



La Yerba Buena



THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 263, February 2012

The San Antonio Herb Society is organized to bring together those who are interested in using, growing and promoting the general knowledge of herbs to the membership and the public at large.

Program Thursday, February 9, 2012 Bill Varney of UrbanHerbal - Growing Herbs in Small Places

Bill Varney became interested in plants and gardening at a young age and later graduated from Oklahoma Panhandle State University, majoring in Business with a Horticulture Minor. After a one-year agriculture stint in Tasmania, Australia, Bill joined a large nursery in Houston, Texas, as a buyer for their landscape division.

In 1985, Bill moved to Fredericksburg and opened a herb shop which grew quickly. In 1991, he moved the young business to the old Lehne-Itz Homestead. It is there that he built The Fredericksburg Herb Farm - four acres of gardens, shops, a day spa, restaurant, B & B and herbal product manufacturing facility. That same year, the Farm's Edible Flowers Herb Vinegar received an Outstanding Condiment Award at The International Fancy Food show in New York City, resulting in increased interest and sales of their herbal products.

Bill is self taught in cooking with herbs and has been featured in many publications for his creative concept of herbs, cooking and gardening. He's always had a certain flourish when it comes to things herbal. Keep this in mind, and come to February's meeting. He will be sharing some great tips for gardening in containers and in small spaces - perfect for the Urban herbie!

Members with names beginning T-Z, it's your turn to bring some treats for our Hospitality Table; be sure to provide a name card (and recipe) for the dish you bring. Bring your dish by 6:30 pm so we can sample your fare during our fellowship time. Once you are settled, come back to the front door and help greet everyone—a great way to learn names! Come ready to have a great time visiting with your Herb Society friends at the lovely San Antonio Garden Center, located on the corner of Funston and N. New Braunfels. For more information, check out our website at www.sanantonioherbs.org



Hearty Handshakes

to **Marguerite Hartill** as the Editor-in-Chief of the new **Roses Booklet**. Without her wisdom and guidance, it would have taken forever and been not nearly so complete! Thanks so very much!



Membership Renewal: Dues are Due

Membership dues are due now. Please give yours to Norm Hastings at the January or February meetings. You can always send your renewal via postal service, too! Pay no later than the end of February.

Per our **membership co-chair, Norm Hastings**, the dues structure is as follows: \$20 Single, \$30 Dual, \$40 Business. A copy of the membership form is on page 5 for you to tear out, fill up and turn in with your check.



Nominating Committee Time

Several positions in our Board are up for new occupants. The Nominating Committee's job is to help fill those seats.

This only takes a couple of months and a little thoughtfulness on your part.

Please contact Yvonne to be a part of this very rewarding effort.

SAWS Spring Bloom & SAHS Plant Sale

SAVE THE DATE! **Saturday, March 10th from 8:30am to 4:30pm** at the SAWS headquarters (Mulberry @ US281).

This is our first big sale of the season. These sales are a big part of how we can keep up the quality of programs and activities you've come to expect from the Herb Society. In cases like this, many hands make light work. **We need YOU!!** Contact Carol-lee Fisher at 210-473-0872 or Joe-Beth at 830-460-0251.



In March: St. Philip's Culinary students

This should be a great program. Come support the school's efforts to help their students learn all about the culinary arts!

Members' Sale Tables

Contact **Marilyn Nyhus** at least 2 weeks in advance to arrange for a table.

Hospitality Table

Schedule:

Feb: T-Z

Mar: A-F

Apr: G-M

May: Banquet

Jan: N-S

Inside this issue:

Member Recipes Dear Rosie	2
Over the Fence	3
January Minutes, Program Review and Membership Renewal Form	4, 5
Brian's Garden To-Do List; SIG reports	6, 7
Treasurer's Report;	7



GO TEXAN.

Be sure to view the unabridged version of this newsletter with its full color photos @ www.sanantonioherbs.org
If you would like to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com

Member Recipes

Thanks to *everyone* who shared their rosy recipes for the wonderful dishes brought to our January session.

Cranberry Chutney

submitted by Charlene Swafford

Ingredients

- 1 Tbs oil
- 1 onion
- 2 cloves garlic
- 1/2 Tbs ginger
- 1/4 tsp cinnamon
- 1/4 tsp allspice
- 1 C dried cranberries
- 1/2 C cranberry juice
- 1 1/2 Tbs brown sugar

Directions

In skillet, cook onion & garlic in oil 6 minutes. Add cinnamon and allspice. Add the cranberries that have been (previously) cooked in the cranberry juice. Cook mixture for 30 minutes until thickened.



Mexican Pumpkin Candy (Dulce De Calabaza)

submitted by Kathryn Seipp

Ingredients

- 1 large ripe pumpkin
- Pickling lime
- Water
- Sugar

Directions

1. Cut pumpkin into uniform wedges or slices. Peel and cut pieces of desired size, approximately 1" x 1" x 1/4".
2. Soak overnight in lime water to cover. (Use 1 tablespoon lime to each quart of water. Stir lime water well before pouring over pumpkin.)
3. Remove pumpkin from lime water and wash thoroughly 3 or more times in clear water.
4. Cover pumpkin with warm water and bring slowly to boiling point. Boil 5 minutes.
5. Drain and wash twice in clear cold water. Drain for 1 hour.
6. Pierce each piece in several places with a fork so that sugar syrup can be absorbed.
7. Weigh pumpkin and use equal amount of sugar. Cover pumpkin with sugar, moisten with water and bake at 300°F until pumpkin is crystallized, about 3 hours.
8. Drain and place pumpkin on wax paper to dry.
9. Will keep refrigerated about a week but you should double bag leftovers and freeze for later.

Boursin Stuffed New Potatoes

submitted by Barbara Quirk

Ingredients

- 24 bite size new potatoes
- 1 (5oz) pkg Boursin herb & garlic cheese
- 4 Tbs softened butter
- 1/3 C whipping cream
- 3 Tbs mayonnaise

Directions

Clean and boil potatoes in large pot with plenty of salted water until tender, about 10-12 minutes. Cool and drain. Using a melon-baller, remove a scoop from each potato. Combine the cheese, butter, cream and mayonnaise. I added some onion salt. Spoon mixture into potatoes. May dot with paprika, sprinkle with fresh parsley or dollop with red caviar.

Other dishes...

- Rose Petal Jam on Cream Cheese with crackers
- Banana Bread
- Black Bean Relish & chips
- Macaroni Casserole
- Cucumber & Rose Petal Tea Sandwiches (Roses, Roses, Roses pg. 15)
- Glazed Rose Tea Cake (Roses, Roses, Roses pg. 28)
- Yellow Cake w/ Strawberries & Buttercream Frosting (presented as petit-fours) Carol Hamling



Just don't get there late...

Dear Readers,

In celebration of Roses, the 2012 Herb of the Year, this newsletter will enlighten and entertain you via our mailbag column, "Dear Rosie." Go ahead. Ask Rosie about your roses and what you can do with them both in the garden and in the herb basket.

Happy Gardening!

Dear Rosie,

When should I prune my roses?
 -I love roses!

Dear I love roses!

Don't forget to mark your calendars for pruning your roses around mid-February (Valentine's Day. Who doesn't think about roses on this special day?

When pruning, make each cut above a bud that is facing the outside of the bush. The reason? When new growth comes, it will sprout outward and give you a fuller rose bush.

There's one more trick. As you cut your roses, trim out all dead or damaged branches. Then, remove about one-third of the canes or stems. This will thin out the bush and give it plenty of room to produce some fabulous flowers.

Happy Gardening!

-Rosie

Rose Trivia

Now then, just to make you think...I'll include a rose trivia question every month. Here's our first one.

1. People have been passionate about roses since the beginning of time. In fact, it is said that the floors of _____'s palace were carpeted with delicate rose petals.

- A) Cleopatra
- B) Solomon
- C) Queen of Sheba
- D) Napoleon

You will find the answer elsewhere in this issue.



Over the Fence... 2012 Program Line-up



March: St. Philip's College Culinary Dept.
10th: SAWS Spring Bloom (plant sale)

April: Cindy Meredith of the *Herb Cottage* in Hallettsville;
SAHS Board nominations announced
(date tbd) Central Market Herb Fest (book sales)
28th: King William Parade (no sales, just parade)

May: Spring Members' Banquet; **SAHS Board election**
26th Festival of Flowers (book sales)

June: 2nd: Basil Fest at Pearl (book sales)

Have ideas for programs?

Know a great speaker for an interesting herbal topic?
Contact Marilyn Nyhus or Marguerite Hartill, program chairs,
with your suggestions.

Next Board Meeting

February 27, 6:30 pm. These meetings are open to the
general membership. Please contact one of the Board mem-
bers to place an item on the agenda or for location or other
details prior to the meeting day.

What's Cookin'? A "Best Of" SAHS cookbook

Good herbalists are good cooks, and SAHS has published
two full cookbooks in past years. NOW we're headed toward a
third filled with our favorites from these two plus any recipes
from our Resource Guides.

What are your favs? Hmm? Jot them down (by book &
page number) and let Lyn Belisle know.

Submitted by Lyn Belisle

*(ed. Note: Hey Lyn! I love those lemon-oregano cookies on
pg. 230, vol. II)*

SAWS Spring Bloom & SAHS Plant Sale

SAVE THE DATE! Saturday, **March 10th** from 9am to
4pm at the SAW headquarters (Mulberry @ US281).

This is our first big sale of the season. These sales are a
big part of how we can keep up the quality of programs and
activities you've come to expect from the Herb Society. In
cases like this, many hands make light work. So, let us know
you CAN be there to help us sell plants, a few books and
make lots of new friends.

Contact Carol-lee Fisher at 210-473-0872 or Joe-Beth at
830-460-0251.

Coming up - Wheelbarrows

Your stories, photos, poems or odes about or to your wheel-
barrows... Is it a new, shiny one? An older, rusty one? One
that gets its handles smoothed & oiled every winter? One that
rides the grandkids around when it's not hauling dirt or com-
post?

Send the newsletter your stuff by the middle of February for a
feature story in the March issue.

Submitted by Joe-Beth Kirkpatrick

Organic Hen Eggs & Cartons

What's better than farm-fresh and organically raised hen
eggs? Not much. The folks raising and providing the eggs for
sale do need your help through your saving and donating
empty cartons. Please bring your **empty egg cartons** to
Jean Dukes at the February meeting.

SAHS Internet Sites

Our **Facebook** page may be found by going to our existing
web page, www.sanantonioherbs.org, and clicking the big
blue "F" icon or going directly to www.facebook.com

Poisonous Plants in the Landscape

Guadalupe County Master Gardeners m
Feb 16 at 120 Live Oak, Seguin (TX Agri-life bldg). Paul
Cox is presenting this program. Meetings are free and
open to the public. For more information, call 830-303-
3889 or go to www.guadalupecountymastergardeners.org

Interested in Texas Native Plants?

Native Plant Society of Texas, San Antonio chapter
meets 4th Tuesdays except December & August
6:30 pm – Native plant and seed exchange
7:00 pm – Meeting and program
Lions Field Adult Center, 2809 Broadway (at Mulberry)
Webpage: www.npsot.org/sanantonio

American Herb Association in 2012

The **AHA annual conference** in 2012 will be in Austin,
Texas, **May 2 & 3**. Sounds like a field trip! Mark your
calendars now and save the date for this worthy weekend.
Keep an eye out for their schedule to be posted on their
web page:

<http://www.herbsociety.org/events/conference-12.html>

SA Botanical Garden Events

Butterflies Exhibit extended to February 12

Native Plant Landscape Design

February 11 from 9:00 am - 12:00 pm

Designing Herbal Landscapes

Saturday, February 18 from 9:00 am - 12:00 pm

Family Flashlight Night

Friday, March 9 from 6:00 - 8:30 pm.

Remember, you can **volunteer** at the Botanical Garden.
Contact Cindy Simms and attend a new volunteer orienta-
tion (held the 1st Friday each month @ 9 am).

E-Mail Courtesy

SAHS does not intend for any of the contact information
published within these pages to be used by any member
or other reader for any purposes other than the continua-
tion or promotion of the Herb Society. If you wish to add
persons to your email address books for other purposes,
please ask that person before doing so.

Submitted for SAHS' membership

Totes, Tees and Aprons

The SAHS totes have longer handles and are terrific for
your grocery cart. Tee shirts and aprons help identify
SAHS members during our various events.
Contact Patty Wilson.

Help SAHS Publicity Get the Word Out!

Every month, SAHS provides **flyers** via email. You can
print them and post them at stores in your area, stores that
you would be frequenting anyway. Contact Jeanne Hack-
ett at jeannehackett@sbcglobal.net, or call 210/735-5333.

Diane Lewis' Spring classes!

Every Most of you all know that Diane has become quite
the go-to lady for classes in herbal cuisine AND landscap-
ing. Contact her directly for a copy of her spring schedule.
lewisdr@swbell.net or 210-495-6116 (H)

ROSES, ROSES, ROSES!

Get your copy of the newest SAHS herb booklet soon!!
Only \$5 for 50 information-packed pages!!
Contact any board member.

by the fragrance and extravagance of the flower.
tion on her barge, Cleopatra made sure he was surrounded
seductive power of roses. When she entertained Mark An-
1. (A) Cleopatra knew full well the

Rosie's Trivia Answer

Minutes from January 12, 2011

General Meeting

Meeting called to order by Pres. Yvonne Baca at 7:00 PM. 62 people were in attendance.

Yvonne greeted the attendees and acknowledged new members and visitors. She thanked the hospitality committee, the greeters and all who provided food for the evening, especially those who prepared items using roses.

Reminded all of the member tables (Jinnie Perkins with Usana Vitamins and Robbi Will with Antique Rose Emporium), the SAHS table manned by Patty Wilson and the Share table. Also reminded all that any contributions to the Newsletter are welcome but must be into the editor (Joe-Beth) NLT a week following the general meeting.

Minutes were approved for the last three meetings. Yvonne announced the February meeting presenter, Bill Varney of Urban Herbal. Also reminded all that all memberships have to be renewed by the end of February and that as of now memberships and purchases to SAHS can be done through PayPal.

Reminded new members of requirements for nametags and Norm reported that 4 new member nametags have been ordered. Yvonne also asked for volunteers to fill the existing vacant Membership Chair and the Community Ed SIG and asked for volunteers to head up a nominating committee for new officers.

Eileen Achorn gave an update on the scholarship fundraiser to sponsor a culinary arts student at St. Phillips College for next Sept 22 and the need for a nursery liaison. Lyn Belisle gave an update on the new cookbook idea "Best Recipes of SAHS".

Yvonne also announced that the Spring Banquet in May will have "Rose" as the theme.



Marilyn Nyhus introduced the evening's program... the SAHS Rose Booklet (*Roses, Roses, Roses: 2012 Herb of the Year*) and presented members of the Rose Book Committee: Marguerite Hartil, Joe-Beth Kirkpatrick, Diane Lewis, Jean Dukes, and herself, Marilyn. She also introduced Ed Bradley from the Rose Society of San Antonio and announced he was selling their Rose Booklet also tonight. She acknowledged Susan Belsinger, Sarah Bauhan and Lyn Belisle as contributors to the booklet and reiterated that Robbi Will from Antique Rose Emporium was on hand to discuss roses (and sell some of the nifty garden items she'd brought).

The next meeting was again announced for February 9 (Bill Varney as guest speaker) and Yvonne adjourned the meeting at 8:30 allowing attendees to visit and partake of the rose food and drink.

Submitted by Mike Belisle, Secretary

Review: Roses

Marguerite discussed the Rose Booklet in general and how it was finally out after a year of hard work by the committee and then passed the microphone to the other committee members.

Joe-Beth talked of the technical aspects of the layout and gave a history of roses from around the world and through the ages.

Marilyn presented how roses can be used in various crafts such as tussie-mussies, potpourri, dream pillows, beads and vinegars. It was noted that Robbi Will



came wearing some home-made rose beads that really are well done.

Jean talked of medicinal, beauty and health uses of roses. She made a couple of oil compounds and a quick mist (using a very expensive rose otto and distilled water) and passed these around for everyone to appreciate. The room filled with the wonderful fragrance of roses even more.



Diane talked of using roses in food/drink preparation, gave a demonstration on how to prepare various foods and then allowed attendees to sample several types of cookies, ice rings, and



drinks (including a delicious non-alcoholic sangria!). Both Jean and Diane emphasized the need for using only organic roses in food prep, health products and ingestion and to avoid any roses treated with herbicides. Discussed were rose pancakes, rose omelets, rose scones,



rose sugar, rose syrup and using roses in salads, apple crisps, and sorbet. Delicious!!



At the end it was announced that signed copies of the new SAHS Rose Booklet were now on sale for \$5 each and a long line formed!

Submitted by Mike Belisle

San Antonio Herb Society Membership Application/ Renewal

January – December 2012

If you joined after October 1, 2011, you are a member through December 2012.



Print, complete and mail form with your check to	San Antonio Herb Society PO Box 90148 San Antonio TX 78209
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PLEASE FILL OUT COMPLETELY AND PRINT CLEARLY

Name (as you would like it to appear on your name tag):

After you have attended 3 meetings, you will qualify for your free permanent SAHS name tag. Sign up with the membership chairman.

Address _____
City _____ Zip _____ new address
Phone (with area code) _____ Home/Work/Cell [circle one]
Alt. phone (with area code) _____ Home/Work/Cell [circle one]
E-mail _____
(Please check one) New member Renewal (due February 29, 2012)

Membership Category: Single (\$20) Dual (\$30) Business (\$40)

How did you hear about the SAHS? _____

What programs would you like to see in the coming year? The more details the better (continue on the back, if necessary): _____

I would like to be a GREEN member
(receive my newsletter and other information of interest through email).

I do not want my personal information to be shared on the SAHS membership list.

I am interested in helping with:

- Banquet Committee (help plan Spring or December Herbal Members' Banquets)
- Hospitality Committee (decorate refreshment table, make tea, etc.)
- Greeter (a great way to meet people and welcome everyone)
- Chairperson for plant sales or other events
- The booths at Spring or Summer Plant or Book Sales Herb Market in October
- Being a Board Member (please list position): _____
- Writing articles for or helping with the newsletter, "La Yerba Buena"
- Speaking at one of our meetings—your topic _____
- Maintaining the Herb Garden at San Antonio Botanical Gardens
- Working at the Sales Table at monthly meetings
- Leading a Special Interest Group (SIG)—your interest area _____

Office Use Only
Date received _____ CASH / Check # _____ Date \$ given to Treasurer _____

Green Member _____ Date information entered into data base _____

Brian's February To-Do List for The Garden

Compiled by MG Brian D. Townsend



There is a psychological distinction between cutting back and pruning. Pruning is supposed to be for the welfare of the tree or shrub; cutting back is for the satisfaction of the cutter.

—Christopher Lloyd, *The Well-Tempered Garden* (1973)

In Our Herb Garden:

Prepare soil for planting so that it is friable and workable. Till or fork well, adding compost and/or coarse sand for drainage. Gardenville & Fertile Gardens are good sources for compost, soils, and sand. Plant seeds of cool season annuals when soil temp. reaches 45°F. These include cilantro, dill, nasturtium, parsley, chervil and onions from transplants. To have a continuing crop of popular dill and cilantro, many S.A. gardeners plant them every several weeks throughout the spring months as hot summer weather causes early maturation. Prune and clear debris from mature perennials (examples are Mexican mint marigold, sorrel, chives, or lemon verbena). Frost victims (or sections thereof) should be removed when it is warm enough to recognize evident losses. Beware of removing discouraging looking plants that are simply still dormant. Frostbitten tops can offer some protection; don't prune too soon! Watch for new growth before cutting back dead wood. Late in the month divide roots of invasive or overgrown herbs (examples are chives, mints, oregano and yarrow). Prune shrub roses after Feb. 14th. Shape overgrown rosemary and sage — *HERBS: A Resource Guide for San Antonio*

General Notes for the Mid-Winter Season:

Native Bulbs - Each spring the roadsides and prairies across Texas slip into the soft fragrant cloak of native bulbs. Beginning in late February and early March, wild onions spring up and send out their sweet fragrance to attract early nectaring insects and wildflower hunters anxious to see the first blooms of the coming season. Drummond's onion (*Allium drummondii*), Pink nodding onion (*A. cernuum*), are both flowering, edible onions unlike some other native onion-family plants like *Zigadenus nuttallii*, which can be fatal if ingested. A close non-edible relative, false garlic (*Nothoscotum bi-valve*), an early bloomer, sometimes sending forth sweetly scented white blooms during brief winter warm spells. Wild hyacinths (*Camassia scilloides*) make their show in March. Rain lilies (most common, the giant prairie lily *Zephranthes drummondii*) bloom after it rains at any time from spring to fall. Copper lily (*Habranthes tubispathus*) pops up in summer and fall. Southern swamp lily (*Crinum americanum*) will bloom intermittently from July to November (referred to as an aquatic lily, it will do very well in most regularly water landscapes). Spider-lilies (*Hymenocallis lrisome* and *H. caroliniana*) bloom from April through July.

Your Herbal Roses: Parsley increases roses' fragrance, so plant some around your favorite bushes to enhance their sweet smell of success (garlic used as a companion plant helps deter fungal problems — *me*).

Plant nasturtium, cosmos, sweet pea, coreopsis and Mexican poppy seeds.

Apply pre-emergent weed killers to prevent germination of warm season weeds, grassbur and crabgrass seeds in lawns and landscapes. Follow label instructions. 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.

Thanks to MG and SAHS long-time member Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio. Please see the full length version on the SAHS website.

SIG-nificant Events

SIG leaders, keep us posted on your group's events.

Healthy Living with Herbs SIG

January and time to catch up with the holiday gift-giving that we neglected last December. January is our planning meeting and we did just that along with sampling some hearty, warming vegetable soup at Randy's new abode over off Bandera road. We ate, visited and generally caught up a little bit then pulled out our surprises. We'd agreed last fall that small hand-made things for each other would be the best idea. And we were right! The table almost sagged under the weight of all the "little" things: petite jars of honey infused with basil and cinnamon, shea butter lotion bars, fresh dried organic bay leaves, home-made salsa, home-grown lettuce starts... and more. Our schedule this year has a few more field trips than in years past and we're going to make this year one for fun!

Submitted by Joe-Beth Kirkpatrick

Culinary SIG

Soup was the theme for this month, and we had our usual lovely variety. Carol was our gracious host, and as everyone arrived (along with a welcome cold front) her spacious kitchen was soon covered with crocks and pots, and filled with the aroma of a dozen simmering soups. We had everything from beans to zucchini, plus carrots and lentils and squash and wild rice, and even a winter health soup with every ingredient annotated for its immunity-boosting properties. There was really something for every taste and diet, not to mention a beautiful salad with pears and dried cranberries with a mango chutney dressing, rolls and muffins, and (of course!) dessert—éclairs and tarts!

It wasn't all about good food and laughter for our group though. January is our month to plan for the upcoming year, and after a couple hours of savoring our soups, we settled into the "work". Some things will stay the same—ice cream, tamales and cookies will still be on the calendar. But other months, we will be ranging around the world, culinarily speaking, and some months will find us in our gardens: think lavender, oregano and lemon herb themes for our food pot lucks.

We also welcomed our newest member, Vivian, this month, and that got us to thinking how other SAHS foodies interested in a culinary SIG might get started in developing their own group, rather than waiting around forever for an opening to come up. Realizing that it can perhaps be a bit daunting to start your own special interest group (How do I find people who would be interested? What are the 'rules'?), Chris came up with the idea of offering our SIG's services as mentors to anyone who would like to start a group, to help them get theirs off the ground and running. We loved it! After all, the camaraderie and fun and knowledge that our particular group has developed is just too good not to share! So, fellow SAHS members, if you have been thinking you'd enjoy being in a culinary SIG and wondering how you might do it, we are here to help. Just call or email Emily at 830-438-8314 or kivuli@msn.com and we'll get rolling!

Next month, we are off to Emily's, and traveling to the Caribbean!

Submitted by Jeanne Hackett

Herbal Crafts SIG

We spent a nice morning at Marilyn's home making several of Susan Belsinger's recipes. Some of us came armed with lemon balm and others with food processors and other kitchen implements! We all arrived with jars and bottles to be able to take home samples of the things we made. And of course, we all came with tasty food for lunch.

Marilyn taught and guided us through several of Susan's



recipes for herbal syrups, an herbal salve, and a few herbal pastes. We made such wonderful things. The kitchen was as busy as a beehive in spring with all of us chopping, slicing, peeling, stirring, and timing things. Then came the pouring and dividing it all up: ginger syrup. Lemon balm syrup. Herbal salve made using calendula oil, plantain (*Plantago major*) oil, and comfrey oil. Basil herb paste and lemon balm herb paste to season our way through the dark days of winter. Letting nothing go to waste, Marilyn had a plan... The ginger that was used to make the ginger syrup was made into candied ginger, which hadn't lost any of its kick in the process.

If you are interested in learning more about our SIG, please contact Sandra Lyssy (210-659-5561, slyssy123@yahoo.com) or Rebecca Kary (karyrebecca@yahoo.com).

Submitted by Emily Sauls

Aromatherapy SIG

In January, the sign in the Chris Sinick's kitchen said Welcome Oilers! After tasting pesto and olive oil kissed with Basil oil, the Aroma SIG met to discuss the history, properties, uses and benefits of Basil Essential Oil on January 3rd. Basil, much revered by the Greeks, was used to anoint their kings. Uses and applications encouraged a lively discussion ranging from benefits to the respiratory and digestive tract to silky skin. While the recipe for turkey meat loaf was well received it was the sugar scrub demonstration that got the most oohs and aahs! With Basil Oil, we found a little goes a very long way.

For info, contact Jean Dukes at 10days@earthlink.net

Submitted by Chris Sinick

Weed-n-Gloat SIG

Our mulched Herb Garden looks very well, with herb plants thriving. After weeding from 10 am - 11, and taking out some enthusiastically growing alliums - Spring is on the way! - we repaired to Jane's house to feast on French Onion Tart, Blueberry Buckle, roasted garlic, crusty bread and some excellent Merlot. Yep, spent more time talking than weeding this time - but regular weeding and taking care of this beautiful spot in the SA Botanical Garden keeps those intrusive plants at bay. We will be ordering herbs for the spring planting this month; should be planting those in February or March. Newcomers are always welcome to the Weed and Gloat Team; we meet at the San Antonio Botanical Garden on Funston Street on the last Monday of each month from 10-11 am in the cool months, from 9-10 am during the hot months of the year. This group is a lot of fun and we have all learned a lot about growing herbs, while taking care of the Herb Garden. There are also a lot of auxiliary benefits from being a volunteer at the SABot Garden, including free admission to the Garden, regular volunteer picnics, and breakfast educational sessions. What we do, exactly, in the SAHS Weed N Gloat Team is - yes - take care of the Herb Garden by weeding our sunny spot, and planning the planting of the Spring and Fall herb plantings. We will, weather permitting, be planting in February or March; SAHS members interested in learning more about planting and growing herbs are very welcome to join us.

Sa Botanical Garden Herb Garden, the last Monday of each month, 10 - 11 am. To find out more, contact the Ober-Gloater, Jane McDaniel at cell # 210-381 4931.

Submitted by Jane McDaniel



Treasurer's Report, December 2011

Submitted by Kathryn Seipp

INCOME

Membership	480.00
Cookbook sales	20.00
Resource Guide sales	15.00
Booklets	285.00
Miscellaneous income	50.00
SUBTOTAL - INCOME	565.00

EXPENSES

Attendant Fee	45.00
Banquet	120.00
Rent Expense	85.00
Storage rent	192.00
Supplies	0.00
Sales Tax	0.00
SUBTOTAL - EXPENSES	442.00
TOTAL (Income-Expenses)	123.00

ASSETS

Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,194.95
Frost Checking	3,310.41
Frost Savings	2,387.68
TOTAL Cash and Bank Accounts	6,893.04
TOTAL ASSETS	6,893.04
LIABILITIES	0.00
OVERALL TOTAL	6,893.04



'10 - '11 SAHS Board Officers & Members

Yvonne Baca - President

210-313-8705 C, yvonne943@yahoo.com

Marilyn Nyhus - Vice President Programs

210-606-2933 C; rudyardmar@yahoo.com

Marguerite Hartill - Programs Assistant

210-497-1355 H; mhartill@aol.com

Norm Hastings - Membership Co-Chair

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Mike Belisle Secretary, Recording

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Kathryn Seipp - Treasurer

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Barbara Quirk - Treasurer Co-Chair

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Jeanne Hackett - Publicity / PR

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Lyn Belisle - Webmaster & Green List Coordinator

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Eileen Achorn - Immediate Past President

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Joe-Beth Kirkpatrick - Newsletter

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Sandra Lyssy - Hospitality

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Patty Wilson - T-shirts, Cookbooks

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More Information Contacts

SAHS web page: www.sanantonioherbs.org

SAHS toll-free phone: 888-837-4361

Business Members

We thank our business members for their support. When you patronize their businesses, be sure to mention your SAHS membership.

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(210) 688-9421

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www.nematodenick.com

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Herb, Cooking & Gardening Classes;
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(210) 495-6116
drldesigns@swbell.net
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Mike Behrend, Executive Chef

Green Vegetarian Cuisine
1017 N. Flores
San Antonio, TX 78212
210-807-0891
Mike@greensanantonio.com
www.greensanantonio.com

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*For our business members:
To maintain your listing here,
please renew your membership with
Norm Hastings by February 29.
Thanks!*

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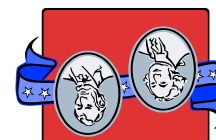
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Yvonne Baca, LMT

Holistic Health Practitioner
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