



NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY
DECEMBER 2024

AFTERNOON TEA

Calling all Herb Society friends and members:

We will be having an Afternoon Tea for our meeting this month on Thursday, December 12. An afternoon tea is sort of like early supper. It features savory foods, finger foods, some vegetables and some sweets. Doors open at 3 for mingling and visiting, food at 4 p.m. and we end at 6. Sunset is at 5:37, in case you need to be home before dark.

We think Tea was designed for British families, who had the children downstairs with the Nanny, at a light meal, then the children went off for baths and to bed early. Our British friends put their children to bed at 5 p.m. Then they had a nice leisurely evening and dinner later on.

Bring something to share. They don't have to be big portions as this is a light meal. A side dish, a vegetable, a little cheese, some sliced meats, cookies or cake. We will have hot tea and cold, coffee and water. If you have TV tray tables we could borrow, we will be decorating and setting up the Garden Center at 12:30 before the Tea. Or contact us before the 12th for pick-up. We are looking forward to seeing you on the 12th.

**SAN ANTONIO
HERB SOCIETY**
Mark your calendar for our
next meeting
December 12, 2024
3310 N. New Braunfels
San Antonio, 78209

Doors open 3
Tea Buffet 3:45

All meetings are free and open to the public

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UPCOMING EVENTS

December Weed and Gloat Monday December 30 **9:30 a.m.**

GARDEN CENTER EVENTS

(We as members of the Garden Center are included in all their activities, especially the holiday ones)

Dec. 1, Sunday 1-3 PM. Pictures with Santa. Bring children to meet Santa, and have their pictures made. Pets are also welcome. You may take pictures yourself, there will also be a professional photographer if you wish to have her expertise.

December 4 at the Garden Center: **Holiday Market and Social 10 a.m. to 2 p.m.**

Silent Auction to provide scholarships. Also a tag-sale table to support the scholarships.

There will be live music, 27 vendors (curated list so no duplication). There will be door prizes and the ever-popular orchid raffles, which are stupendous.

There will be a Covered Dish Tasting, starting at 10 a.m. Everyone is invited to come and bring a favorite holiday finger food, hors d'oeuvres and desserts to share. Doors open at 8:30 for **vendors** to set up.

Herb Society will have a table with items for sale, but mostly we want you to come to have a good time with fellow members. Bring a covered dish and join the festivities of the season.

HERB SOCIETY ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

December General Meeting: **December 12 An Afternoon Tea 3 p.m.**

Set up 12:30 to set up & decorate the TV tray tables.

We will be having an Afternoon Tea for our meeting this month on Thursday, December 12. Meet for social at 3, food at 4. Bring something to share. They don't have to be big portions as this is a light meal. A side dish, a vegetable, a little cheese, some sliced meats, crackers, cookies or cake. We will have hot tea and cold, coffee and water. If you have TV tray tables we could borrow, we will be decorating and setting up the Garden Center at 12:30 before the Tea. Or contact us before the 12th for pick-up. We are looking forward to seeing you on the 12th.

December 16, Monday Garden Volunteers of South Texas at the Garden Center. Robin Maymar will be speaking on Growing Herbs For Home Use. 1:30 p.m.

Merry Christmas to all! December 25, Wednesday is Christmas.

Weed and Gloat meets at 9:30 in the herb garden of the Botanical Gardens

Happy New Year to all!!

Herb of the Year 2025: Camomile

Every year since 1995, the International Herb Association has chosen an Herb of the Year™ to highlight. The Herb of the Year™ Program, spearheaded by IHA's Horticulture Committee, has established Herb of the Year™ selections up to 2025. Herb of the Year for 2025 is Camomile *Matricaria*

Culinary Contributions

Italian Herb Mix

3 Tablespoons oregano
2 Tablespoons 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 herb bread. Place the ground herbs into a spice bottle so you have some on hand to flavor any savory dishes to your own taste. This herb mix adds a savory taste depth to homemade stuffing, tomato sauce, salad dressings and hamburgers.

Garden Casserole

9 X 13 oiled casserole dish Bake 300° for 40 to 50 minutes

Ingredients:

Soak ½ cup quinoa overnight
Shred 2 or 3 carrots and cook or steam them
¼ cup ground flax seeds
2 Tablespoons Italian Herb Mix (or your own favorite savory herbs)
1 teaspoon salt

Handfull of chopped kale, spinach or other leafy green

2 cups of whatever leftover bread you have on hand, including tortillas, pita or crackers

Paprika to taste

Method:

Drain and rinse quinoa

Crumble the bread into a large bowl.

Add the ground flaxseed, the herb mix and salt to the crumbled bread, and mix well.

Add the cooked carrots with their cooking water.

Add the quinoa and mix well.

Add the chopped kale and stir it in.

Add enough water or other liquid such as soup stock or milk to make it spread easily, and pour into oiled casserole dish.

Sprinkle with paprika and bake at 300 ° for 40 to 50 minutes.

This makes a good stuffing or a side dish. Serve it on rice or mashed potatoes with gravy or on a bed of greens with a salad dressing.

PARTY CUCUMBER SPREAD

1 medium cucumber
1 (3-ounce) packaged cream cheese, softened
¼ cup minced onion
2 teaspoons lemon juice
1/8 teaspoon salt
1/8 teaspoon white pepper
1/8 teaspoon hot sauce.

Coarsely shred enough cucumber to make 1 cup.
Press shredded cucumber between paper towels to remove excess moisture.
Beat cream cheese until fluffy.
Stir prepared cucumber and remaining ingredients into cream cheese.
Serve spread on party rye bread crisps.

Report on November 25 Christmas Cheer

After Weed and Gloat, Cindy, Esther and Robin headed over to Operation Christmas Cheer, held in the Garden Center. Joy was there, already hard at work. The chairman, Jamie Whitfield had all the tables set, ready for us to paint, wire, trim, glitter and arrange all the decorations. Annette joined us to make small tray decorations for people bed-bound on Christmas. Robin, not good at decoration, figured how to glue green ribbons around the containers, the left the real brain work to others.

It was fun to see all the creative works of art being pulled together from a very random assortment of donated and purchased items. Jamie had arranged things in color order which was a great help.

We apologize for a lack of pictures. Someone put Thanksgiving right next to this event and we were all distracted. Time being so short, we just kept busy working. A big THANK YOU to all those who came to help. Your efforts are much appreciated.



Meeting Minutes

MEETING MINUTES- DAVID VAUGHN

The meeting was called to order at 7 p.m. by president Robin Maymar. She welcomed all of our guests: Leo, Gloria and Leonardo, James Veeder, and Cliff who we had met at the Rainbow Gardens Herb Market event. Also returning members Basil and Mary Jo, Rudy and Zet. Thank you all for coming this evening.

Announcements:

Weed and Gloat will be on November 25 at 8 a.m.

Operation Christmas Cheer will be on the same day at 9 a.m.

December 4 at the Garden Center in the Holiday Market and Social.

December 12 will be our Herb Society Christmas meeting.

The free table had a nice offering of wool and craft things, which were snatched up immediately. Then someone brought a number of plants, which quickly disappeared, and finally someone else brought a number of wonderful plants. I think the only item left at the end of the night was a pair of large garden gloves.

There is a Little Free Library in the Botanical gardens. It is rather hidden at the end of a path next to a bench in the shade. The Herb Society has placed a number of books there on gardening or cooking. If you would like to recycle some of your books, that would be a good place to put them.

Our guest, Diane Parham did not arrive to share her soaps and organic herbal products; we are not exactly sure why.

The speaker for the evening, David Vaughn was introduced. He spoke on How to Plant a Tree ... and Make it Survive

HOW TO PLANT A TREE.... AND MAKE IT SURVIVE

Planting a tree from a pot has become a challenge in our modern times. They used to pay workers by the hour, so they carefully put the trees in the pots just right when transplanting up. Nowadays they pay by the piece, so workers slam them into pots willy-nilly, and cover them with soil. Mr. Vaughn made his point by taking the tree he had brought and slamming it on the tarp-covered table and number of loud times. He then took the trowel and peeled off about three inches of dirt. Lifting the tree upright, you could see that the root flare was below the level of the soil. This can suffocate the tree as the trunk needs oxygen. The flare is where the roots and the trunk meet. Fine roots at the top will probably not survive but new ones will form.

Once out of the pot, use the size of the root ball to measure for the hole you will dig. Do not dig it more than twelve inches deep (unless this is a huge tree). Measure the root ball, then dig the hole 90 to 95% of that depth. Do dig it wider than the root ball. You want a solid platform for the root ball to rest on. If the hole is too deep, or the soil too soft, add more soil in to lift up the root ball.

He was using a 5-gallon pot as an example. Inspect the roots. Look for downward deflected roots, where they have gone to the edge of the pot and then headed down. Also, roots that are circling around the bottom of the pot. Both need to be trimmed off. You can use a box cutter or a saw. This will stimulate, not impede,

root growth. Use a sharp shooter spade to cut about one inch of the circling roots off around the edge.

Cut into the backfill. Do not amend the soil. Use the soil that is right there. Use about six inches of soil from around the hole to push into the space around the root ball. Then top up with the soil from the root ball. The soil should be loose so the tree can grow.

Water the tree. Then fill with backfill, pack the soil down so there is less air space. This keeps the tree from slumping into the hole. The hard part is that the tree should be 2 inches higher than the soil, and this looks weird. Mr. Vaughn said “No roots should be deeper than 12 inches in this part of the world.”

He went on to tell us that 5 times the branch spread is the root spread. This goes against the conventional idea that the roots mimic the spread of branches. Along with this concept, the mulch should go where the roots go. So, mulch away from the trunk. Mulch on the trunk will suffocate the tree and opens an opportunity for infection to grow on the trunk. No mulch should be on the root ball area at all. It does not hurt for the roots to be exposed to air, forever. Trees are fine with that. The other thing he mentioned was that real wood mulch was probably the best for the tree. Stems, twigs, ground up tree is all good. It is better to use the single chipped rather than the double chipped wood. Pecan shells, pine needles are both fine to use. But use organic materials for mulch. Avoid the plastic and colored stuff.

Put no fertilizer on newly planted trees. Without fertilizer the tree will be a little stressed. It puts out defensive chemicals to protect itself. Bugs do not like this. The tree will grow slowly. Trees love nitrogen. Fertilizer makes them nutrient rich, which bugs love, so they attack the tree. No fertilizer. No compost tea.

Staking is seldom needed. It may damage the tree rather than help it. The tree needs to wiggle a little. Wind blowing on a tree strengthens the trunk. Mr. Vaughn showed us some staking systems, but we do not have a good diagram for that. This might be where you consulted an expert for ideas, if you think your new tree needs staking. Be careful that the trunk of the tree has no tags, bands or other constricting devices around it. Remove anything that could impede the outward growth of the trunk.

Next big question for tree planters is Volume or Frequency, which is more important in watering the tree? Frequency wins. Being consistent in watering the tree, and probably for almost any plant, is frequency and consistency of watering. For the first month, 2 to 3 times a week. The more often the tree is watered, the more likely it is to grow. After the tree is established, water once a week for 2 to 3 years. He uses the same volume of water that the tree came potted in. Roots expand about 3 inches a year. He takes down the old ring of mulch and brings it out further from the trunk each year. Then, which surprised all of us, he waters at the trunk. Even up the trunk. The water flows down to the area at the base of the trunk and ends up at the new root growth. Some people use gator bags or dripper systems and they are fine, too. These can provide some protection from sun scald of the trunk. Just make sure that natural rain can get to the base of the tree.

Mr. Vaughn explained the polarity, or charge on the water molecule, which helps the tree. If there were no polarity, the water taken into the tree would drain out at night. But, because there is a charge, the water stays where it has risen to in the trunk.

Pruning is another question. He suggested that even non-leaf bearing branches can shade the tree a little bit. The more leaves you have, the more roots you will have. It is good to have one single leader on the tree. He warned us that if you trim a pecan by 1/3 when planting, it delays fruit, nuts by one year.

To shape a tree by trimming it, cut when it is actively growing. When is a great time to plant a tree? Right now. The tree will grow roots over the winter. For bare root trees, in the spring, rather than now.

FOLLOW UP TO OUR LAST SPEAKER, SYLVIA REYNA

A critic informed me that we wrote too much and should condense each article into a three sentence infotweet. We have been keeping our Botanical Garden Journal since November 2018. An incredible series of entries for a disorganized, random person. And the journal has been a helpful reference. It occurs to us that a small book could be made with all of the local information we have accumulated about herbal plant life right here. So, we are not backing down on being wordy.

We think our notes on how to care for the herbs when it gets very frigid are helpful. It would be more scientific if we had a way of measuring the R-value of various types of insulators but might be way too complicated for all of us to understand.

So here is how we stuck with keeping a journal successfully:

Have a distinguished journal- a recognizable picture on the outside, or a brilliant color, or something that will distinguish it from all the other notebooks, so it will remember to come with you at the appointed Weed and Gloat time.

Always have a home for the journal- ours is kept in the Garden Bag- with a big picture of a garden on the bag, on the hook in the basement with the garden gloves. This should never move, unless going to the garden.

Always have a pen for writing in the journal.

Be consistent. Come to the garden on a specific date with the intention of recording what you see. (ours is the last Monday of each month) Take time to observe. It is helpful to come early to take 'before' pictures and to write observations. It also helps if you are directing activities to make a plan of attack. You don't have to publish all the pictures, but they help jog the memory, when your notes do not.

Know your audience. In our case, it is ourselves. We want to remember what was blooming in what season, what survived, how much water things needed, how much light things got, changes we made, and additions we made. And we want to keep our report interesting to our readers. We are assuming that they are using the information to grow their own gardens.

Have a system for recording observations. This was not clear at first, and taking pictures helped. We first started by trying to draw a map of the garden. This was unwieldy. The pictures helped. Then we began to see a system evolve: two sunny patches and one shade patch. What was doing well, what had died and why. What we did in each area.

Record who helped us each month. What questions did they have. What observations did they make. The people are the reason we come to the garden, the herbs are the catalyst. Use the questions to enrich the newsletter articles. Do the research, get back to everyone with answers, and share the answers with all the readers.

Take pictures. Not just of our hot and sweaty crew, but of various plants in life or death, abundance or struggling. Take before and after pictures (wise to take a before picture of crew). Record the names of helpers and visitors. In the article, record the names of the gardeners.

The next step toward a book or booklet would be to go through notes and look at each area of the garden, side by side, so you can see the evolution of that patch.

Assume this is an important document. Many years from now, people will be interested in what grew in our little garden and use it to observe the change in climate through the years.

NOTE: This is the working web address for questions about antique photographs at the Library of Congress <http://lcweb.loc.gov/rr/print/>

WEED AND GLOAT

For a November morning, we were up very early. Usually during winter hours we get there 9 or 10 when the day has warmed up a little. This day coincided with the Christmas Cheer workshop day, so we worked early and quickly so we could be in the Garden Center to help at 10. Esther, Cindy and Patti were our crew. Marsha was traveling for the Thanksgiving holiday. Even though she posted our meeting time, Patsy did not attend. Probably out of town on a project.



The garden was fairly weed free. Part was well watered and part was quite dry. The plants reflected that. The borage (pictured), planted by the walkway was making a great show: about 16 inches high, it was covered with its' characteristic fuzzy leaves, the top had buds and was also blooming with blue flowers. Judging from its size, we would do well to plant it about midway into the garden. The Cuban oregano, that we had planted toward the back, thinking it would get tall, was still low, on the ground. Perhaps it needs to be closer to the walkway? Or does it grow much taller in the summer.

Patti took on a huge project of dead heading all the basil. They stand about 30 inches tall, so there was less bending over involved.

The ginger plant has produced more pink cones (picture to the right). They have grown out of the shade of the overhanging leaves. The lambs ears in front have doubled in size since last month.



The fennel we planted by the fence, in front of the rosemary is about half way to maturity. They take a long time to grow. You usually have to use a whole bulb of fennel in a recipe. At the store they are fairly expensive. If you like cooking with fennel, it might make sense to intersperse the bulbs around your garden. You can freeze fennel for up to 6 months. Cut it up before blanching it in boiling water for 30 seconds. It can then be frozen on a baking tray before being portioned into freezer bags. You can direct sow fennel 90-110 days before the first frost date in the fall. It can handle a bit of frost. With our variable cold weather in fall to winter here in South Texas be sure to cover if it is still a tender vegetable, if cold is predicted.



The rosemarys along the fence are growing well. They are about 8 inches high and still just one simple spike. We expect that they will begin to branch out as they mature.

Garlic chives, one of the easiest herbs to grow, tend to take over an area. It may be because gardeners like Esther never let them get ahead of themselves. A number of friends have weeded that area, and we think they just keep taking the garlic chives back to where their boundaries should be. Try picking a huge handful of your garlic chives, chop and fry them to, pour over eggs, scrambled, for a flavorful breakfast dish. Won't hurt to add onion, cherry tomatoes, even cheese for Huevos Rancheros.

The Greek oreganos we planted months ago have grown to about 18 inches high. Each sprig was abundant with leaves and beginning to go to bud. Ester cut every one back, so the plant looked about half its original size. We are sure next month to see more abundant growth. The regular oregano, planted right by the walkway, has spread out to form a beautiful, fragrant ground cover., about 4 feet by five feet. I wonder if you could use that under a tree, or on a seldom used walking path.

The three little yarrows we planted two months ago are still growing...slowly. They are still low and spread out on the ground. One of the dangers of having weeders in the garden is that they step on the smaller plants. We put pavers and stepping stones, but sometimes they are not noticed. Hopefully, next month they will be taller, and more noticeable.

The south end of the garden, once overwhelmed with Mexican mint marigold, had been weeded back. There is still a brave little hold-out next to the fence, blooming away. The barrel, now empty, is in very sad shape. It either needs to be replaced (our vote) or removed. We didn't remember putting nine lambs ears in the triangular space at the end of the bed, but there they were and much larger than the picture I took last month (picture taken from a different view, but you can see how much they grew in thirty days) Lamb's ear is used medicinally as a bandage. It is edible, but not found in recipes; it is usually used for tea. It makes a great texture statement in the garden. It is fun to touch the fuzzy leaves.

We were having such a good time, weeding, trimming, shaping and talking. The time passed quickly. We put down tools, toted the bags of weeds off site, and headed to the Garden Center.



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 DECEMBER 30

We meet at **9:30 A.M.**

Contact robinmaymar@gmail.com for
Gear we need to bring .

See you then.

DECEMBER TO DO 2024

IN OUR HERB GARDEN

First week typically for freezes!!! Keep in mind, when monitoring severe weather conditions, "radiational-cooling" type freezes causes different reactions in plants than a "wind-blown" freeze. And with the chilly nights comes the hot chocolate.

The ritual of taking down the hummingbird feeder is more folklore than science. Leaving them up, in fact, would benefit both native and migratory hummingbirds, according to a state & local birders. Keep your feeder about 1/4 full and change about once a week (inspect on cold mornings to make sure it's not frozen). A red feeder (avoid using red dye in solution) is enough to attract the birds, although red flowering plants such as the shrimp plant close by will help even more.

Now is the time to plant a number of spring-producing herbs, including garlic, dill, cilantro, fennel and parsley (This is a surprise to newcomers to San Antonio, and to newcomers to herb growing, since in other parts of the country these are planted in the spring.) Replenish winter mulch as needed. Should a freeze warning occur, water plants thoroughly (12 to 24, but no more than 48 hours prior to) to protect roots. Cut back tender perennials that freeze and need to be trimmed before reemerging in the spring. Examples are Mexican mint marigold, chives, tarragon, lemon verbena and lovage. Plants seeds of California poppies, nasturtiums and sweet peas.

VEGETABLE GARDEN Be prepared to cover tomato cages with blankets or Thinsulate when the first freeze is predicted. You often can get 2 or 3 weeks of good weather if tomatoes make it through the first freeze. (we have gotten a month and a half)

Great Texas Garden Tips - Cut back fall blooming perennials now (bulbs cut back only as leaves brown). This tidies up the plantings and helps to get them ready for new growth next spring. If scale insects are a problem with any planting, now is the time to apply dormant oil according to label. Dormant oil should always be applied after plants reach dormancy and before new spring growth occurs. While several gardening activities are at a slower pace, plan to build the gazebo, pergola, trellis, or lattice now. Also, they could make terrific holiday gifts for yourself, your spouse, your friends, or other loved ones. All these structures work well for growing some great native Texas vines. If you fertilized your cool/cold season annuals only at planting, it is time to fertilize again according to label directions to help keep them healthy, actively growing, and blooming well. December is spring bulb, corm, rhizome, and tuber planting time in Texas to have a show of color from these plant selections next spring. Have the soil tested in your vegetable garden, rose garden, perennial garden, lawn, or any other special area in your landscape this month. The results of the tests will offer recommendations to help you achieve the most results from your gardening activities.

Spinach is available in area nurseries as transplants. It will provide nutritious greens for salads all winter and spring. Fertilize onions, broccoli, cabbage and other cool-weather foliage vegetables with 2 cups of organic fertilizer or 1 cup of slow-release lawn fertilizer per 10 ft. of row. Use half the amount for carrots, beets, turnips and other root crops. Never water frozen leaves. Watering will kill, not thaw them. Pick broccoli, radishes and other winter vegetables when young for highest quality and best production. Leaves of broccoli and cauliflower can be eaten, cook as you would cabbage. Apply manure to your vegetable garden if you didn't plant Elbon (cereal) rye earlier. Continue to plant spinach, English peas, snap peas and snow peas.

FLOWERS Pansies planted now will provide color all winter. Violas, also called Johnny-jump-ups, are perfect border plants for pansy beds. They do best in full sun. Plant sweet peas in a sunny location with a trellis. The fragrant flowers are great for cutting. Use berries from nandina and holly for natural holiday color indoors. Cut back lantana and salvia after the tops freeze. Move plumerias into your garage or storage area for the winter. Remove leaves from stems and either remove the plant from the soil or just move the plant, pot and all. Do not water through winter. Plant tulip and hyacinth bulbs now (after their 6-week chilling). Lay chicken wire over the area until leaves emerge to prevent squirrels from eating the bulbs.

Don't let poinsettias dry out. Place three ice cubes per day on the soil to keep the plants moist. Fertilize indoor plants less from now until March unless they grow in a well-lighted area. Keep poinsettias moist, away from drafts (hot and cold), and place them in a bright room for maximum bloom length. Again, do not overwater, but keep evenly moist.

PESTS Apply SNAIL & SLUG bait or beer traps to protect pansies, bluebonnets, chives, day lilies and other plants for which the creatures have a fondness. Use monofilament fish line at shoulder level for deer to create an effective barrier for the plant-eating animals. Don't murder the good guys! Common garden WASPS are great predators and can help you control garden pests without using toxic sprays. They are capable of making more than two hundred trips from their nest to your garden and will pull caterpillars out of your garden if you let them live. Other beneficial wasps include the ichneumonid wasp which lays eggs in insect pests, including cabbage worms and aphids, and these good wasps don't even sting.

IN OUR ROSE GARDEN If you get freezing weather, this will slow down your bushes (and this is good!) A longer winter rest period will make them just that much more vigorous next spring. There are some things to do to prepare our roses for the upcoming winter.

Watering- (Supposedly with an "El Nina" winter will provide less than average rainfall.) Remember that even though our bushes might not be growing vigorously above ground, their roots are growing and picking up all kinds of nourishment. So, we need to provide moisture for the roots to absorb and store this spring energy. (If El Nina doesn't come through, please remember that our beloved S.A.W.S. is now determining your next year's sewer charge based on water usage between *Nov. 15th through Mar. 15th*. Water wisely!)

Keep potted roses watered. Roses in beds probably will need no water from the hose until next spring. Contrary to what we sometimes read, moderate dryness in winter will do no harm, and may be good. Most of us can drain the watering system and roll up the hose. In fact, it is a good idea to drain any system now that could be damaged by an unexpected freeze.

Store the pesticides where they will not be frozen. Consider disposing of remnants that have been around a long time. Put leftover fertilizers in plastic bags and tie tightly. Then you will not have to use a hammer to break them up next March.

BIRDS Prepare Your Backyard Now for Winter Feeding! Most birds establish their feeding territories in the early fall. Always have water available for birds in your yard. Here are some steps you can take to make your yard a favorite dining spot for the birds. 1) Clean all feeders. 2) Remove seed hulls from under feeders (use in compost). 3) Check stability of pole (chain or other support) and mounting hardware. 4) Tighten screws in feeders (check shields, undercounted seed trays and other attachments). 5) Add different types of feeders (such as hanging feeders (bowl w/baffle feeder, tube feeder, Audubon feeder, house hopper type feeder, and window feeder); ground or tray type feeder; suet feeder; nectar feeder). 6) Stock up on seed and suet. 7) Be prepared to empty concrete birdbaths during freezing weather and replace with a plastic dish (Add a birdbath heater to nonporous birdbaths to keep an open supply of water for the birds when temperatures drop). 8) Clean out nesting boxes and leave up for

roosting. 9) Put up roosting boxes to attract owls, flickers or bluebirds. 10) Add a squirrel feeding station (They're not birds, but they are fun to watch and will help keep them from gorging at the bird feeders!)

The Royal Family puts out bird houses in November so that birds become acclimated to them, In spring birds select their favorite during early nesting season. Postpone cleaning pecans and acorns from your driveway. The doves, grackles and other wildlife love the mast crushed by the cars.



7 1 2020 ONE LITTLE THING

Have you noticed the cost of food is going up?

I had a packet of lettuce seeds. I sowed a few in the garden. The I thought about it, and put some in a bowl like pot, close to the front door where I walked into the house. I would remember to water these when they were looking a little sad, and would be more likely to use them. When the seeds came up, I took a few as tiny shoots, almost sprouts, washed and tossed into a salad. As time went by, I used more and more of the lettuce, thinning it out each time.



Eventually it began to form a tall pagoda shape and flowers topped it off. I left the flowers to be bees and most of the seeds to the birds. Eventually, I cut the top off and took the seeds out, reseeded the bowl. A new crop of lettuce came up. Then it snowed. I thought that would be the end, but to my delight, back the lettuce came.

So for the cost of one small packet of lettuce, I have set off a whole year of salads.

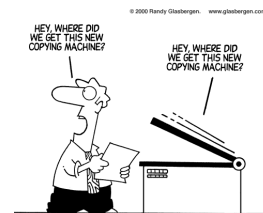
David Rodriguez, teaching us Master Gardeners, said that you should not expect to plant a garden to save money on food. He's right, of course. But he did not mention planting just a bowl of lettuce.

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.

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





Let us be grateful to people who make us happy:
they are charming gardeners who make our souls blossom.

– Marcel Proust

Dear Friends

When I was elected president, I had a vision of setting the Herb Society on a path of greater influence in the city. We wanted to become more science-based in our approach. We also wanted to encourage people to go out into the garden for sunshine, fresh air, exercise and relaxation. To learn more about growing, eating and using herbs in a variety of ways.

Then on March 12, 2020 Covid-19 was declared and our lives were changed. We soldiered on, even though our meeting place was closed. We had video meetings, and then Zoom meetings. They were not always successful as we were really new to the idea of remote broadcasts. We managed to keep in touch with our members. We continued to go to the Botanical Gardens, keeping ten feet apart and wearing masks, and weeding the garden.

The next year, we had Snowmageddon, and the lights were out for a week. The Botanical Gardens lost most of their full grown citrus trees. We were saddened by that, but the gardens filled in the gaps and continued on, as did we. We continued to come to the garden and to meet.

This past summer, we made the decision to hold no meetings. We had seen a steady decline in our membership, and the summer was long and hot. We needed time to catch up. Then in the fall we came back. We had some stunning speakers, and many visitors interested in our meeting. However, our membership, for various reasons has continued to dwindle.

It is with a sad heart, that I tell you that I am resigning as the president of this good society. Our funds are low. Our attendance is low. The workload stays the same. If there are members who wish to take over the presidency, and re-establish a board, I will be glad to support that. If not, I think it is time to close the door.

I have enjoyed every minute of being your president. I was honored to serve. I have especially enjoyed writing. I will continue to write articles, not sure how they will be published. Will continue to journal about the herb garden.

We will continue to meet and weed at the Botanical Gardens as long as they have an Herb Patch. It may be removed in the renovation of the gardens. We will continue to be in touch and to go visit gardens and garden shops. And we will still not answer the phone on the fourth ring, because we will be out in the garden somewhere... pottering around.

Robin Maymar

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