

NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY NOVEMBER 2024

HOW TO PLANT A TREE... AND HAVE IT SURVIVE With David Vaughn

Everyone thinks they can plant a tree, David Vaughn says. Few know how to do it correctly. Professionals are usually the worst. Containerized trees present many challenges getting them started the right way. This presentation will discuss those challenges and how to correct them at planting. It will also discuss how to prune (or not prune) and water your new tree to get it through the first 25 years.



Our speaker, David Vaughn is an ISA Certified Arborist; a complete authority on trees. And this presentation and discussion should bear fruit for all of us who have or want to grow trees. For a lively talk and question & answer session, join us November 14.

We will also have a guest vendor, Diane Parham, with a variety of soap and organic herbal products for sale.

SAN ANTONIO HERB SOCIETY

Mark your calendar for our next meeting

November 14, 2024 3310 N. New Braunfels San Antonio, 78209

Doors open 6 Buffet 6:30

Presentation 7

All meetings are free and open to the public

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UPCOMING EVENTS

General meeting NOVEMBER 14— HOW TO PLANT A TREE... AND HAVE IT SURVIVE WITH CERTIFIED ARBORIST DAVID VAUGHN

November Weed and Gloat Monday November 25 8 a.m.

November 25, 26 & 27 OPERATION CHRISTMAS CHEER 9 a.m.

There is an obvious conflict here. We usually go early to Weed and Gloat. When we finish, clean up a little and walk over to the Garden Center. If you do not want to be sweating in the garden, consider going to Christmas Cheer at 9. They welcome volunteers and show you what needs to be done. There are many activities to choose from, and lots of friends to visit with.

MARK YOUR CALENDARS NOW FOR December 4 at the Garden Center:

Holiday Market and Social Bring a covered dish and join the festivities of the season.

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December General Meeting: December 12

REPORT: HERB MARKET AT RAINBOW GARDEN BANDERA

Herb Market is always held at the very best time of year. The temperatures drop and the sky clears. This year, the customers came! Well, they were coming to shop at Rainbow Gardens, one of the best nurseries in San Antonio. They got the added boost of lots of vendors selling herbal things. There were lectures and free samples and lot of herbs.

True to form, more volunteers arrived than had even signed up. Becky joined us after a long absence. Marsha came early. Cindy was our earliest bird at seven a.m. and Esther came early to shooooooop. (Her 'haul' pictured) She also caught one of the talks. Annette carpooled with me

There were a number of good recipes (see Culinary Contributions) that we got to taste.

Not up to my usual form, Milan and I had just grabbed things out of the storage. So we were heavy in some products to sell and light in others. Our merchandise sold well. The Venmo worked without a hitch. We doubled our sales from last year.

Other nurseries get to a certain autumn point and send all their seeds off. Not Rainbow Gardens. They had tons of the fall seeds. So we are making a note to shop there next year when planting fall garden.

Esther helped us take the tent down. She has very strong hands and can push that little silver catch button. I keep trying to remember to bring old metal spoons to use so each person can collapse one leg of the tent. We can't always assume Esther will be there to rescue us. Although, it is nice to have her help.

We managed to fit all the plants we had purchased into the car, on top of our gear. Great time was had by all. Same time next year? Yes! And bring more friends.

Culinary Contributions

Cranberry No-Bake Bites from Sandra Woodall

Mix together (with hands is easiest)

2 cup old fashioned oats

1/2 cup ground flax seeds

1 cup craisins

1/2 cup hemp seeds

1 cup nut butter (I used peanut butter (no sugar or salt))

1 cup coconut flake

2 teaspoon vanilla extract

2/3 cop agave syrup or honey

1/2 teaspoon salt

1/2 cup white chocolate chips (optional)

Roll mixture into balls of about 1 tablespoon size

Refrigerate at least 30 minutes before serving.



HONEY CHICKEN SALAD WITH APPLES AND SAGE

Recipe from Infinite Herbs, LLC.

One 12.5 ounce can of chicken packed in water or equal amount of cooked chicken

1 tablespoon plain Greek yogurt

1 tablespoon mayonnaise

1 small tart apple, diced (Granny Smith)

1 stalk celery, diced

1 ½ tablespoons golden raisins

1 tablespoon fresh golden sage, finely chopped

½ tablespoon honey

Salt and pepper to taste

Combine chicken, yogurt and mayonnaise in a medium bowl and combine with a fork or spatula to break up chicken and combine with yogurt and mayonnaise mixture. Add remaining ingredients. Stir to combine. Serve over lettuce or on bread for a sandwich.

CILANTRO PESTO

From the San Antonio Herb Market Association ½ onion
1 tablespoon Dijon mustard
2 limes— squeeze the juice*
1 cup extra virgin olive oil
5 bunches Cilantro
3 cloves garlic
½ cup Parmesan
1 tablespoon pepper **
Salt to taste
Pasta



Method

Remove stems from Cilantro and set aside.

Place onions and garlic in food processors, pulse until smooth.

While pulsing, add Cilantro, mustard, Parmesan, pepper and salt.

Add to your favorite pasta, mixing in while pasta is still hot.

*Before you squeeze, zest the limes. Toss in for extra flavor if you feel like it

**Note: this seems like a lot of pepper (and we did ask). Try starting with a 1/4 teaspoon to begin.

HERBAL COOKIES

From Reality Bakes
2 cups all-purpose flour
1/4 teaspoon sea salt
1 cup (2 sticks) unsalted butter
1 cup sugar
1 teaspoon vanilla extract
Zest of one lemon
Juice of one lemon
1 tablespoon fresh Thyme, chopped



Method:

In large bowl sift together flour and sea salt. Set aside.

Add butter to bowl of a stand mixer with paddle and beat until creamy

Add sugar and beat on medium speed until light and fluffy.Reduce speed, add vanilla beating until combined.

Add lemon zest, lemon juice and thyme; mix until combined

Slowly add flour mixture and beat until just combined.

Turn dough out onto a work surface and shape into a disc. Wrap in plastic wrap and chill for 30 minutes.

Preheat oven to 350 degrees

Line baking sheet with parchment paper

Roll out dough on well-floured surface to about 1/4 inch thick

Cut out cookies into desired shapes.

Transfer cookies to prepared baking sheet.

Bake 15-20 minutes or until edges start to brown

Meeting Minutes

MEETING MINUTES SYLVIA REYNA

Trying to write a general form for all of the valuable information Sylvia Reyna gave us is a little daunting. It really depends on your collection. Our first objective was to organize information from our garden journal but there are so many different ways information, and objects can be organized. So, the information below is very generalized; we have added details for different types of collections.

Sylvia emphasized that there is no one way of doing this. It needs to be compatible with your brain and your logic and your storage space. If in the process it feels like it is not working, do not hesitate to "adjust when you need to," she suggests.



Step #1 : Always cite your sources- which means, where did it come from. A recipe? Which magazine? An obituary? What newspaper and the date. Knowing where something came from can help us, especially in genealogical collections, to trace back to further information.

Step # 2 : Survey the collection. Take it out of the box and spread it out. Or organize the boxes in some kind of order

Step # 3: Examine your material to evaluate what you have. Ask for expert opinions. Look things up on line. Take pictures, research in ways you can and Google them to evaluate objects.

Step # 4: Organize. After looking at and evaluating things. Ask yourself "If I needed to find this particular group of things, where would I look for it?"

Step #5: Preserve. This is a large part. We will detail some below. If you have questions, you can always take the object to the library for a consultation.

With that brief overview begin by asking a few questions. Who is the archivist? There is probably one person, or if you are lucky, a team that will work

on this project. The archive should be essential records and treasures. It might include an Organizational History, like the life of a club or organization.

She suggested that if there are delicate documents they can be digitized. That can be done by taking a picture or a scan or having the document professionally digitized.

Another question is: where will you keep this collection? Not recommended are garage, basement or attic. Not in plastic. A light-free space, with low humidity is good. Archival boxes are recommended. Humidity and insects are the two primary enemies, as well as acidic paper which browns over time and affects documents.

When evaluating your documents, it is suggested that you develop a filing system. Again, adjust as you go along if the first system does not work. It has been observed that going to the stationery store and choosing a color coordinated set of files, boxes and writing material is probably death to you system. Start with something simple, when it is thoroughly working, then apply the organizational system to it.

Begin, then, by separating by type. Systems include: chronological order, alphabetical order, you can use a color code to separate sections as you are organizing. Finally, use label systems so that you can retrace your steps in your organizational process.

The next step would be to digitize as much as possible and keep in a shared location, so other member of family or of group will be able to have access to the material. This is especially useful to genealogy. Store in digital folders, making sub-folders as needed. There are suitable file making conventions you can use. Probably this is best done with the help of a librarian or archivist.

There are a wide variety of preservation methods. Store where it is cool; 70 degrees. Store documents unfolded. The ultimate help is with the San Antonio Public Library. There is the Texana department as well as the Memory Lab. Both can aid with any preservation questions you may have.

WEED & GLOAT

If you think you have a black thumb and you can't get anything to grow. And you wish there were something spectacular or showy, with lots of color, then we have the herb for you. Try planting Mexican Mint Marigold. This little plant loves to spread out. It reseeds itself so beautifully, grows up to about eighteen inches to two feet, depending on the water supply. It bursts into beautiful, abundant yellow flowers. It smells wonderful. It grows all summer without complaining about the heat. It blooms abundantly all summer.

It is a substitute for tarragon, an exotic, touchy herb that has a bad attitude about Texas summers. Purists can tell the difference between tarragon and Mexican mint marigolds. We agree, tarragon is lovely when fresh and maybe better. But who can turn down a wonderful Green Goddess Dressing on your summer salad? It is, after all, a lovely green color, with an intense fragrance. Slightly different from, but just as good as tarragon.





We had an abundance of Mexican mint marigold, invading the sidewalk, so we trimmed it back. We usually bag the extra, if we can, and give it to garden tourists. This week, no takers.

The basil has gone to seed, so we set Marsha to harvest. We will return when appropriate to plant the seeds in the early spring.

Our Cuban oregano has gotten larger since we transpanted it two months ago. It is still not very tall. Perhaps it has stayed low to the ground because it is in deeper shade. Last time planted, it grew very tall. Eighteen inches or so.

The rosemary, which had been little dinky three inch high "Christmas Trees" when we planted, also two months back, have taken on a growth

spurt. We were pleased to see them standing upright against the back fence, screening the roses. Those upright stalks are a great use to the home cook to use a skewers for chicken on the grill- gives the meat a nice flavor.

Everything seemed to be well watered, in spite of no rain for months. The gin-



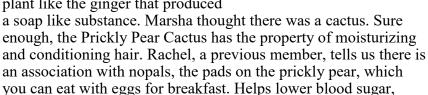
ger has doubled in circumference. It has also put out more cones on taller stalks. Cindy cut the front stalks back to better shape the plant. This opened an area in front where more oregano and some yarrow were trying to grow in the dark shade.

Robin cut back the roses, using newly sharpened and sanitized clippers. Cindy remarked "You have no control over rose bushes!" We all agree. Every month those climbing roses are back, invading our herb bed. They must



know they, too, are counted as herbs, and want to get in on the action. Many of them have produced rose hips, which can be harvested from your roses when the weather turns cold.

We wondered if there was another plant like the ginger that produced



helpful for diabetics and those with sugar issues. They also are a source of food for cattle and other ruminants during drought. Ranchers use flame thrower to burn off the prickles so the animals can eat the plant. Not an herb, but definitely a friendly plant.

We had taken a walk in the garden last week. Discovered a Little Free Library. Esther and I headed up the hill to find that hidden library with books on gardening, flowers, trees and a little fiction. What fun to pass along our knowledge and treasures to others.

Patsy was delayed coming to the garden. Texted us, thinking we had already left. But we were there talking over everything. Decided to meet her at La Madeline for good French coffee and a sandwich. Topics: Are water buffalo native to Italy, or just imports that contribute to Mozzarella cheese; Why would a biodegradable cup need to be commercially composted? (BPI Biodegradable Products Institute); Topper is a good lawn dressing for this time of year; Squirrels are eating everything in the garden these days, how can they be stopped?; You really ought to watch C Span I or II; Why do political ads get more attention when they are negative?; word for the day "aginner", someone who is against everything.

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.

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 25
We meet at 9 A.M.
Contact robinmaymar@gmail.com for
Gear we need to bring .
See you then.

Proplifting

Rainbow Gardens sent instruction for our Herb Market set up and take down and all the time in between. They used a new word I had not heard before. Proplifting.

"Proplifting is a crime!," they wrote. "Taking cuttings or clippings from plants is NOT ALLOWED and you will be BANNED FROM RAINBOW GARDENS." The prop of proplifting, would be the word propagation. How many times have we gone home from a friend's garden with a wet paper towel and a cutting of this or that? So many generous friends have helped me fill my own garden with joy, remembering our visits. But that was someone's personal garden and they insisted you take it home.



Rainbow Garden is a thriving business. It makes sense that they need to protect their investment. And we should be equally courteous there and in any garden we visit.

Bill Swatner, who showed us how to do propagation at one of our best meetings, said when he was in the nursery looking for plants he wanted, he always chose the ones from which he could get the most propagation plants. What did he do with all those hundreds of plants? Gave them to everyone, of course.



BIRDSEED CAKES

We found two different recipes. The first is from England and relies on cold weather to keep the lard whole. (Even those cages that hold lard can drip when it gets hot. This would be a good recipe for weather below 40 degrees, when birds really need the extra calories from fat.

What you'll need: Wild bird seed, Lard, Cookie cutters, Paper straws, Tray, Twine, Scissors

Method

Chop up the lard and, using your hands, squidge it up with the birdseed until you get a sticky ball Press the mixture into your cookie cutter shapes

Cut up some lengths of paper straws, make a hole in the mixture and push the straw in – you'll thread the twine through this.

Put the cakes in the fridge for 2 hours – push them out of the cutters and thread with twine

Hang them in your garden trees and watch the birds enjoy their winter treat! American version: What you'll need: Wild bird seed, Peanut butter,

Apples, Twine, Scissors, Knife

Method

Slice the apples into rings, remove the core and thread twine through the hole, tying to create a loop.

Spread the lower half of the apple slices with peanut butter.

Dunk into birdseed so that it sticks to the peanut butter.

Hang them in your garden trees.

Watch the birds enjoy their treat.



TO DO IN THE NOVEMBER GARDEN

When the world wearies, and society ceases to satisfy, there is always the garden.

IN OUR HERB GARDEN:

Start collecting seeds of your favorite plants now. #1 coin envelopes (available at stationery stores) make an excellent container for seeds. Be sure to identify name of plant, and the collection date on the envelope. Empty prescription bottles also work well, however, watch for mold forming.

If above average temperatures prevail; wait until after Nov. 15 to plant coolweather plants such as pansies. Fall fertilizing is even more important than spring. Use a fast release 3-1-2 fertilizer - don't use anything high in nitrogen. Complete harvesting of cold sensitive herbs and apply compost as winter mulch if not done in October. Mature herb plants will be high in essential oils and this is a good time to preserve them.

VEGETABLE GARDEN: Seed nasturtiums, sweet peas, radishes, carrots, rutabagas, English peas, sugar snap peas, onions, collards and spinach to supplement cole crop transplants in the winter garden. Leek, lettuce, mustard, onion, radish, rutabaga, Swiss chard, and turnip may be planted, especially during the early part of November, for a fall vegetable garden. Do not plant beets, carrots, cabbage, lettuce or mustard too deep. Plant spinach transplants for a nutritious, attractive

vegetable that can be harvested all winter. Tomatoes, peppers, okra, beans, and Southern peas will continue producing as long as warm weather prevails. Continue harvesting fresh vegetables from your garden.

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. Remove debris (leaf litter falling from the plants themselves, leave the mulch in place) from flowerbeds and gardens to control disease and insects. Dispose of diseased leaves from roses,



Indian hawthorns, photinias, or fruit trees to reduce the chance of reinfecting the plants. Look for HORNWORMS and CABBAGE LOOPERS on vegetable plants. Both can be treated with Bt (Bacillus thuringiensis), products such as Thuricide, Dipel or Bio-Worm. After first freeze, clean up gardens Any plants with BLIGHTS or MITES should be thrown away, not composted.

Office DEPOT

#1 coin envelopes

> 21/4 in x 31/2 in (5.7 cm x 8.9 cm)

28 lb (105 g/m²)

If above average rain has struck tomatoes, inspect plants and leave green fruit on the vines as long as they have green leaves. Harvest the coloring fruit to reduce stress on the plant (you may want to pull back the mulch for a day or two to allow for some drying, then put mulch back and add more if necessary

FLOWERS

Divide irises and day lilies now. Replant the rhizomes and bulbs in full sun in compost-enriched soil.

If SLUGS and SNAILS are feasting on pansies, bluebonnets and other plants, apply slug and snail bait or put out beer traps to slow them. The bait also will control pill bugs. (A thrifty way to control slugs and snails and help with recycling; take a 3-liter soda bottle, cut the top third off the empty bottle, push the top portion into the body of the bottle ((with the spout down inside!)). Use two or three staples around the rim to hold the parts together. Pour snail bait or use some bread with a little beer down the "funnel" and lay your trap down horizontally among your plants and the snails will come calling. When it's full or you're just tried of looking at it, just dispose of it and make another one.

When planting for effective color, group your selections in mass or drifts because they will stand out in the landscape Plant petunias and stock now so they can develop before winter cold. Set out alyssum, asters, snap-dragons, calendulas, dianthus, ornamental cabbage and kale, pansies, phlox and Shasta daisies, stock and flowering kale transplants for winter color in your yard. Enjoy the bright flowers of salvias, Cape honeysuckle,

firebush, firespike, esperanza and poinciana, which will bloom until the first serious cold wave. Prepare flowerbeds and plant pansies where they will get at least 4 hrs. of sun per day. Still time to plant hardy annuals like violas and snap dragons for winter and early spring color. Plant in a bed with good soil and lots of organic matter and add blood meal for an extra boost. Most need sunny sites. Plant daffodils, irises and day lilies now. Make sure short-day bloomers (Poinsettia, Christmas Cactus and Kalanchoe) are not exposed to artificial light at night Plant dianthus,

Sow wildflower seeds. Bluebonnet transplants are available at area nurseries. Plant them 2 ft. 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.

If you want a challenge, plant sweet peas on a trellis. The color and fragrance are unmatched if the plants do not freeze or get too hot.

In Our 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 size and intensifying colors. It is time

now to stop drastic cutting. Continue to use your roses but cut with short stems. Keeping all the leaves is essential to this process. The mineral content of the canes is of primary importance in determining their cold hardiness, and the starch content has a lot to do with the vigor of the spring growth. Water becomes less critical as the plants go dormant but the beds should not be allowed to get too dry. Normally in our area little attention to watering in needed in November or December, but in the unlikely event we get extended drought in these months, infrequent but deep watering is in order Early November is the time to

develop that new bed you meant to start in September. It will be messy when the De-

cember rains set in. And the Canadian roses will be arriving soon.

BIRD Birdscaping hints: 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 and well adapted plants in your scheme and allow for some naturalizing! Resist the temptation to neaten or "deadhead" seed-laden plants. In fall and winter, make the birdscape even more inviting by offering energy-packed suet, protein-rich peanut butter, and a source of (and probably the most important point) clean water (heated, if necessary). Clean martin houses of sparrow debris and close them up until mid February. Put out birdseed for migrating birds. Shallow dishes of water will help quench their thirst.

YARD Young deciduous trees and shrubs requiring transplanting can be moved as soon as they enter dormancy. Heavy rains can cause some leaf drop on trees. Time is the best cure; do not fertilize plants showing stress from leaf drop.

This is the last call for planting rye grass as a temporary cool/cold season lawn because the nights are getting too cool for quick and high percentage germination of the seeds. Plant early in the month, if possible. 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 that you plan to recycle can contain fungi and pathogens that could be harmful to the plants you plan to grow in them. To avoid that problem, mix a little bleach in some water (about 1 part bleach to 9 parts water) and pour the mixture in and over the pots before reusing 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.

Take advantage of the off-season for contractors and consider building decks, retaining walls or pools Hibernation begins at this time for the ladybug, and goes through to January. Clean out Ladybug house, COMPOST:

This is a good time to build a compost bin. Leaves can be raked and composted and ready for spring gardening. Leaves are too valuable to put in the garbage. Mow them and let the material decompose on the lawn. It also makes good mulch or compost



FROM THE PREZ

First things first: we got all the mulch distributed.

Second: according to some authorities, the day to plant out your garlic is Election Day. So, we hope you have all voted early and have time to head to your well-prepared garlic bed to plant out that garlic.

Our Herb Market Day was a grand success. Not only was the weather unbelievably beautiful, we had many, many customers. We had plenty of time to visit

with our guests, to shop for ourselves, and to wander the grounds enjoying all of Rainbow Gardens. Rainbow Gardens on Bander is well worth the trip. The plants are well marked and wonderfully organized. Staff is friendly, very helpful and visible.

Many thanks to Cindy, Annette, Esther, Becky and our silent helper Milan for making it such a successful day.

Up-coming at the end of November are the Operation Christmas Cheer and the Holiday Market and Social. Both of these events are put on by the Garden Center. They are a gift to the community.

There will be a silent auction to raise funds for scholarships. I had the privilege of being on the selection committee for the scholarship. What an outstanding group of scholars had applied. It was gratifying to see our funds donated to a deserving individual. If you have something that could

be put into the Silent Auction, let the Garden Center

know.

Finally, we need to pick a theme for our Christmas meeting, and decide whether we meet in the afternoon or at the usual evening time. Either is an option. We need some people to help with the plan and the logistics, so please give the next meeting some thought.

WANT A COPY?

The Yerba Buena newsletter can be printed out... the WHOLE thing. If you want just a page, or a recipe or a copy of a photograph, they are available. We can send you an electronic copy.

Contact Robin at robinmaymar@gmail.com





BUSINESS MEMBERS

WE THANK OUR BUSINESS MEMBERS FOR THEIR SUPPORT.

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7193 Old Talley Road Lot #7 San Antonio, Texas 78253

Email: naturesherbfarm@att.net
Website: naturesherbfarm@att.net



Rainbow Gardens

8516 Bandera Rd, San Antonio, TX 78250 210) 680-2394

https://www.rainbowgardens.biz/

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robinmaymar@gmail.com

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