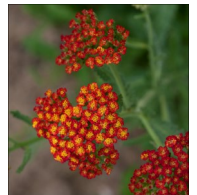




NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY
 JANUARY 2024

HERB OF
 THE YEAR:
 YARROW



We venture into the realm of medicinal herbs this year. Our team of researchers will present a “Round

Robin” of information about this versatile herb at our meeting on January 11. Learn how to grow, where to grow, harvesting, drying and using this herb. Why is it called Nosebleed? How did indigenous people use yarrow? Can you make a wreath with it? How tall does it grow?

When it comes to use, our goal is to have a good scientific basis for information. Herbal lore, sometimes centuries old, has been passed from one person to the next. Scientists take this information to research. Modern genetics and chemists take this even further, to identify the compounds that are active ingredients in certain herbs. Science helps clarify what lore has known for a long time.

Join us Thursday January to kick off The Herb of the Year: Yarrow

**SAN ANTONIO
 HERB SOCIETY**
 Mark your calendar for our
 next meeting

JANUARY 11, 2024
3310 N. New Braunfels
San Antonio, 79209

Herb of the Year Yarrow
 Doors open 6 Buffet 6:30
 Presentation 7

All meetings are free and open to the public

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UPCOMING EVENTS

January 11 Yarrow- Herb of the Year presentation from members of the Herb Society

January– Time to renew dues. The Membership Application is what we use each year to renew our membership. Download it from this website, or fill out your application at the January meeting.

February : Valentines Day

OPERATION CHRISTMAS CHEER: Monday November 28th 9am-2pm. And Tuesday, to finish the job.

This year we met at the Garden Center on the Monday and Tuesday after Thanksgiving from 9am—2pm. Armed with a good pair of scissors, hot glue guns and wire cutters we began to create. I am including the most excellent write up/request from the Garden Center because it tells you all of the charities that received our gifts. Tuck this information away in your calendar for next year. They wrote “So..if you are able, please help us fill these requests. You can help by donating requested items (please bring to the Garden Center), donating money to help cover our expenses (bring or mail to the Garden

Center), or donating your time helping us decorate wreaths, create centerpieces, and make bath salt ornaments. “ December 2 and 3 of 2024. We had so much fun. Mark your calendars, let’s do it again next year.

We used all sorts of Christmas decoration that had been donated to make wreaths, bows and table arrangements. The Garden Center supplied a lot of new material for some of the candle holders and supplies for new projects. The work was done by members from all the clubs that use the Garden Center during the year. Herb Society had seven members attend. Good show! Team!

Jamie Whitfield wrote:

The Christmas Cheer Project has changed in the past few years. We’ve veered from a group mainly focused on children, which is where our hearts all go during this season. Most organizations now focus on trying to maintain the family unit, and so our focus has also changed. This year, we’ve partnered with the following:

1. Strong Foundation provides housing and counseling for families who have been through rehab but aren’t fully ready to go out on their own. Each family has one room with families sharing a communal kitchen, family room, etc. They are currently at capacity with a total of 16 families. Like in the past, they would like us to prepare table centerpieces for their thank you dinner for volunteers, however because the number of volunteers has dropped off this year, they only need 8 centerpieces. They also provide a basket for each family and would appreciate our help with filling the baskets with family oriented games, puzzles, and books and “maybe” something for the mom and dad, too. Although not usually considered a Christmas item, they are in need on new or slightly-used twin sheet sets and blankets.
2. Sarah Roberts French Home, which cares for infirm and elderly, is another organization we’ve helped in the past. They would like 10 wreaths and 10 table centerpieces., donating money to help cover our expenses, or donating your time. Need toys, books, games, stuff for kids or money to buy stuff.

Culinary Contributions

CARROT "CAKE" TEA SANDWICHES

Mike Belisle

1 loaf cinnamon raisin bread

8 ounces cream cheese frosting (1/2 can)

8 ounces softened cream cheese

1 cup grated carrots

1/2 cup walnuts or 1/2 cup pecans, chopped

Method:

Trim crusts off bread

Combine frosting, cream cheese, carrots and nuts.

Spread filling evenly on bread

Top with another slice of bread

Slice sandwiches into thirds or use cookie cutters

Chill for at least one hour before serving





AND A HEALTHY NEW YEAR TO YOU!

Last year our emphasis was on conservation and wise husbandry of our gardens. This year, because Yarrow is a medicinal herb, let's emphasize health.

With Wikipedia and Google and Facebook and all sorts of videos available on YouTube we have a great wealth of information both new and old, true and questionable. Previously we featured an article from Skip Richter that bears repeating.

“Choose sources that are not selling a product. If someone is telling you information and their solution is to **buy their product**, move on. Their whole goal is to sell.

Avoid sources that have an ax to grind.

Avoid sources that have testimonials as proof. “My Aunt Dorothy swore by this product” only means she liked it a lot. There is no proof that it worked or will work for anyone else. This again is an advertising ploy.”

A good example of well reasoned and scientifically based research is the Nutrition Action magazine. Their goal is healthy food. Often articles will address questionable products. They state how big the sample test was, how did it compare to other tests and how to make a scientifically reasoned choice of what foods to eat.

Let's set our goal for research along the lines of this model. We need to avoid the lore based on lore based on even more ancient lore. If there is good scientific evidence that yarrow salve will staunch bleeding, state your sources. We may not include all the sources, but we should be able to back up our statements with evidence, when asked.

Also, many of the herbal remedies are for medical issues. We do not have the background to recommend medical treatments. Would it be wise to stick to non-pharmaceutical topics? Health, for example...

So here's a radical health question. Because it is known that rapid changes in temperature can cause stress and heart attacks in individuals, wouldn't it make sense to keep the indoor temperature closer to the outdoor temperature? Could individuals open their windows and use the outdoor air to cleanse the indoor air? Could we get used to going outside and working when it was cool in the spring, then warmer in late spring, then beginning to be hot at the edge of summer? Think of the time of the Alamo, not that long ago. How did people go through the summer? Weren't they acclimated to the heat? Could we do the same.

I guess my worry is that if we had no electricity in the summer, due to a heat wave, how many of us would be able to cope in the shade?

Back to Mr. Richter. His best suggestion when doing research was to go to educational sites such as universities and research facilities. Put the topic you are looking for in quotations add a semicolon then a period the edu. For example “Medicinal properties of yarrow”:.edu

Be sure that your source ends in edu as the first offerings on Google still appear to end in com

Meeting Minutes

December General Meeting

We broke with tradition and met at 3:30 on the second Thursday of the month for Tea. Everyone brought all sorts of goodies, finger food. We used TV trays for our tea and set the chairs up two per table. This gave us a pleasant way to visit with each other.

Tea was hot. There were a wide variety of teas. Also a pot of coffee, for the unconverted.

The sun set at 5:37, so some left just a little early to make it home by sunset. We are wondering if this might be a better tie to meet during the winter months. Do you have an opinion?

GARDEN CENTER LUNCHEON AND SALE

We are members of the Garden Center. Each year they have a luncheon and a sale. We squeaked in at the last minute to be selected to have a table. There were twenty-five vendors. Nobody told us we could come and set up the day before. So, there we were scrambling to set up.

But the sale was jolly. We had an enormous number of customers and sold quite a bit of our wares. Joy, Annette and Patsy all pitched in.

The only issue was that customers dwindled down about one pm and we closed up shop early. The very next sale at the Garden Center will be in a few months with a plant sale. We are going to suggest and provide road signs be put up the day before to advertise the sale. If that works, then next Christmas we will use the same tactic.

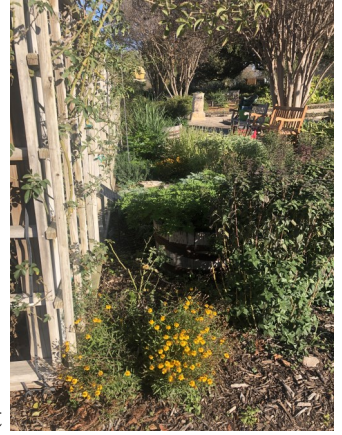


Weed and Gloat:

Photos by Robin Maymar

The day after Christmas, Dec 26 10 A.M. Bright and sunny but in the 60's. "Wear layers" we encouraged each other. Left my journal at home, so mostly pictures this time. It got warmer and warmer as we worked. We had a huge pile of jackets on the bench by the time we finished.

A visitor to the garden approached me first thing, asking permission to have a picture taken with a blower machine on his back. I told him I was only a volunteer, but neither of us saw anyone around to ask. He told me he had been a horticulturist as a career, was now retired but managing the gardens at a university in Ames, Iowa. They had come for a nice warm break in Texas. Then the shock, he was very complimentary of our herb garden. Looked good, lots of variety, lots of abundance.



As Mark Twain says "I could live for a couple of months on just one good compliment." So I want to share that with all the Weed and Gloat Volunteers. Even if you have not joined us recently, all of your good works have been rewarded with an abundant garden Thank you!

The poppies have arrived. They self-sow from all over the garden. Looking a little like a dandelion, they were inches high all over the bare areas. We decided that, as they were technically spices, they could stay; but they had to move to the back of the garden. We'd noted last year that they grew so high we could not see the rest of the bed. So, back they went. We shall see if transplanting is ok with poppies.

We continue to weed out the abundant mint. Would like to put it in a large pot or barrel, and make some room for other herbs instead. We weeded it out, pulling the roots out. Then a garden helper came by. We asked for mulch. When it arrived we mulched over the mint area. Leaves the bed a little bare, but reminds me to as for some more small plants.

The parsley (pictured above) that we had planted last month had grown huge. Make a note, add more for next fall.

As we all had plans for later, we stopped right at noon and some of us headed for D.W. Deli. They were featuring Beef and Blue sandwiches, a little like an Arby's with blue cheese, beef and horseradish. Available as a special on Tuesday. Lucky us.

Need to reread *Atomic Habits* by James Clear. Atomic sounded large to me, but his idea is that changing habits that are the size of an atom will help us. I have used his principles to make my life much easier. Just need to make sure that



after I write Weed and Gloat, the journal goes down to the basement and lands in my "Take to Weed and Gloat" garden bag.

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 TUESDAY , JANUARY 29

We meet at 10 A.M.

Contact robinmaymar@gmail.com for

Gear we need to bring .

See you then.

SAN ANTONIO BOTANICAL GARDENS VOLUNTEER APPRECIATION BRUNCH

As members of the San Antonio Herb Society, many of us enjoy volunteering at our unique 38-acre San Antonio Botanical Garden – SABOT. We weed, plant, prune and mulch in the herb garden on the last Monday of every month, rain or shine! WEED AND GLOAT volunteers Robin (president), and members Becky, Patsy, Esther, Mary Jo, Basil, Gloria, Sandra and Patti enjoyed the spectacular brunch honoring volunteers.

At the Garden, the staff and board members hosted a special event, December 11th to recognize and thank the volunteers. Astonishingly, more than 500 volunteers completed a total of 17,489 hours, averaging 87 hours per workweek day, which is a 30% increase this year. We would like to introduce you to the executives that manage the Botanical Gardens:



KATIE ERICKSON, Director of Programs enthusiastically welcomed volunteers.

OMAR AKHIL, past President of the Board at SABOT, offered a general thank-you and introduced the new Board Chairman, Phil Miller.

CHLOE BLUMENBERG, Volunteer Specialist, could not be at the event due to her daughter's heart surgery. In her absence, KATIE shared the impressive volunteer numbers and read Chloe's words of gratitude. Many in the great room wiped tears of empathy for Chloe.

ANDREW LABAY, Director of Horticulture, recognized several organizations, including: the Orchid Society, founded in 1955, started first of all volunteer groups –members work in tropical greenhouse; SAN ANTONIO HERB SOCIETY, founded in 1983. While the Master Gardeners have more actual volunteers, our group from the San Antonio Herb Society were recognized for our turnout at the brunch; San Antonio Bonsai, incorporated in 1973; Culinary Helpers volunteers are part of Master Gardeners; and Alamo Area Beekeepers members are the newest group of volunteers.



CELESTE SPIVEY, Horticulturist, mentioned Group Projects, Plant Sale and Plant Propagation

MONIQUE GARZA, Gardener, who supports and advises San Antonio Herb Society volunteers 4th Mondays, provided a brief history of the San Antonio Botanical Garden.

MICHAEL EASON, Associate Director of Conservation and Collections, spoke about cultivating native, wild-collected rare plants. Conservation is a core value. It is marvelous and inspiring to see unusual native plants growing at our San Antonio Botanical Garden. SABOT offers selections near the main entrance for purchase inside the gift shop. Buying these plants supports the Garden and increases diversity in local landscapes.

Researchers at universities and botanical gardens around the country collaborate with SABOT for rare native plant re-introductions such as Hinkley's Oak trees. Our SAHS member Sandra won this tree as a door prize. Of the 650 species added to the garden collection, up to 90 are endangered. How amazing to help save plants from extinction!

ALLIE RUSSELL (sick so another young woman read her speech) recognized USAA Golden Eagles volunteers and Master Gardener volunteers. MGs support the Children's Vegetable Garden Program (CVG) with 2500 volunteer hours in 2023. CVG started forty years ago and is one of the nation's longest running programs; because in San Antonio we have Spring and Fall seasons for vegetables, forty years represents 80 seasons of learning for children. Our SAHS president Robin and our member, Sandra, are also Master Gardener volunteers with the children's vegetable growing.

KATE GRIFFIN, Adult Programs Specialist, highlighted the GROW program at SABOT which is a collaboration with UTSA led by Christina Biddle doctoral Occupational Therapist working with people with dementia. (Chloe also works with that group.) Kate requested more docents and volunteers for the new garden to help integrate native plants. Currently 500 plants representing 100 different species in the greenhouses await planting. The new garden sparks interest in native plants which can survive in our harsh climate.

KATHERINE TRUMBLE, Interim CEO applauded volunteers work valued at \$500,000 in 2023. She gave a heartfelt thank you message to the volunteers. She also recognized the new President of the Board at SABOT Phil Miller who has a familiar face, as a volunteer at the San Antonio Botanical Garden.



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.

Herb Society Board

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Robin Maymar
robinmaymar@gmail.com

1st Vice-President (Programs) **Position vacant**

Treasurer Vacant

Secretary [Volunteer at meeting](#)

Membership [Milan Maymar, protem](#)

Publicity

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

JANUARY TO DO
JANUARY TO DO LIST

*In the soft, warm bosom of a decaying compost heap,
A transformation of life to death and back and again is taking place. –*

J.I. Rodale, Founder of *Organic Gardening* magazine

Celebrate the New Year by planting a tree, or maybe "sponsoring" one! Stop by and visit that tree to see if it is doing better than your resolutions!

In Our Herb Garden: Plan spring herb garden, consider location, space, size, shape, sun, and plant groupings. Plan companion planting. Review seed catalogs and visit with herb growers as to new varieties and then order seeds. Keep in mind as you read and plan that many herb books, and even seed packets, are written for growing conditions other than ours (we are zone 8b, and we even have our own microclimates). Start seeds of perennials and later annuals in a cold frame or greenhouse. (We hope to have Yarrow seeds for you to sow at the next meeting) Temperature extremes (abnormally high day/night, then a hard freeze blow in) during winter months may cause new growth for perennials and resultant freezing. Mulch should help protect plants. Wait until the ground warms to remove frost victims. Spruce up the garden. Remove fall debris (and compost it). You may want to set aside items you haven't used in two years or more and either donate them to charity or tag them for a spring garage sale.

"2nd WEEK" (because First Week looks like it is spring this year)

When pruning and clearing evergreen shrubs, compost or chip the clippings so they can be recycled in your garden. Use mulch produced the first two weeks of January because it is mostly Christmas trees.

Protect tender plants with covers or mulch when freezes are forecast. Remember that plastic and/or cloth over a plant or a greenhouse will heat up if the sun appears. Be prepared to open it up for ventilation. Plastic directly against leaves in a freeze can actually conduct heat away and freeze-burn the leaves. Even placing gallon jugs close to plants helps keep them warm. Put inside wrapped plants for extra protection

Be sure outdoor plants are well-watered. Cold weather can damage plants that are too dry. Prune summer-flowering shrubs and vines such as crape myrtle, althea and trumpet vine.

Get cold frames ready for vegetable seedlings and flowering transplants.

After a freeze((2nd week? 3rd week?)), cut off the frozen tops of lantanas, firebush, poinciana, esperanza and other root-hardy plants and perennials at any time. If the brown foliage and stems don't bother you, leave them as cover, until early spring, for the base of the plant and for birds as foliage for shelter and to search out food, especially if seeds are present.

Do not be too quick to toss plants that appear to be frost-damaged. If the cold was not severe, the stems might not be damaged.

Pruning of all trees (including fruit trees) and bushes can begin now. Dress pruning wounds on oaks immediately. Prune back all shrub branches within one foot of the house. Texas Cooperative Extension publications explain proper pruning techniques.

Suet is a high-energy food for insect-eating birds and is beneficial during the winter months when other food sources are low. Put it in wire cages made for the purpose (allow some time for the birds to find it as the suet is not a naturally recognizable foodsource). Be sure to provide water for birds and small animals.

This is a good time to relocate small trees and shrubs, remembering to remove at least half of the top growth to compensate for root loss. Still a good time to plant new trees and shrubs to allow roots to develop before hot weather arrives.

Midwinter is a good time to plant fruit trees and pecans. If you are in heavy clay soil, use an 8' x 8' raised bed for fruit trees. If you have enough room for a pecan, consider the Pawnee variety. It matures early, has aphid resistance and makes an attractive tree.

Rye seed will germinate in winter and provide some erosion control. Do not waste your time with Bermuda seed; it only germinates when soil is warmer (after mid-April).

Primulas are options for containers or sheltered beds in the shade during winter. (Pictured)

Enjoy blooming alyssum, dianthus and pansies. Plant pansies, violas, larkspur or bluebonnets in the flowerbeds of cutback perennial.

Plant tulip, daffodil and hyacinth bulbs no later than the first part of this month; plant Anemone and ranunculus bulbs late in this month.

Take advantage of rainy weather (if there ever is some) to study Texas A&M's Plant Answers Web site at <http://aggie-horticulture.tamu.edu/>.



Finish planting spring flowering narcissus bulbs.

Use a water-soluble, complete-and-balanced analysis fertilizer such as 20-20-20 to new annual flower transplants for quickest start.

Use (same as above) 20-20-20 fertilizer monthly in diluted (at least half strength) form to houseplants during dark days of mid-winter.

Watch houseplants for signs of MEALY BUGS, SPIDER MITES, SCALE and other pests. Use tender houseplant spray as needed.

Dandelion leaves can be very bitter. However, they are quite tasty if harvested in cool weather before they flower. Use the young, tender leaves in salads. The more mature leaves can be steamed or boiled much like spinach or other greens. While it is still not freezing, plant lettuce. Cover if it freezes, sometimes you can keep it going all winter.

In Our Rose Garden: If El Nino does finally raise its ugly self in our area, there can be periods of wet and mild weather which can bring about perfect conditions for DOWNEY MILDEW, something that we don't want in our gardens. Here's what to look for. 1.) Ideal Temperatures- Spores will germinate and become active with temps. between 50 and 75 degrees and relative humidity above 85%, especially during periods of wet and rainy weather. 2.) Visual Description- At first, purple splotches will appear on the foliage and canes, then will turn a camouflage pattern of brown, yellow and green. Then the foliage will fall off (and this dropped foliage should be cleaned up because the spores can be reactivated if the right conditions occur). 3.) Preventive Measures- to help prevent downey mildew in the garden, make Additional Winter Chores-

a.) Continue to provide some moisture for your roses (water beds deeply if no rain for 10 days), especially newly planted ones. Remember, container roses need to be checked more frequently.

b.) Check for SPIDER MITES, especially on miniatures. If you do find mites, treat with either a water-washing every third day for nine days or spray with *Green Light Red Spider Mite* spray (2 tsp. per gal. of spray).

c.) This is an ideal month to continue to transplant your roses.



d.) Make sure all new rose beds have been completed so the soil will have time for settling. (Water them to hasten settling. Don't depend on Mother Nature!)

e.) Check winter dressing of compost or manure and keep at least a 2" depth on the beds into Feb. Also, you might consider kelp, fish-meal, blood meal, alfalfa, or other organics that take time for the microbes to make their goodies available. Some rosarians use soil conditioners about this time of year. Nitron A-35, Medina, or even gypsum are used just before or sometime after the organics are added.

f.) Make sure your pruners have been cleaned, oiled and sharpened for the upcoming bush pruning in later February. Using a file or whetstone will provide you with a sharp, smooth cutting edge. Remember, dull pruners can damage the bark and cambium layers of

rose canes leaving them open to fungi, which can cause dieback.

g.) Now would be a good time to flush out your sprayer to remove the alkaline residue buildup. We use a mixture of half distilled vinegar and water and run it through the sprayer. Does a great job.

h.) Since we all handle mixtures, compost, manures, etc., it would be a good time to check with your doctor to see when you had your last tetanus booster shot. It's recommended at least every ten years, but some rose people feel a shorter shot cycle of five years is safer. Get your doctor's opinion, and get it updated if it's needed.

i.) Start making an inventory of spring rose supplies that you will need including spray materials, feeds (soluble or granular), iron supplements (*Sprint 330*, *Ironite*), organics, etc.

j.) If you water your roses using the Dramm system (or any system using nozzles), now would be a good time to remove each nozzle and remove the pin from the nozzle and soak them both in a solution like *Lime Away* for a few minutes. This will remove any alkaline buildup on the emitters and pins. Wash with clean water and fasten them back into the system.

2nd WEEK:

It is time to think about birdhouses for your yard. Some birds begin breeding in February. It is time to place (repair/ replace) all of your birdhouses. Titmice, chickadees, wrens, woodpeckers, owl and martins will be looking for nesting boxes very soon.

Water your St. Augustine grass lawn deeply if temperatures of 24 degrees are forecast.

Have soil tested for pH level in lawn and raised beds. Add acidifying iron supplements to acid-loving plants and replenish their pine bark or pine needle mulch.

If the weather has been favorable, this is a good time to fertilize "Texas Gold" columbines, irises, paperwhites and other perennials putting on growth for early spring blooms. Use organic fertilizer (1/2 cup) or slow-release lawn fertilizer (1/4 cup) per plant.

Spray dormant oil on roses, fruit trees and pecans when we have 2 consecutive days of temperatures over 45 deg. The oil is an effective control for SCALE, PHYLLOXERA and other wintering insects.

Acorns or pecans collected now can be planted immediately in containers. Avoid nuts with holes. Small oak and pecan trees will emerge in spring. Pecans, like apples, do not breed true. The nut you plant may not be exactly like the tree it came from.

It is time to replant sweet peas and English peas if the cold weather destroyed the seedlings.

January is "10 % Tuesdays" month at independently owned nurseries. Ten percent of gross sales on Tuesdays this month will be donated to youth gardening programs in Bexar County.



Order seeds for spring vegetable and flower gardens.

Prepare garden beds for spring planting by working in organic matter.

Improve your landscape for this year by learning from gardening books that focus on this region (and there are a few somewhere!)

Prune, or clean out perennials killed or damaged by frost.

Now is a great time to build walkways and retaining walls.

Fertilize blooming plants such as pansies, dianthus and flowering kale to keep blooms coming.

Use slug bait (or traps) to control SNAILS & SLUGS on bedding plants.

Finalize vegetable garden in preparation for planting next month. Consider adding drip or soaker irrigation for more efficient watering.

Control winter weeds with regular mowing or completely removing them (especially the roots, any parts remaining will resprout) by hand or with a weeding tool.

Side-dress leafy vegetables and onions with a slow-release fertilizer every two to four weeks.

Take care of yourself; watch out for drying skin, especially on back of hands and knuckles. Use hand lotion often, even though you may not be in the garden.

3rd WEEK:

This is the beginning of the coldest part of winter (Jan.15 to Feb.15), though it may be hard to believe at times.

January is a good month to prune oak trees. Oak wilt is not active in the coldest part of winter. Still follow-up with a pruning paint, or better with a latex paint.

Wear old clothes when handling frozen banana stalks. Their oozing sap stains everything.

Start tomatoes, peppers and warm-weather seeds now so they will be ready for 1 gal. or larger containers in early March.

Harvest brussels sprouts from the bottom of the stalk as they mature. You will have the healthful greens through late spring.

Be careful not to overwater bluebonnets. They are very sensitive to soggy conditions.

Watch for CATERPILLARS on cabbage, Texas mountain laurel and bluebonnets. They can strip plants quickly. Spray with *Organospray*, *Bt.*, *Sevin* or *Malathion*.

Prune mondograss and lirioppe back to maintain symmetry in the foliage and to remove tattered leaves that survived the previous summer. You don't have to prune the grasses every year, but, if they need a trim, it's fine to cut. Use sharp shears (probably the best choice), a well-sharpened mower or a strong line trimmer to cut through their fibrous leaves. Don't let your cutting device tear the leaves or pull them loose. Finish the trimming before the new growth starts to emerge in late winter.

Nandinas are pruned unlike almost any other plant. Your ultimate goal should be to have plants that are full and compact clear to the ground. Even in the dwarf forms, their tendency is to grow tall and lanky. You should remove the tallest canes at the ground late each winter. As an example, if a given plant has 10 stalks, cut the tallest 4 or 5 stems within an inch or 2 of the soil line. That way, as they resprout and grow, the new foliage will fill in lower voids.



Plan new flowerbeds and design drip-irrigation systems for beds to conserve water and provide good moisture coverage.



Select bare-root fruit trees and balled-and-burlapped trees, shrubs and vines from nurseries for planting.

Check for BAGWORMS on narrow-leaf evergreens such as junipers and cedars. Pull and destroy them Or feed them to birds

4th WEEK:

Spray selective grass herbicides in wildflower patches to remove cold-season grasses.

Cauliflower that is not covered will turn yellow. Secure the leaves over the head with rubber bands or clothespins for pure white heads.

Onion plants are available at area nurseries. Plant them 3 in. apart and harvest every other plant for green onions. Large bulbs will be ready to harvest in May.

For shady, sheltered areas or containers, consider primula and cyclamen for winter color.

Do not fertilize your lawn now or use any "Weed & Feed" (does not matter how warm it might be or what's coming up green!). Only the winter weeds will benefit. Wait until MAY 1. Aerate and top-dress your lawn with compost ($\frac{1}{2}$ " for St. Augustine and $\frac{1}{4}$ " for Bermuda grasses) to restore compacted soil.

Bunny Bloom larkspurs should be available now in the nurseries. Plant them in full sun or in a location that receives morning sun.

Finalize your vegetable garden design in preparation for planting next month. Consider adding drip or soaker irrigation for more efficient watering. Or ollas for less convenient but deeper watering



Work compost or manure into beds in preparation for spring vegetable planting.

RED-WINGED BLACKBIRDS (*Agelaius phoeniceus*) are showing up at area bird feeders. They leave their wintering grounds up in Canada (from Nova Scotia to Alaska) and head as far as Costa Rica, Cuba and the Bahamas. They can be friend or foe, their antics are a delight to watch, but they will literally take over a feeding station and devour everything (on the positive side they are insect eaters as well).



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Website: <https://davidsgardenseeds.com/>

Did You know SAHS Members get a 10% off discount at these local businesses?



Rainbow Gardens : 8516 Bandera Road
Rainbow Gardens 2585 Thousand Oaks Drive
Fanicks Garden Center:
1025 Holmgreen Rd 78220
San Antonio Gourmet Olive Oil
1913 S. Hackberry, 78210