Heat Intensity rating. At the fringes of the city, however, things cool off. Traveling west to east at Southside Lions Park on the Eastside, for instance, one sees a rapid drop off from 7.1 UHI to 4.2 UHI.

Compounding sites of overlapping health inequities are also visible around the city, as demonstrated in the maps below. The neighborhood around the Alazan Apache Courts on the near Westside scores toward the top for heat island (9.3), income stress (9.56), asthma rates (11.4 percent), and lack of internet connectivity. A daunting collision of very high asthma rates (11.1 percent) and high heat island ranking (9.8 UHI) meets in the Eastside around Harvard Place just west of the AT&T Center.

**WEED AND GLOAT**

**Come weed with us at the Botanical Gardens!**

**Feel welcome to come to join us this month in the sunshine.**

Weed and Gloat meets the last Monday of each month , September 25  
We meet at 8 A.M.

Contact [robinmaymar@gmail.com](mailto:robinmaymar@gmail.com) for simple safety measures we need to take .  
See you then.

# Meeting Minutes

All About Bees - Presentation 8/10/23 by Jim Bills (master beekeeper w/ TX A&M)

Jim Bills is an elementary teacher and master beekeeper with a passion for educating the public about bees and their positive impact in our world. The presentation began by Mr. Bills showing us how to determine if honey is actually real authentic honey by putting a few drops of honey on a plate and then slowly add a few drops of water on top of the honey. If it is real honey, you will see small hexagonal cells form on the top of the honey!



Next, he went on to educate us on the wonderful bee. There are over 20,000 species of bees in the world; 4,000 in the U.S., and 800 species in TX. Native Texan bees mostly live underground and actually do not make honey;

apparently the European honey bee, which is a very docile bee, makes a lot of honey. African bees do make honey, although not as much as their European counterparts, and are smaller bees that can be very aggressive. Most beekeepers in the U.S. tend to go with a German Bee named the Buckfest Bee, which is what Jim has in his personal beehives. He went on to passionately describe the bee in detail, along with their enemies and what happens in a honeybee colony. He

shared the benefits the bee brings to our world along with how the delicious honey they produce is beneficial for human health in several ways. We can all help keep the bee population happy and thriving by planting herbs they like: thyme, rosemary, oregano, basil, and coneflowers. They also love dandelions, so he wanted our help in asking others not to kill dandelions in the wild.



Finally, to encourage curiosity for insects he shared the website “insecta spectra” which shows human, butterfly, and bee vision! This is a fun way to encourage kids and others to develop an appreciation for the insect world.

## TO DO IN THE SEPTEMBER GARDEN

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

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

**WATER** - We are still in Stage 2 watering restrictions so don't forget to follow the year-round rules for watering in your area. Continue allowing for patience in waiting for blooms to show on plants as the 100 degree days keep dragging on. If the water bill goes too high it is better to cut down on the number of plants next year than cut down on the amount of water given to plants. Well cared for plants are always more productive than neglected plants.

**HERBS** - Plant frost-tolerant herb transplants and seeds from now until mid-November. This may be the best time of the year 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) and perennials from well-established transplants (chives, rosemary, sage, salad burnet and English thyme). Plant everlastings for spring harvesting - perennials such as bergamont, yarrow, puchellum and annuals such as statice, larkspur and strawflowers. Harvest basil and preserve by drying or freezing as an oil paste. Re-pot container-grown perennials as needed.



**GARDEN** - It is not too late to get fall tomatoes in the ground. *Surefire* is the quickest to mature, but, *Celebrity* is the new darling (*Sun Master*, *Solar Fire* and *Sun Pride* also are good choices from previous years). If tomatoes have been in the ground and are growing, now would be a good time to apply a slow-release fertilizer. You can also fertilize tomatoes with 1/2 cup of lawn fertilizer per plant when the first fruit sets. Spread fertilizer over the roots of the plants.

[This Photo](#) by Unknown Author is licensed under

Plant green beans, radishes, carrots, beets, squash and sweet corn for fall. Transplant broccoli, brussels sprouts, cabbage, and cauliflower also. If plants are getting too much sun a protective cover such as *Grow Web* will counter any searing sun. Prepare garden soil now for fall vegetable transplants by adding 2" of compost and tilling to a depth of 6" to 8".

Get started on that new bed you didn't start last month because it was too hot! The 2<sup>nd</sup> week of Fall is for planting. Plant garden mums and fall marigolds (choose mums in full bloom, but select marigolds that are not yet blooming). Plant hardy trees, shrubs, vines and groundcovers from now until mid to late November. Now is the time to divide spring or summer blooming perennials. It is not too early to divide irises, day lilies and Shasta daisies, after two or three years since not dividing it can reduce blooms. (Use a sharpshooter shovel to divide the clumps and transplant into full sun areas. Remove 30 to 40% of the foliage of the transplants in order to reduce stress.)

**FLOWERS** - Sow winter annuals and wildflowers in full sun. Plant perennials like Aster seeds and Garden Mums for fall color. Order spring bulbs for later planting. Most require a six-week stay in the refrigerator before planting. Clean up iris beds and thin out clumps, if crowded. Wait for our first cool spell before setting out plants to provide cool-weather color. Try ornamental kale for colorful, fringed foliage. Mums are setting buds now. Pinch off about 1/3 of the buds to encourage larger flowers in fall. Fertilize them with a balanced fertilizer such as 20-20-20 to increase flowers and healthy foliage. Dianthus, calendulas, stock and snapdragons offer flowers in a wide range of hues. Lightly prune and fertilize geraniums and begonias for further blooming. Get out your seeds of snapdragons, dianthus, pansies and other winter flowers and sow in flats for planting outdoors in October.

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.

**ROSES** - As we approach the fall blooming season, we hope for a weather change to more normal (?) rainfall and a little relief of both day and night time temperatures. While we still have 100-degree days in the forecast the night time temperature is finally getting below 80 degrees which brings some relief to plants. 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. 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.

**BIRDS** - Keep birdbaths clean and full of fresh water daily (or every other day), if possible as this helps keep mosquitoes from laying eggs there. The first wave of migrant hummingbirds should have arrived in San Antonio. Watch for Ruby-throats and Rufous hummingbirds in addition to the resident black chins. (Migrating hummingbirds will be busy at feeders and blooming firebush, salvia and firespike. - EO)



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. North American hummingbirds weigh from 3 to 8 grams (about the weight of 2 to 4 dimes) and range in the length from 3 to 5 inches. Hummingbirds do not suck nectar, but lap it up with a tongue that can extend well beyond the tip of the beak. The nectar flows up by capillary action through tubular membranes in the tongue. Hummingbirds also eat insects and spiders. The female Ruby-throated Hummingbird usually lays 2 eggs, each about the size of a jellybean. Hummingbirds zip through the air at speeds of around 30 mph, and they reach velocities close to 40 mph when jetting to a feeder. Watch for Hummingbird Festivals in Rockport-Fulton, and at Lake Jackson during the month of September. To attract hummingbirds, plant cardinal lobelia, trumpet vine, lantana, Turk's cap, and autumn sage. Plant perennials now or plan to incorporate them into your landscape in spring.

**YARD** - Apply iron foliar treatments to chlorotic (yellow) plants and St. Augustine grass, but wait until Oct. 1 for winter lawn fertilizers. If leaves of trees and/or fruits, nuts, and blossoms are dropping, it is in response to heat and dry weather. Watering deeply at the drip line once a month will help. Cut at ground level the suckers that emerge from the roots of peaches, plums, pears, apples, Oriental persimmon and citrus to prevent the rootstock from taking over the fruiting top (scion).

**FALL** - Fall is here! The Autumn Equinox occurs Sat, Sep 23, 2023 at 1:49 AM. Equinox is "the time when the sun crosses the equator, making night and day of equal length in all parts of the earth". The full moon in September occurs on September 29<sup>th</sup> and is a full corn/harvest moon. September's full corn moon is so called because this is when crops are gathered at the end of the summer season. At this time, the Moon appears particularly bright and rises early, letting farmers continue harvesting into the night. This moon is also sometimes named the barley moon, and it is often the nearest full moon to the autumnal equinox, earning the title of 'harvest moon'. Changes in the weather are more likely a few days after a full or new moon because the moon moves the tides and the flow of water around the planet.



Make sure your Crepe Myrtles are starting to go dormant. If not, stop watering and remove their mulch.

Enjoy the beginning of cooler temperatures and more time spent in your garden!

**BUSINESS MEMBERS**

**WE THANK OUR BUSINESS MEMBERS FOR THEIR SUPPORT.**

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

 <p><b>Natures Herb Farm</b> 7193 Old Talley Road Lot #7 San Antonio, Texas 78253 Email: <a href="mailto:naturesherbfarm@att.net">naturesherbfarm@att.net</a> Website: <a href="http://naturesherbfarms.com">naturesherbfarms.com</a></p>	 <p><b>Rainbow Gardens</b> 8516 Bandera Rd, San Antonio, TX 78250 <a href="tel:2106802394">210) 680-2394</a></p>	
<p><b>Health by Choice</b> <i>San Antonio's "go-to" group offering Natural Health Solutions</i> Sil &amp; Yoli Huron, BA, CNHP Certified Natural Health Professionals (210)-735-9053 (210) 213-4852 Email: <a href="mailto:health4ever@barleybaby.com">health4ever@barleybaby.com</a> <a href="http://www.barleybaby.com">www.barleybaby.com</a></p>	 <p>Helping Millions Since 1948. Affordable, effective weight-loss support</p> <p><b>Real People. Real Weight Loss.®</b></p> <p><b>Try it free.</b> To find a meeting, call (800) 932-8677 or visit <a href="http://www.tops.org">www.tops.org</a></p>	
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**Did You know SAHS Members get a 10% off discount at these local businesses?**



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