



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 191, FEBRUARY 2006

SAN ANTONIO HERB SOCIETY MISSION STATEMENT

The San Antonio Herb Society is organized to bring together those who are interested in growing, using, and promoting general knowledge of herbs to the membership, and the public at large. This includes volunteer participation in public service projects such as Habitat for Humanity and the Herb Garden at the San Antonio Botanical Garden.

“Spring Gardening in South Texas” with Calvin Finch on February 9th



Please join us in February as radio personality, horticulturist, and water conservationist Dr. Calvin Finch presents tips on “Spring Gardening in South Texas”. Dr. Finch was recently promoted from his 5-year position as San Antonio Water System’s (SAWS) Director of Conservation to SAWS Director of Water Resources. He holds a PhD in Horticulture from Texas A&M University and has over 34 years of experience in the fields of agriculture, horticulture, conservation, and water planning. Each Saturday and Sunday afternoon Dr. Calvin Finch and Dr. Jerry Parsons co-host a local radio show, “Milberger’s Gardening South Texas”, where these two experts answer your gardening questions. Dr. Finch has been recognized at the state and national level for his work with youth gardening programs, including the Green Brigade program for at risk youth and the Master Gardener program. His work

merited him for the Superior Service Award from the Extension Service in 1996. In 1998 he received the Vice Chancellor’s Award in Excellence in Extension Education presented by the Agriculture Program of the Texas A&M University System. His seminars are always interesting and informative. The meeting takes place on Thursday, February 9th, at the San Antonio Garden Center at the corner of Funston and N. New Braunfels. Refreshments and social time begin at 6:30 p.m. and the meeting follows at 7 p.m. We hope to see you there! For additional information visit our website at www.sanantonioherbs.org or call the SAHS Hotline at 641-8166 and follow the instructions to leave a message; an officer

Refreshments

Members with last names beginning **C - F** are asked to bring refreshments to the meeting. Please arrive by 6:30 p.m. so all can enjoy your dish. And don’t forget to leave a copy of your recipe with Syeira Budd at the membership table (or email it to syeiraq@yahoo.com) so it can be included in the next newsletter.

February Board Meeting

This month’s board meeting will be held on February 16th at Syeira Budd’s home. If you would like to add anything to the February agenda, please contact Jane McDaniel in advance at janesirish@earthlink.net or 930-1026.

Last Call for Renewal

This will be your last issue of *La Yerba Buena* if you haven’t yet renewed your SAHS membership for 2006. Please renew at this month’s meeting or by mail. Thanks to each of you for your valued membership.

Tussie-Mussies

Tussie-mussies to our terrifically resourceful **Brian Townsend**. Brian contributes an updated garden To-Do list for each monthly newsletter and is an amazing source of gardening wisdom. Thank you, Brian!

Welcome New Members!

A big welcome from all of us to the following members who recently joined SAHS:

- Rebecca & Phil Cook
- Javier Hernandez
- Sandra Lyssy
- Randy S. Mass
- Marisela Mata & Arturo De La Garza, Good Herbs Health Center
- Mimi Moffat & Tom Jepson
- Sonja Neighbors
- Beth & Russ Patterson, Lavender & Old Lace
- Nancy Patterson
- Pam Risley
- Kari Wiesner & Ryan Roberts
- Sandy Winokur, Sandy Oaks Olive Orchard

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Member News

We regret to report that our longtime member, Virgil Meier, died on January 13th. He and his wife, Bertha, have been faithful members of the SAHS for many, many years. We will remember Virgil well for his humor, his gardening expertise, and for his lively presentations on beekeeping. He was a delightful man. --Jane McDaniel

The family of Virgil Meier wish to express our sincere thanks to our many friends in the Herb Society for supporting us through the years especially the many years he was a beekeeper. Virgil passed away January 13th after a courageous battle with bone cancer. --Bertha Meier

San Antonio Home & Landscape Show Report

This show on January 6th, 7th, & 8th was a success for San Antonio Herb Society. Our lovely booth attracted many enjoyable people to visit with and share herb gardening encouragement and advice. We handed out 500 flyers about our next three meetings & 800 "Ten Tops Herbs for Texas" flyers. After my "Herbal Quick Tips" seminar, I talked to many people interested in finding out more about herbs and membership in SAHS. We sold a total of \$512 in books, calendars, and eight memberships. We continue to get calls from people who attended the show and want to join. Many thanks to the following booth volunteers who made this possible; Mary Andersen, Diana Bell, Syeira Budd, Jackie Compere, Veronica Gard, Adrienne Hacker, Barbara Hauck, Johnnie Hill, Sally Ann Hnatiuk, Sil & Yoli Huron, Estelle Kelly, Rosemary Kotrich, Diane Lewis, Jane McDaniel, Jinnie Perkins, Kathryn Seipp, Madeline & Henry Roll Taub, Patty Wilson, and Shawna Wimpy. Special thanks go to my husband Rob Lewis and friend Jeff Cook who assisted me during my seminar and with packing up and transporting the SAHS booth after the show.

Diane Lewis
SAHS VP, Event Chairperson, & Seminar Speaker

"Growing Herbs, the Beneficial & Useful Plants"

SAHS VP Diane Lewis will teach this class on Saturday, February 18th, from 9am-5pm, at Palo Alto College. It is an introductory course including which herbs grow best here, when and how to plant them, history, design principles, harvesting & storage techniques, and some traditional & creative uses. Demonstrations & samples are included. Contact PAC Continuing Education Dept. at 921-5330 for registration information, deadline is 2/15/06. Contact Diane Lewis at 495-6116 for class info.

SAHS Field Trips 2006

Several fun and exciting field trips are being planned for this spring. The Austin Herb Society has invited us to join them for their spring seminar at Zilker Botanical Garden in Austin, Texas on Saturday, February 25th, 9 a.m. until 12 p.m., featuring nationally acclaimed speaker and author Susan Belsinger who will present "**Cooking Under the Influence: Using Mediterranean Herbs**" and "**Not Just Desserts: Sweet Herbal Recipes**". Susan has authored several herb books and is a frequent contributor to the *Herb Companion* and other magazines and newspapers. The cost is \$25 for members, \$30 for non-members and space is limited. Samples of some recipes and light refreshments will be served. Check our website for a link to the registration information at www.sanantonioherbs.org. Contact SAHS member, Diane Lewis, at 495-6116 for information and to sign up for carpooling.

Field trips in the early planning stage follow:
Sandy Oaks Olive Orchard & Gift Shop (March?)
(Contact Veronica Gard at 499-4118)

Herb Forum at Round Top Texas (March 24th–26th)
(Contact Diane Lewis 495-6116)

Fredericksburg Herb Farm & Hill Country Lavender Farm
Look for field trip clipboard at the monthly meetings and sign up to be called with information on specific trips as information becomes available. If you have suggestions for other destinations, call Diane Lewis at 495-6116 or Jane McDaniel at 930-1026.

SAHS Volunteer Recognition

Volunteers are the backbone of our organization and we could not accomplish great things without them. In light of this, at the December member's holiday banquet a new program was debuted to recognize our volunteers. Data was gathered from the 2005 events and programs and special pins were engraved to recognize the top volunteers who signed up and participated in at least 5 activities or booth shifts. A list of all volunteer participants was posted at the banquet with many thanks from the San Antonio Herb Society Board. We will continue to track volunteer participation in 2006 and pass this information on to the new board for 2006 awards.

March Newsletter Deadline

All members are invited to share news, ideas, recipes, remedies, or stories in our monthly newsletter. Email your March newsletter submissions to Syeira Budd at syeiraq@yahoo.com by Saturday, February 18th.

Calling all SAHS-ers: Now's YOUR Chance!

SAHS will participate in the SA Botanical Society's Spring Plant Sale. **Saturday, March 18th, 9am-5pm**, is the day to block off on your calendar. Just ONE day to raise much needed SAHS operating funds for 2006. 1,000 plants plus hanging baskets have been ordered. With a little enthusiasm and dedication, we can realize almost \$1,000.

Think about this: Make a list of the plants YOU'LL need this spring. How about taking orders for a friend, neighbor, co-worker, or fellow church member? Our hanging baskets will be dedicated to those wonderful scented pelargoniums, the Herb of the Year for 2006.

Setup is Friday the 17th from noon until 4pm (6 people are needed). We'll begin the sale day on Saturday at 8:30am and go until cleanup is done around 6pm. Volunteers need to be available for 3 hour shifts (30 people are needed). Better yet, why not plan to help out for most of the day? You can take a couple of hours out in the middle of the day and tour the Gardens and refresh. Plus, by doing that in your SAHS nametag and shirt or apron, you help advertise our efforts!

Please bring plastic grocery bags for our customers' treasures. Bring your favorite reference book. Bring your water bottle and running shoes!

Contact Joe-Beth at (210) 590-9744 or (830) 460-0251 or auntjoby@earthlink.net to volunteer. This is gonna be fun!

2006 Herb of the Year

Scented Pelargoniums have been designated the Herb of the Year for 2006. This means we'll emphasize that lovely family in this year's Society events. Joe-Beth is assembling a booklet and has asked for your recipes, growing tips, anecdotes or just fun stories surrounding the scented.

Please contact her at (210) 590-9744 or (830) 460-0251 or auntjoby@earthlink.net if you have anything to share. We hope to collect enough to publish at least a paper of information for the plant sale in March. Thanks!

Grow Your Business in 2006 with an Ad in *La Yerba Buena*

Do you have a special skill that you'd like the public to know about? Do you represent a good product and would like everyone to know that? *La Yerba Buena* is accepting texts from members and their spouses/partners advertising professional, technical skills or specific products or items which are available for sale. It costs a minimal amount - \$12 per year for a small, two- to three-liner, and \$24 per

year for a four- to eight-liner text. Your text will be featured in each monthly issue of *La Yerba Buena* for a year. So, if you want to get the word out, increase your business, or just make some room in your garage by clearing some of that stuff you've been saving forever, avail of this excellent opportunity! Contact Syeira Budd at syeiraq@yahoo.com or 271-9986 for more info.

WOULD YOU LIKE TO HAVE MORE ENERGY & IMPROVE YOUR HEALTH?

Call Jean Dukes @ (210) 213-4454 for a free health consultation. Jean worked as an RN for 20 years and now does Natural Health counseling through her Ten Days Health Ministry.

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Minutes from the SAHS Meeting on January 12, 2006

The meeting began at 7:07 p.m. on January 12, 2006. Vice President Diane Lewis conducted the meeting in Jane McDaniel's absence (she had the flu). Diane gave a brief overview of the upcoming programs and events in this new year that SAHS will be involved in. Announcements included:

A reminder of the Austin HS speaker that is upcoming.

Membership is at 182. 8 new members joined after hearing about SAHS at the Home and Garden show. Two new members stood and were welcomed.

Diane thanked volunteers and complimented them on the knowledge that they conveyed to the visitors at the Home & Garden Show.

She asked that Virgil and Bertha Meier, both 11 year members, be remembered in prayers. Virgil is very ill. [Virgil Meier passed away later in the week following the meeting].

Volunteers are needed for the last Monday of each month to tend the herb garden at the SA Botanical Garden.

Yoli Huron asked that "each one, bring one"; this is healthy for the society, and there will also be small gifts in random drawings through out the year.

(Minutes continued on page 4)

(Minutes continued from page 3)

Adrienne Hacker gave a report on the Habitat for Humanity projects. There are several dates throughout the year, beginning Jan. 28th, with a total of 40 homes. Volunteers are encouraged to sign up for any of the dates to help complete the landscape projects. There are also opportunities to either grow or buy herbs to donate to these home landscapes.

During the December banquet/meeting, there were many members recognized for their volunteer efforts, but some were absent for the presentation. Patty Wilson received thanks for the second tier of volunteer hours and a pin for 10 years of membership. Joe-Beth Kirkpatrick was recognized for reaching the top tier of volunteer hours. Regarding the not for profit status of SAHS, a committee had been formed to discuss our mission statement in light of the non-profit status. The report will be due to the board in February. Cyd Hughes asked for the people who were part of the committee to meet after the general meeting to discuss a time to get together.

Joe-Beth reported that Viva Botanica would not be the same fundraiser as it has in the past, so we will have to figure out a way to raise a good amount of cash for our organization to thrive this coming year. There may be a herb sale event that will enable us to raise funds in lieu of the larger Viva Botanica format of the past. Joe-Beth asked for info, plants and any contributions toward the making of the booklet on scented Pelargoniums. She will compile information and design a booklet that SAHS can sell at events through the year.

Veronica Gard announced the general meeting for the Garden Volunteers of South Texas' meeting on January 30th. The speaker will be Karen G., conservation dept chair of SAWS. A Gardening Basics meeting will begin on Feb. 13th at 12 noon.

Special Interest Group heads were asked to stand and introduce the SIG and its purpose in order for new members to be aware of the variety of interests available to one. Carol Lee spoke of reviving the cooking SIG, the Medicinal SIG has a format whereby each member will teach a class, Lyn Belisle has an Aromatherapy SIG doing well, and Rebecca Kary is forming a new group for more arts and crafts.

The speaker for the night was Janet Miller. A former president of the society, Janet gave a rousing demonstration and lecture on making herbal vinegars. The meeting adjourned at 8:30 p.m.

Submitted by Jamie Jarosek Gonzalez on January 18th, 2006.

SAHS Treasurer's Report December 2005

Submitted by Karen Cabral, Treasurer

11/30/05 Beginning Balance			\$4,346.19
INCOME			
Membership		\$210.00	
Cookbooks		\$80.00	
Calendars		\$95.00	
Wine Donations @ Banquet		\$104.00	
EXPENSES			
Garden Center Rent	\$85.00		
Garden Center Personnel	\$32.00		
Newsletter - Printing	\$69.20		
Newsletter - Postage	\$66.60		
Newsletter - Copies	\$0.60		
Admin. Costs - Voice Mail	\$37.17		
Admin. Costs - Condolence Cards	\$1.08		
Admin. Costs - Name Tags	\$194.59		
Event Costs - Xmas Banquet	\$293.09		
Event Costs - Volunteer Awards	\$143.41		
TOTALS	\$922.74	\$489.00	
12/31/05 Ending Balance			\$3,912.45
OTHER ITEMS			
Petty Cash - President's Acct			\$50.00
Petty Cash - Sales Acct			\$32.00
Regular Savings			\$1,021.65
2-Year Certificate of Deposit			\$1,000.00
12/31/05 TOTAL ASSETS			\$6,016.10

The January 2006 Treasurer's report is on page 6.

Local Gardening Events

Sat., Feb. 11th (time TBA): Milberger's Free Seminars present "**So, You're Thinking About Building a Pond: Pond Myths Destroyed**". Call 497-3760 for more info.

Sat., Feb. 18th (time TBA): Milberger's Free Seminars present "**Pond Design & Pond Ecology**". Call 497-3760 for more info.

Sat., Feb. 25th (10am-12noon): SA Botanical Garden workshop on "**Souped Up Soil: Garden and Landscape Bed Preparation**" with horticulturist Thomas Yourman. Call 207-3270 or go to www.sabot.org for more info.

February To-Do List

by Brian Townsend

Check out Brian's unedited to-do lists on our website at www.sanantonioherbs.org/todo.htm.

1st Week:

- It is time to place (repair / replace) all of your birdhouses. Titmice, chickadees, wrens, woodpeckers, owls and martins soon will be looking for nesting boxes. Also watch out for visiting red-winged blackbirds.
- If your oaks require pruning, do it now to minimize the threat of oak wilt (be sure to paint cuts and wounds).
- Use Gerbera daisies like winter geraniums. They are decorative on the patio and can tolerate cool weather. Cover them for below-freezing spells.
- Plant gladiolus now and every 2 or 3 weeks for an extended show of blooms.
- Plant your spring crop of broccoli, cabbage cauliflower, carrots and asparagus over the next month, the earlier the better. For the highest quality broccoli, harvest before the heads begin to bloom. Secondary heads will allow a second harvest several weeks after the large head is cut.
- Potatoes, English peas, onions, radishes, sweet peas and pansies can be planted now.
- This is an excellent time to transplant established trees or shrubs because they are dormant.
- Vegetables such as tomatoes and peppers and flowers such as begonias and petunias can be started now from seed. The seedlings will be ready for transplanting in the garden in 6 to 8 weeks.
- Prune shade trees to restore good shape and remove damaged branches. Do not "top" shade trees.
- Look for goldfinches starting to get color.

2nd Week:

- Perennials planted now will bloom in spring.
- Water and fertilize winter annual bedding plants. Plant nasturtium, cosmos, sweet pea, coreopsis and Mexican poppy seeds.
- Plant fruit trees now. They live longer if planted in an 8 x 8 foot raised bed.
- Plant carrots and asparagus for spring crops. Prepare beds and gardens for spring planting. Browse catalogs and select flower and vegetable varieties now before the rush of spring planting.

3rd Week:

- Spring pruning of your roses can begin (if weather is decent, if not, you can wait till first of March).
- Geraniums and gerbera daisies make great container plants in late winter. Be prepared to protect the flowering from late freezes.
- Prune fruit trees, crape myrtles and most shrubs now. Wait to trim early bloomers such as Texas mountain laurel, Lady Banksia roses and conifers.
- Sow marigold and periwinkle seeds in flats or containers for garden planting in spring.

- Plant dahlia tubers in late February and early March.
- Plant tomatoes in containers now and into March. Varieties good for this area: "Merced, Bingo" and "Celebrity".
- Mulch tomatoes and peppers to conserve water and help blooms set.

4th Week:

- Mow/cut Asian Jasmine and feed it with a slow-release lawn food.
- Prune peach and plum trees to an open vase shape. Pears and apples should be pruned to a modified central leader. The extension service will supply pruning diagrams (send a stamped, self-addressed envelope, long with the types of fruit trees, to: Pruning Diagrams, Texas Cooperative Extension Service, 3355 Cherry Ridge, Suite 208, S.A., TX., 78213).
- For a tough new petunia, try the Junior reseeding variety. It can be planted now in beds and containers.
- Columbine and bluebonnet seedlings planted now will bloom this spring.

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 degrees Fahrenheit. 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.

Thanks to 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.

SAHS Treasurer's Report January 2006

Submitted by Karen Cabral, Treasurer

12/31/05 Beginning Balance			\$3,912.45
INCOME			
Membership		\$1,260.00	
Cookbooks		\$140.00	
Basil Booklets		\$60.00	
Oregano Booklets		\$60.00	
Calendars		\$284.00	
Donations		\$1.00	
Advertising		\$12.00	
EXPENSES			
Garden Center Rent	\$85.00		
Garden Center Personnel	\$25.00		
Speaker Honorarium	\$50.00		
Newsletter - Printing	\$95.88		
Newsletter - Postage	\$66.60		
Newsletter - Paper	\$50.83		
State Sales Tax	\$217.80		
Admin. Costs - Membership Forms	\$53.93		
Admin. Costs - Name Tags	\$24.33		
TOTALS	\$669.37	\$1,817.00	
01/31/06 Ending Balance			\$5,060.08
OTHER ITEMS			
Petty Cash - President's Acct			\$50.00
Petty Cash - Sales Acct			\$32.00
Regular Savings			\$1,021.65
2-Year Certificate of Deposit			\$1,000.00
01/31/06 TOTAL ASSETS			\$7,163.73

Upcoming Programs & Events

Stay tuned for more information about some wonderful upcoming SAHS programs and events:

- cooking with Chef Robert Riddle at the March 9th meeting;
- participation in the King William Parade;
- Habitat for Humanity volunteer days;
- 12th Annual Fredericksburg Herb Farm HerbFest;
- and more...!

OFFICERS & CONTACTS

JANE McDANIEL - PRESIDENT
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(647-0838, DWILSON@SATX.RR.COM)

CINDY BROWN & ADRIENNE HACKER - HOSPITALITY COMMITTEE

SIG LEADERS

AROMATHERAPY SIG
LYN BELISLE (826-6860)

LOTIONS & POTIONS SIG
JACKIE COMPERE (491-0163)

MAD HATTERS SIG
BARBARA PETERS (930-1337)

MEDICINAL SIG
CAROL-LEE FISHER (681-6815)

COOKING SIG
CAROL-LEE FISHER (681-6815)

HERBAL CRAFTS SIG
REBECCA KARY (200-8512)

DISCLAIMER

The information in this newsletter is for educational purposes only. It is not intended to diagnose, treat, or replace the advice of a health professional.



San Antonio Herb Society

Membership Application/Renewal

January – December 2006



- New Member - How did you hear about us? Newspaper Radio Television Flier
 Referred by: _____
 Other: _____

Renewal - Member since: _____

Membership Category: Single (\$20) Dual (\$30) Business (\$40)
(Make check payable to San Antonio Herb Society and mail with application to PO Box 100806, San Antonio, TX 78201)

Name: _____ Phone: _____

Street: _____ Fax: _____

City: _____ Zip: _____ Email: _____

Occupation: _____ Is this a new address? Yes No

PLEASE INDICATE YOUR INTEREST IN THE FOLLOWING

TOPICS FOR FUTURE PROGRAMS:

- | | |
|--|---|
| <input type="checkbox"/> Gardening tips (soil preparation, irrigation, etc.) | <input type="checkbox"/> Medicinal uses, sources |
| <input type="checkbox"/> Propagation tips (seeds, rooting cuttings, etc.) | <input type="checkbox"/> Aromatherapy |
| <input type="checkbox"/> Container gardening | <input type="checkbox"/> Historical gardens, historical uses |
| <input type="checkbox"/> Specialty gardens | <input type="checkbox"/> Making vinegars or oils |
| <input type="checkbox"/> Scented geraniums | <input type="checkbox"/> Fantasy gardens (fairy gardens, etc.) |
| <input type="checkbox"/> Craft how-to's, demonstrations | <input type="checkbox"/> Members' Market (make & sell hand-crafted items for your own profit) |
| <input type="checkbox"/> Cooking and meals | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Harvesting, drying, storing | |

FIELD TRIPS:

- | | |
|--|--|
| <input type="checkbox"/> Festival Hill, Round Top | <input type="checkbox"/> Wildflower Center in Austin |
| <input type="checkbox"/> Botanicas | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Herb Festivals in nearby cities | |

Which do you prefer? Weekdays Weekends Are you willing to be a driver? Yes No

SPECIAL INTEREST GROUPS:

- | | |
|--|--|
| <input type="checkbox"/> Cooking SIG (potlucks & socializing) | <input type="checkbox"/> Garden Design SIG |
| <input type="checkbox"/> Gourmet SIG (visits to local restaurants) | <input type="checkbox"/> Aromatherapy SIG |
| <input type="checkbox"/> Lotions & Potions SIG & Herbal Scouts SIG (making herbal household items) | <input type="checkbox"/> Mad Hatter's SIG (formal tea parties) |
| <input type="checkbox"/> Vegetarian SIG | <input type="checkbox"/> Herbal Crafts SIG |
| | <input type="checkbox"/> Medicinal SIG |

VOLUNTEER OPPORTUNITIES:

- Banquet Committee (help arrange the May or December Herbal Banquets)
 - Hospitality Committee (decorate refreshment table, make tea, etc.)
 - Greeter (greet people at the door at each meeting)
 - Organization Committees for Viva! Botanica and/or Herb Market
 - Work in booth at: Viva! Botanica (April) Herb Market (October)
 - Serve on committee for revision of *Resource Guide* and/or cookbook
 - Serve as club officer on Board of Directors
 - Contribute articles to the newsletter
 - Be a speaker at one of our meetings on an area of your expertise. Your topic: _____
 - Work at Habitat for Humanity landscaping days
 - Upkeep of the Herb Garden at the San Antonio Botanical Garden
- What other gardening organizations do you belong to? _____

Business Members

We thank our Business Members for their support. When you patronize their businesses, be sure to mention that you are a member of the SAHS.

**New Business Member*

*Marisela Mata, CNHP, & Arturo De La Garza, **Good Herbs Health Center**
 3912 McPherson, Laredo, TX 78041
 (956) 724-9486
 goodherbs@rio.bravo.net

*Sandy Winokur, **Sandy Oaks Olive Orchard**
 P.O. Box 869, Elmendorf, TX 78112
 (210) 621-0044
 saundra@sandyoaks.com

Jean Dukes, RN, **Ten Days Health Ministry**
 102 Firesage, Universal City, TX 78148
 (210) 566-4379
 10days@earthlink.net

Mary Dunford, **Nature's Herb Farm**
 7193 Old Talley Rd, #7, San Antonio, TX 78253
 (210) 688-9421

Johnnie Hill, **RE/MAX North - San Antonio**
 21720 Hardy Oak, #112, San Antonio, TX 78258
 (210) 867-2820
 hillteam@satx.rr.com

Sil & Yoli Huron, CNHP, **BarleyBaby.com**
 2127 Santa Monica St, San Antonio, TX 78201
 (210) 735-9053
 health4ever@barleybaby.com, www.barleybaby.com

Barry & Kim A. Krost, **Integrative Healing Institute**
 7979 Broadway, Suite 107, San Antonio, TX 78209
 (210) 829-1106
 naturalreflexes@aol.com

Diane R. Lewis, **Longaberger Baskets & Pottery and Landscaping & Horticulture Instructor/Designer**
 24 Silverhorn Drive, San Antonio, TX 78216
 (210) 495-6116
 lewisdr@swbell.net, www.longaberger.com/DianeLewis

Greg Perkins, **In Home Senior Care**
 5805 Callaghan Rd #205, San Antonio, TX 78232
 (210) 256-2273

William Vernon Scott, **South Texas Yerbero**
 P.O. Box 60761, San Angelo, TX 76904
 (210) 394-4320
 tejasyerbero@yahoo.com

Nick & Leslie Vann, **Nematode Nick's (Natural Landscape Treatment)**
 (210) 667-1500
 nematodenick01@cs.com
Use your SAHS membership discount card for a 10% discount!

Event Info • Photos • Recipes www.sanantonioherbs.org **Event Info • Photos • Recipes**

The San Antonio Herb Society
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