



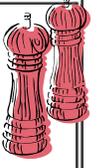
La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 294, September 2014

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, September 11, 2014 Mike Bolner of Bolner's Fiesta Spices



Clifton Bolner began marketing spices in San Antonio in 1955. Today, three of his sons and four of his grandchildren operate Bolner's Fiesta Products. Customers include numerous grocery stores, club stores, restaurants, schools, government agencies, and food manufacturers. Primary marketing area is Texas and bordering states, but over the past 10 years sales of Fiesta Brand spices and seasonings has expanded to over 28 states. The company's most recent accomplishment is Certification as a Level 2 Safe Quality Foods facility. One of Clifton's progeny, Michael J. Bolner, graduated from Central Catholic High School in 1969 and later completed a business administration degree at Texas A&M. Bolner currently is the Vice President of Sales and Marketing for Bolner's Fiesta Products, Inc. He and his wife, Mary Pat, have three children and one grandchild.



Mike will tell us about creating spice blends, things consumers should know about herbs and spices and the process of getting herbs and spices from the plants to the consumers.
SAHS members N-Q, please bring a snack to share. Be sure to provide a name card (and recipe) for the dish you bring (better yet, email it directly to the newsletter editor).
The San Antonio Garden Center is always a treat and is located on the corner of Funston and N. New Braunfels. For more SAHS information, see our website at www.sanantonioherbs.org

Used Books = Fresh Treasures!

The SAHS used book sale table was begun several months ago when the SAHS received a donation of several wonderful herb-related books. The idea was a hit and, as members had books they were done with, they started donating *those* books. These additional donations are what keep the used book table going and we would *love* more books... cookbooks, gardening books, any herb-related books.

To help keep this rolling, Charlene Swofford has volunteered for the longer haul to take over bringing a box of these collectibles to each meeting—wonderful!! She'll need a hand, so step on up and do that with her! *And thanks!!*

Here's a short list from the longer inventory we're holding. Check it out and snag a terrific book today!

Used Books—Partial Inventory

- Look & Cook, Chicken Classics *by Anne Willan*
- Making your own Gourmet Coffee Drinks *by Mathew Tekulsky*
- Mr. Food Cook's Chicken *by Art Ginsburg*
- New York Entertainers *by The Junior League of the City of New York*
- Rice Cooker Meals *by Neal Bertrand*
- River Road Recipes *by The Junior Leagues of Baton Rouge, Inc.*
- River Road Recipes III *by The Junior League of Baton Rouge, Inc.*
- South Beach Diet *by Arthur Agatston, MD*
- Southern Herb Growing *by Madalene Hill and Gwen Barclay*
- The Cooking of Japan *by Rafael Steinberg*
- The Essential Dessert Cookbook
- The Garden Gate *by Rosemary Verey*
- The Herb Book *by John Lust*
- The Schwarzben Principle Cookbook *by Diana Schwarzben, MD*

Newsletter Deadline for October Issue

All materials submitted for this issue due by **September 22**

Annual Herb Market October 18

Think. When or where else in San Antonio do you get to mingle among and buy from vendors for herb plants, books, and products for sale; see free programs and demonstrations; quiz the folks in the "Ask the Experts" booth (GVST, Master Gardeners and others); get great information about most anything herbal?

At the 2014 Annual Herb Market, of course!

This year's event programs will include a talk on Artemisia, 2014 Herb of the Year.

SAHS is a primary sponsor of this event and WE NEED YOU and your herbal talents in staffing tables of books, salt blends and tee-shirts. Call Leslie or Diane today to ensure you have a place on this year's volunteer roster. Date/time: October 18; set up starts at 7 am, show time is 9 am-3 pm, clean up 3-4 pm.

Plan now!



Hospitality Table

Schedule:

Oct: R-Z

Nov: A-M

Dec: Everyone!

Members' Sale Tables

Contact any Board member 2 weeks prior to the meeting to arrange for your table.

Inside this issue:

Member Recipes	2
Over the Fence	3
August Minutes, Meeting Review	4
Treasurer's report Officers' contact info	5
SIG reports	6

Member Recipes

Here are a few of the treats from the August hospitality table.

My Grandma's Peach Cobbler

Submitted by Marguerite Hartill

Ingredients

1 C self-rising flour
1 C sugar
½ tsp salt
¾ C milk
¼ lb (1 stick) butter
peaches (28 oz. can or 4 cups fresh)
cinnamon or Thai basil (chopped)



Directions

Preheat oven to 350°F.

For the batter: mix flour, sugar, salt, and milk and set aside. Add chopped cinnamon or Thai basil. Melt 1 stick of butter in a baking pan, and then pour the batter into the pan. Add peaches on top. Bake at 350°F for about 50 minutes. Serve warm.

This recipe is a test from the Cookbook Committee. Try it and give your feedback to the Committee.

Capriccio of Raw-Bonnie's Zucchini

Submitted by Margie Larkin and Bonnie Mayhorn Summer

Ingredients

2 C zucchini (sliced, see Directions)
1 C leeks
¼ fresh lemon juice
1 C ricotta (Bonnie makes homemade)
2 Tbs olive oil
salt to taste
¼ C chives
¼ C dill

Directions

Cut zucchini and leeks as thin as possible. Shingle (layer) in the serving dish, add salt. Drizzle olive oil and lemon juice over the dish. Dollop ricotta cheese on the mixture and then sprinkle with chives and dill.

This recipe is a test from the Cookbook Committee. Try it and give your feedback to the Committee.

Pumpkin Spice Yogurt Snack

Submitted by Rachel Cywinski

Ingredients

Noosa (whole milk) pumpkin yogurt
SAHS pumpkin pie spice blend
Scooby Doo cinnamon graham snacks

Field Trip to Nature's Herb Farm

If you haven't met Mary Dunford, well, you should. Mary is a founding member of this Society and is a gardener's wealth of information on herbs of all kinds.

Please join other SAHS members as we tour the Farm's campus and greenhouses and hear Mary's grower's wisdom and recommendations. Upon completion of the tour, we'll be able to do a little plant shopping as time permits.

Tour starts PROMPTLY at 8:45 am on October 25. Remember this is a working farm and we don't want to interfere with their operations. Car caravan will leave the Wonderland Park & Ride lot at 7:30 am. If you're driving, please bring a higher-clearance vehicle. The last bit of drive to the farm is your normal farm-type surface: gravelly, rutted and with pot-holes hiding under puddles. Bring sturdy shoes and water.

Address: 7193 Old Talley Road, #7, SATX 78253

www.naturesherbfarm.com

PayPal and SAHS membership payments

Your dues can be paid online with our PayPal link on the SAHS website. Click on that logo on the SAHS website's home page.

Courtesy Counts at General Meetings

To all attendees, two things to do each meeting:

Turn **off** your telephone device.

Remain seated until our program has been completed and the closing announcements have been made.

Thanks very much!!

From the Program Chair—Got Pictures to Show?

Share *your* photos of SAHS events.

Announcements and photos from each month's SAHS events are displayed during hospitality time (6:30 to 7:00 p.m.) at each monthly meeting. All Herb Society Special Interest Groups are invited to send 1-2 photos for inclusion during this announcement time; more photos may be sent but will likely not be used until the next banquet.

GUIDELINES FOR ANNOUNCEMENTS AND PHOTOS

MUST include name of sponsoring group (SAHS SIG, SAHS special event, etc.)

MUST include date of event pictured

MUST include an event name

Location is optional

Note: A photo review of the SAHS Labor Day field trip to Community Gardens at University of the Incarnate Word and the Village at Incarnate Word Headwaters Preserve and traditional headwaters of San Antonio River will be displayed on the big screen during hospitality half-hour at the September 11 general meeting. Arrive at 6:30 p.m. to see the show and enjoy some fabulous snacks including recipes being tested for our upcoming cookbook!

Submitted by Rachel Cywinski

Cookbook, Vol III Committee Report

Stated goal to publish is October 2015 (in time for the Herb Market). The committee wants to test at least 200 recipes and have an approved list ready by next summer. It takes time to type everything up, proof read, layout the book; finalize all the pages; set the art—the list goes on. Please make a commitment to take at least one recipe each month to test and review and help us get that new book to the printer.

Requesting recipes for entrees (main dishes) this month.

Recipe submittal criteria for the new cookbook:

Recipe Format

1. Recipe name & submitter's name
2. Origin (if interesting or applicable)
3. Ingredients list (must include herbs!)

Please be sure to check your recipes for quantities and units of measure, types of ingredients (fresh, dried, canned, salted/unsalted, etc.).

4. Instructions

Please be sure to check your recipes for sequence of prep, cooking temps and times.

5. Comments (if any)

We welcome your story on the source or history of the recipe!

Evaluation Criteria for Recipes

1. Presentation and appearance
2. Use of herbs
3. Use of seasonal and/or fresh ingredients as possible
4. Taste

Send your herbal recipes directly to Grace Emery:

1415 Sage Run, SATX 78253 or gemery49@yahoo.com



Over the Fence... 2014 Program Line-up



SAHS online calendar:

<http://www.sanantonioherbs.org/Calendar/CALENDAR.htm>

Oct 16: Mary Dunford, Nature's Herb Farm owner, drying and arrangement of herbs for holiday decoration

NOTICE of DAY/DATE CHANGE

for OCTOBER MEETING – 3rd Thursday

Oct 18: Annual Herb Market @ the Pearl

Oct 25: Field trip to Nature's Herb Farm

Nov: Herbs for holiday cooking by Cris Goloby, Adjunct Instructor, St. Philip's College (Dept. of Hospitality, Tourism & Culinary Arts)

Dec: Winter Holiday Banquet; need coordinator for this event. Contact any Board member.

Plan NOW for 2015's meetings!

Jan: James Bucklin, general manager of Hearthstone Bakery Cafe; also Savory, 2015 Herb of the Year

Feb: Dave Saylor, owner of Acadiana Café

Mar: Ruben Villarreal, bringing Archi's Acres to SATX

Apr: Angela Love, RN; Aromatherapy for stress relief

Ask the program presenter a question!

Send your question to Rachel Cywinski at worldvisitor@rocketmail.com no later than 3:00 p.m. on Sunday before the meeting. Rachel will collect the questions and pass them on to our speaker to consider before the Thursday meeting.

Like our programs? Want more like this?

Know a great speaker for an interesting herbal topic? Contact Rachel Cywinski or any Board member with your suggestions and contacts.

Next Board Meetings

September 29, 6:30 pm Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

SAHS Publicity Needs YOU

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. Know of a new contact that would help us? Get with Mike Belisle to help out.

SA Botanical Garden Events in September

Sept 6 - Jan 4: Lego Art!

Sept 13: Plant sale, Greenhouses; 10 am-2 pm

Brews & Blooms 5:30-10 pm. \$20, \$18 members, \$10 designated driver (must purchase tickets in advance)

Sept 22 - Nov 16: Scarecrow Trail

Sept 19 & 26: Starlight Movies on the lawn

For info call 210-207-3250 or visit www.sabot.org

SA Express-News Needs Gardens

Stacy Hobson-Lehman with the SAE-N is looking for **your** garden to feature in an on-going column about local gardens of all kinds. She's looking for all kinds of specialties, uses, causes, beginnings, methods, plantings,... you name it. Three of our membership have offered up their gardens and, hopefully, we'll read all about them soon.

Contact the journalist, Ms. Lehman at lehmann@express-news.net and tell her your herb garden should be on her short list for features!

SA Rose Society

San Antonio Rose Society will meet Monday, Sept 8th at 7 pm at the Garden Center. "Love At First Sight", a video produced by the American Rose Society, will be shown and discussed. Topic pertains to each person's reaction to a particular rose when first viewed. Anyone is welcome to come and learn for free. www.sarosesociety.org

Submitted by Peggy Jones, Publicity, SARS

Gardening Volunteers of South Texas

Third Mondays @ San Antonio Garden Center, noon to 3 pm; 3310 N. New Braunfels. Bring your hand pruning tools and have them sharpened by "Dr. Fix-It" for \$2 each. Free and open to the public, \$5 donation is appreciated.

Watersaver Design School (partner with SAWS)

Nov. 1, register by Oct 28; \$25/person. Contact Anne Schiller at (210) 251-8101 or anne@gardeningvolunteers.org

Contact (210) 251-8101 or info@gardeningvolunteers.org

Web site: <http://www.gardeningvolunteers.org/gvstwp/>

Texas Native Plant Society

September's meeting is the annual potluck and officers' election & installation. Club normally meets every 4th Tuesday, Lions Field Adult Center, 2809 Broadway. Native plant and seed exchange at 6:30 pm, followed by speaker at 7:00 pm.

website: <http://sanantoniochapter.wordpress.com/> or contact via email: npsot.sanantonio@gmail.com

Submitted by NPSOT, San Antonio Chapter

Comal County Master Gardener program

First Wednesdays at the GVTC Auditorium. Meetings are open to the public. Contact (830)964-4494 or 221-4316. Website: <http://txmg.org/comal/>

Guadalupe County Master Gardeners

Propagation of Plants seminar, Sept. 13, 9 - noon. 1101 Elbel St., Schertz. Presentation by Kathy Carroll, MG and Propagation Specialist. Hands-on learning and fun. \$10 at the door.

Brown Bag luncheon Sept. 15, 11:30 - 1:30 at Schertz Library with Deedy Wright, Propagation Specialist. Topic is "Planting with Bulbs" (think tulips and gladiolas in Texas!).

The regular meetings are on third Thursdays; free and open to the public (business follows program). For further information call 830-303-3889 or visit our website at www.guadalupecountymastergardeners.org.

Haven for Hope's Gardens—Field Trip Report

On August 26, a half-dozen Herb Society members took the Haven for Hope tour with Andrew Waring, SAHS member and Haven volunteer. The campus is all-inclusive -- the term one-stop-shop comes to mind. To a person needing aid and shelter, everything can be found here: an eye clinic, medical and dental clinics, mental health counseling, education for jobs, employment interview coaching and job placement, a place to live with three meals a day and even a childcare center. At this time, over 1,000 men, women and children are housed at this campus.

We also admired the extensive herb and vegetable garden that supplies its bounty to the St. Vincent de Paul kitchen, also on site. The gardens were beautiful and lush but even so, it is time for the fall crops to be planted! The Haven can always use an extra hand or two to accomplish this goal. If you'd like to help out, either go to the visitor center and get a volunteer application or email Andrew Waring to get more details: info@adwec.com

Submitted by Grace Emery

Minutes from August 14, 2014

General Meeting

The meeting was held at The San Antonio Garden Center. As usual, there was a social time starting @ 6:30. The Hospitality Table was beautifully adorned with sunflowers and fresh herbs and laden with a variety of delicious food dishes.

Call to Order: 7:00 by Yvonne Baca, co-president.

One new member was present and acknowledged. Visitors



were welcomed and thanked for coming to get to know us. Thanks were given to the Hospitality Committee for

the lovely table and to those who brought food.

The next meeting is Sept. 11th. Members with the last name initials N-Q are asked to bring food to share.

Remember that the October meeting has been changed to Oct. 16th.

Attendees are asked to check the tables at the back before leaving: The Members Share Table

SAHS Merchandise Table

Linda Barker's Scentsy Table

Newsletter articles are due August 22nd, not this Friday but the next. Recipes need to have the name of the recipe and of the person bringing it.

Item 1 - Used book table - We have begun a used book table to raise funds. We need a few members to coordinate this.

Item 2 - Garden Happy Hour - Next one is Sunday, August 17th, at Monica Menczer's home in Stone Oak.

Item 3 - Cookbook Committee - Grace Emery reported we are resuming committee meetings in September.

Need recipes especially entrees. Recipes are being typed now; testing and tasting are underway.

Item 4 - Annual Herb Market: Leslie Bingham and Diane Lewis are co-chairs for this Oct. 18th event at the Pearl. A sign-up sheet is being sent around. Hours are 9 am-3 pm, but set-up begins at 7 am.

Item 5 - Robin Maymar reiterated that we have new, plastic pin-on name tags that are to be returned to Membership after each meeting. Lyn Belisle has offered to make duplicate tags for those who want to wear them to other events. It is acceptable to wear your previous magnetic (engraved) one if so desired.

Item 6 - Field trip to Haven for Hope with Andrew Waring. Grace Emery has sign-up sheets. Dates: Tues. Aug. 19, Thursday, Aug 21, Tues. Aug. 26. Time: 9:30 am-11:30 am

Item 7 - Newcomer's Special Interest Group (SIG). There will be a potluck supper on Aug. 26th at Carol Hamling's home at 6:30 pm to get a new SIG started for newcomers or members who don't belong to another SIG.

Item 8 - Grace Emery. Express-News is requesting articles for their "Sow, Grow and Savor" column. Rachel Cywinski said she will be featured in October.

Item 9 - Rachel Cywinski spoke about the University of the Incarnate Word field trip on Sept. 1st at 9:00am. We will meet at the entrance on Hildebrand.

> Robin Maymar set up a table for salt tasting. We would like to get a committee together to sell herbed salts in simple packages at the Herb Market in October.

> Texas Lavender Association needs helpers for their National Conference, January 22.

> Grace Emery sent around slips for evaluating 2 dishes on the hospitality table tonight for tasting - Peach Cobbler and Bonnie's Zucchini.

Rachel Cywinski introduced the speaker for tonight, Natalie Cervantes, an Agrilife Extension Service agent.

Program: Gardening with the Kids!

Natalie Cervantes has worked as a research assistant in gardening with children which teaches one patience and discipline with no instant gratification. She did an activity she uses in teaching involving Skittles to show the difference between taste and flavor. Herbs give flavor to food.



In starting a garden for children, one needs to consider who is going to coordinate it and physical space. For young ones, you don't

need big plots. One needs to decide theme, curriculum, design and maintenance. Gardening can be used to teach nutrition, history, literature and math.

There is a Junior Master Gardener's Program that promotes community service. There are a variety of themes for gardens: salad, vinegars, colonial, teas, Peter Rabbit and fragrant herbs are some.

Another activity Natalie uses is to pass out an herb scramble-word sheet. Numbered (corresponding to the numbers on the word scramble) paper bags with particular herbs are handed out. After touching, smelling and feeling the herbs, players identify the respective herbs. One SAHS member later said she was going to pass along some of these fun and effective educational ideas to some teacher friends.



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Recipes for Cilantro Sauce and Basil Pesto were distributed. Rachel thanked the speaker. She then said that the speaker in September will be Mike Bolner of Bolner's Products. Adjourned at 8:30 pm.

Submitted by Barbara Quirk, Secretary

Condolences

The entire membership offers our condolences to Fran Rich, SAHS member and former newsletter editor *par excellence*, on hearing of the death of her life companion, Metta Chicka. Peace and prayers to all the family and friends.

UIW Garden Tour

Rachel arranged for the SAHS to have a tour of the various gardens on the UIW campus on Monday, September 1 (Labor Day). Hope everyone gets a chance to see her photos during the September meeting's hospitality time between 6:30 and 7 pm.

Summer on Achill Island, Co. Mayo, Ireland

The fellow who sold us the house loved pines. There is a row of pines, 6 ft. tall, along the driveway; there are 20 ft pines, mixed in with huge rhododendrons, along the road in front of the house. Those provide shelter from the west winds which come off the Atlantic Ocean. But the ones along the driveway... which will soon be 10 ft tall.... these had to go. Now there's a flowerbed bordering the lawn where the pines used to be, and I can almost hear that patch of grass breathe out as the sun's rays reach it.



We got to Achill Island, off the west coast of Ireland, before St. John's Night on June 24, when huge bonfires burn all over the island and the neighboring mainland. Husband Robert delights. The man-tools are brought out of the shed and the pile for the bonfire grows and grows. That night, we invited the neighbors, who came with tractors laden with brush and a couple of mattresses and, as it got dark around 10 pm, the men lit the fire while the women and children watched. It burned, 15 ft high. Afterwards we walked around the ashes three times - for good luck, and each took home a small smoldering branch, to lay in the vegetable and flower beds for a good harvest.

Talk about a harvest! The sheep put an end to that, in our front yard. 25 sheep wander all over the island, climb hedges and slip through fences, and their favorite treats are marigolds, rosebuds, lilies, parsley, nasturtiums, and any green shoots on any plant standing. I came back from walking Ballycroy Hill to find desolation. Had mutton chops with mint sauce and new potatoes for dinner that night.

It's been busy, this summer on Achill. Weekly markets, to show and sell my *Jane's Irish* goods, singing with the church choir and the Achill Folk Choir, walks across the hills, visits to neighboring small town festivals on the mainland, many, many talks with the neighbors and strolls at sunset along the beaches. The air is clear and very clean - on a quiet afternoon I can hear a neighbor speaking 300 yards away, up the hill. In the evenings there's music in the pubs and in the almost deserted Protestant church, and talks with "blow ins" and natives alike. ("Blow ins" are people like us, who came once, and stayed to live on the island.)



We helped out with the Half Marathon, told stories at the Annexe Inn pub, watched a re-enacted pitched battle between the French and the British up and down the streets of Ballina town, sat in on a session with three mediums and wondered at the pure beauty of ancient Boyle Abbey in Co. Roscommon and the Connor Pass in Co. Kerry.

The mint in the garden has survived, as has the lemon oregano that I planted last year. Next on the list is a herb garden to the side of the house. But first, a fence there, to keep out the sheep.

Submitted by Jane McDaniel

Have YOU traveled somewhere new or interesting? Let SAHS know about it! Share a photo or two. The SAHS membership is always up for a new story!

Treasurer's Report, July 2014

Submitted by Robin Maymar, Co-Treasurer

INCOME	
Membership	\$83.97
<u>Includes PayPal service fee deduction)</u>	
Subtotal - INCOME	\$83.97
EXPENSES	
Garden Center, attendant fee	\$45.00
Garden Center, rent	85.00
Utility Media (web host fee)	30.00
<u>St. Utility Media (web host fee)</u>	<u>30.00</u>
Subtotal - EXPENSES	\$2,779.14
TOTAL (Income-Expenses)	(\$76.03)
ASSETS	
Frost Cert. of Deposit	\$1,209.28
Frost Checking	4,889.86
Frost Saving	460.37
Scholarship Fund	1,096.79
<u>Cash on Hand</u>	<u>110.00</u>
TOTAL	\$7,766.30

DISCLAIMER: Information presented in this newsletter and at the SAHS meetings is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional. Herbal formulas are given for reference purposes only. Use of any information mentioned in this newsletter are at the decision and discretion of the individual.

'14 - '15 SAHS Board Officers & Members

Emily Sauls - Past-President

830-438-8314 H; kivuli@msn.com

Yvonne Baca - Co-President

830-537-4700 H; 210-313-8705; yvonne943@yahoo.com

Grace Emery - Co-President & Cookbook III Chair

210 875-6919 C, gemery49@yahoo.com

Rachel Cywinski - Vice President (Program Chair)

worldvisitor@rocketmail.com

Ann Rossi - Membership Co-Chair

210 422-8506 C; aspiring_annie@yahoo.com

Penny Cardwell - Membership Co-Chair

210-380-9755; p.card1@aol.com

Barbara Quirk - Secretary, Recording

210-828-0432 H; barbara.quirk@sbcglobal.net

Lenore Miranda - Treasurer Co-Chair

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Robin Maymar - Treasurer Co-Chair

210 494-6021 H; 830 459-8415 C; robinmaymar@gmail.com

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Lyn Belisle - Webmaster & Green List Coordinator

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Jane McDaniel - Chair, Hospitality

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Leslie Bingham - Co-chair, Hospitality

lesliegw@live.com

Margie Larkin - Co-Chair T-shirts, Cookbooks

Lynda Klein - Co-Chair T-shirts, Cookbooks

More Information

SAHS web page: www.sanantonioherbs.org

SIG-nificant Events

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

Culinary SIG I

It's summertime, and the livin' was easy for our SIG this August. Instructions from our hosts, Norm and Loretta, were to keep things simple and cool, and so we did, with perfect foods for hot weather. Norm had smoked a brisket for the table, using a salt seal for the



first three hours in the smoker, followed by nine hours in a very slow oven. With the main done, everyone else supplied the sides, including a fabulous Kansas City style BBQ sauce which added a *je ne sais quoi* to some already-delicious New Mexico pintos and a bowl of TVP "chicken" cutlets for our non meat-eaters. Fennel and apple salad spiked with dried apricots was so refreshing as was a piquant Cole slaw from a 100 year-old family recipe. We loved a beautiful pea and dill salad and a dressed broccoli, shredded carrot and raisin dish. Marinated Italian green beans with feta and capers hit the spot,

and the long-time favorite, copper penny salad, had a few of us remembering it from our childhoods.

A baked hominy, Hatch chilies, cheese and bacon side was a huge hit, as was a delicious corn spoon bread that had us going back for seconds. Homemade yeast hard rolls were great for sopping up all the goodness.

Desserts included beautiful parfaits made with pureed mangoes and fresh raspberries, organic strawberries and kiwis, topped with whipped coconut cream. A spectacular strawberry pave was almost too beautiful to eat, but as the whipped cream, sponge cake and buttercream melted in our mouths, we were glad we did.



Catching up with our travels and doings, and sharing cooking tips (like the pros and definite cons of the mandolin!) made for another lively and fun evening for our group. Next month, we meet at Linda's for salad and bread. Stay tuned!

Submitted by Jeanne Hackett

Texas Natural Living SIG

Dotty Pledge hosted the Texas Natural Living SIG on Thursday, August 21st. Her

topic was SCENTED GERANIUMS. Dotty told us that the scented geranium, or Pelargonium, was originally found in Africa and brought to Holland by early explorers. From Holland, this pleasingly scented plant made its way to England and then to America. We



learned there are over a hundred varieties, all with different shaped and textured leaves, flower colors, and scents. Dotty gave each of her guests a Pelargonium to take home; there were rose, lemon, citronella, and even old spice scented geraniums! We may be able to use our geraniums in the recipes Dotty provided for us –Rose Geranium Tea Biscuits and Rose Geranium Pudding Cake, as well in a peace pillow that has

scented geranium, lavender, lemon verbena, bergamot, mint, rosemary, thyme, southernwood and bay. And, never a meeting goes by that we don't have a spectacular meal. Dotty is an outstanding cook, and she prepared a sausage and egg breakfast casserole for us that was scrumptious and satisfying. She also made mimosas....love those! The other gals brought bacon baked with brown sugar, ice-cold watermelon chunks, fruit salad, yogurt parfait, and cranberry/walnut bread. Our next meeting will be a field trip and lunch on September 18th.

For information, please contact Marilyn Nyhus (rudyardmar@yahoo.com) or Marguerite at mhartill@aol.com.

Submitted by Marguerite Hartill

Aromatherapy SIG

In August, the Aromatherapy SIG met at La Madeline's on Broadway and Yvonne Baca taught us about the digestive system and what essential oils help support it. We are in flux right now—because we are going to change the night we meet, and are skipping a few months in the near future, but we still have room if anyone is interested to join our SIG.

Please contact Jean Dukes for information or questions @ itmakescents@earthlink.net or 210.566.4379.

Submitted by Jean Dukes

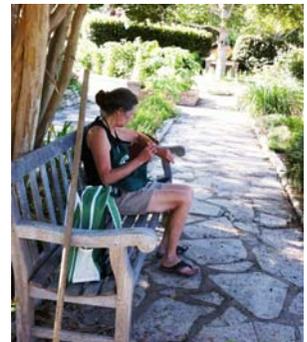
Healthy Living with Herbs SIG

The Healthy Living SIG met at Randy's SA Yoga Center on Shaenfield road in time for a nice exercise session before having a little bite to eat. Light and crisp with a terrific variety of components was the Asian salad, miso soup and refreshing tea! On to the class session led by Diane! You've heard of a color wheel? Well, Diane discussed an "Herb Wheel" whose cross-cultural purpose is to aid the user in combining the tastes, smells, benefits and other qualities of quite a large variety of herbs. Definitely something an aspiring herbalist should consider as a study aid! We all left refreshed and with herb interest revitalized. September's meeting will be a field trip to the local bee-keepers' meeting.

Submitted by Joe-Beth Kirkpatrick

Weed-n-Gloat SIG

80°F at 9 am, forecast was for 100°F by 11, and we had one aim: going to the Herb Garden at the SA Botanical Garden, get in and get out fast. One hour we set as a goal to weed and gloat. And we did it. Jeanne, Robin, Andy, Tinky, Rachel and Jane - we met at 9, started at each end of the Herb Garden plot, where recent rains had helped propagate grasses, cannas, hackberry, wandering mint and false purple basil. We filled six large cans with cuttings and at 10 sat on our bench and gloated. Yep, we're a fast lot, we Weeders and Gloaters! We'll have to do that again.



Weed-n-Gloat is the last Monday of the month. Contact Jane for more information: janesirish@att.net

Submitted by Jane McDaniel

Culinary SIG II!

Hosts Sandra Woodall and Gloria Ortiz welcomed the group to a lovely mint filled evening on August 28, 2014. The Group met to taste all of the dishes made with mint. Robin Maymar started the evening with a wonderful, home-grown Mint Cucumber Salad. Grace Emery took on the vegetarian corner with her recipe Quinoa with Corn, Scallions and Mint. Bernetta Haden inspired us all with her Jicama/Mango Salad - bright colors and lots of crunch. Gloria

made some Mint Meatballs that were spicy and delicious with a surprise in the center. Sandra made her famous beans and basil. There were also potatoes with pesto and, of course, mint-infused tea. The surprise of the night was delivered by Penny Cardwell via her Mojito Chicken Salad which included juicy mandarin oranges with cayenne and mint adding the right amount of heat and cool. Karen Lopez and Gloria ended the feast with scrumptious Mint Brownies and Chocolate Mint cupcakes with cream cheese mint frosting.

September's meeting will follow the theme "Ice Cream and Cold Soups" on Thursday, September 26, at Penny's home.

Submitted by Grace Emery

Mad Hatters

The Mad Hatters did not have a meeting in the month of July. We are planning to get our hats & gloves on for a Sept. tea. Plans are forthcoming so please remain on the edge of your seats

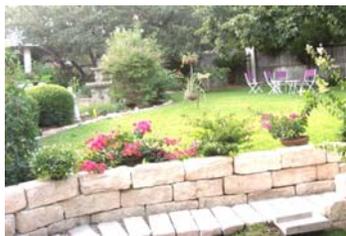
Interested in this group? Have an idea for a meeting location? Contact Linda at lnbdesignline@aol.com.

Submitted by Linda Barker

Garden Happy Hour

Monika Menczer's beautiful home is located on a corner lot on a fairly steep hill.

She has used the hill to great advantage by building terraces into her garden. Each level has a separate purpose: awning shaded rest area with bird feeders, tree shaded dining table, pool and spa, gazebo with a fan overhead. Each area is separated with beds of flowers, or rows of potted plants. From the top of the hill and the pool, walkways lead you down past a stream fountain. Each side of the path is manicured with bountiful flowers. The path leads one way, then turns sharply to go over a tiny bridge, then turns again over another small bridge, zigzagging to the very bottom of the hill with a small fish-filled pool. From the lushness of the back yard go to the large cactus garden which takes advantage of the afternoon sun in the side yard.



To munch, there were a wide variety of eats: Caprise

salad, hummus, vegetables, barbecued bits from the grill, watermelon mint salad. Someone brought chunks of a melon that we had not seen before. It had almost a gem-like skin on the outside and an exotic flavor. Yum!



Our host prepared icy Margaritas served in flamingo goblets; such fun! Last, but not least, someone brought chocolate chip cookies.

Back inside the house, the guests enjoyed Monika's dazzling home interior. At every turn there was a clever architectural feature, a brilliant color or a precious collection of artistic objects. Her home is a thorough treat for the eyes and the senses, both inside and out.

You would have had to work hard not to have a good time. Our thanks to Monika for a grand Happy Hour.

Submitted by Robin Maymar

Ed Note: *RSVP required for access to the Happy Hour.* Contact Robin at robinmaymar@gmail.com

Herbal Crafts SIG

No report for August.

Our SIG continues to plan for decorations for the SAHS winter holiday banquet (coming sooner than you think!). Bring you unwanted decorations to the next general meeting to contribute to this "cause". Thanks to the Craft SIG for their help! For more information, contact Lenore Miranda.

NEW SIG: Inaugural meet of "Herb & Culinary"

The new Herb and Culinary SIG (Special Interest Group) had its first meeting August 26th. We had four new members and are looking to having more join us. Our herb of the evening was savory so we looked at it growing in the garden and discussed the difference between winter and summer savory - winter being a more assertive flavor, and both being very similar to thyme.

With that in mind, we used the dried savory in an herb blend along with other herbs to make Herbes de Provence. Everyone got to take a packet of the mixture home.

We then enjoyed a dinner of a side salad of tomatoes with fresh basil & feta cheese, a mixed vegetable dish, pasta dish, a mixed green salad with either homemade honey mustard dressing or a raspberry vinaigrette with croutons made with *Herbes de Provence*. Want more? There was a pork roast that had been spiraled with *Herbes de Provence*, a casserole dish filled to the brim with grilled vegetables, six different kinds of sausages cooked in *Hecht Weizen* a dark beer (the cook insisted he only drank a little) and King Ranch casserole which, of the six people present, only two had heard of it or had it previously so it was a new experience for four of us. To finish, we enjoyed a frozen strawberry ice-cream cake with fresh strawberries and whipped cream.

Our next meeting will be October 14th. Interested in joining us? Just be a new member or an old member not in a current SIG. Call Carol Hamling 210-493-8713, or Grace Emery 210-875-6919

Submitted by Carol Hamling

Call for Members! New SIG planning 2nd meet!

The San Antonio Herb Society (SAHS) is starting a new Special Interest Group (SIG). We would like to invite all new members to join this new group. If you are not a new member but do not belong to a current SIG and would like to know more members, feel welcome to join us. In a Special Interest Group, such as this, we will discuss herbs, how to grow, plant and eat them.

The first meeting was held in August, the second meeting will be held **October 14th**. The meetings will usually be once a month. The meetings will be in a member's home or can be a field trip to a place of interest such as a garden, a restaurant or a specialty market the members have been wanting to see or try. You will bring a dish to share but you don't have to be a master chef.

This is a place to practice your cooking skills and learn to be a better cook and how you can use spices & herbs in everyday cooking. Be as elaborate or as simple as you choose. The host/hostess provides the drinks (tea, water, lemonade) whatever you choose. Dishes can be paper, plastic or whatever you are comfortable with. You can eat at a table or off of laps. This is not a group to stress over, it is one to have fun with.

If you are interested in joining this new group, please give me a call or E-Mail me. I look forward to seeing you there.

210-493-8713 or carol.hamling@gmail.com

Submitted by Carol Hamling



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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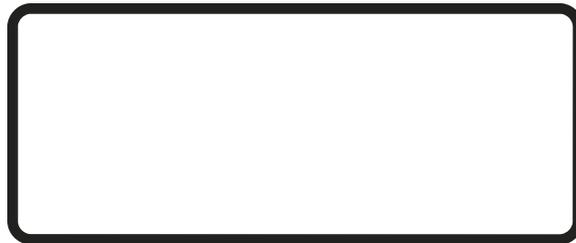
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The San Antonio Herb Society
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www.sanantonioherbs.org

