



# SACXS FACTS



*A Monthly Publication*

*Dedicated to the admiration, study, and proliferation of cacti and succulents.*

**Our meetings are held on the third Wednesday of each month except**

**April, June and December,**

**At the San Antonio Garden Center at Funston & New Braunfels Avenue.**

**Doors are open at 6 p.m. - next meeting**

**July 19 2006**

**President's Message:**

The summer is here and so is the heat. The rains we have had helped but we surely could use some more. I hope everyone is having a good time this summer and staying cool. I must say though that all of our plants in the greenhouse are doing quite well. Jeannie and I have been busy trying to keep up with all the plants and gardens around the house. In order to see better outside the greenhouse at night and work when it is cooler I have spent quite a bit of time digging trenches and running outdoor lights. I finally finished the project. Now we have a large flood light about 18 feet high and several other flood lights on the ground to light the path up between the house and the greenhouse.

I hope you all have been enjoying your summer and staying well. Let's look for a good turn-out at our next meeting to enjoy our program and spend time seeing each other.

Hope to see you all there!

*Don Clark*

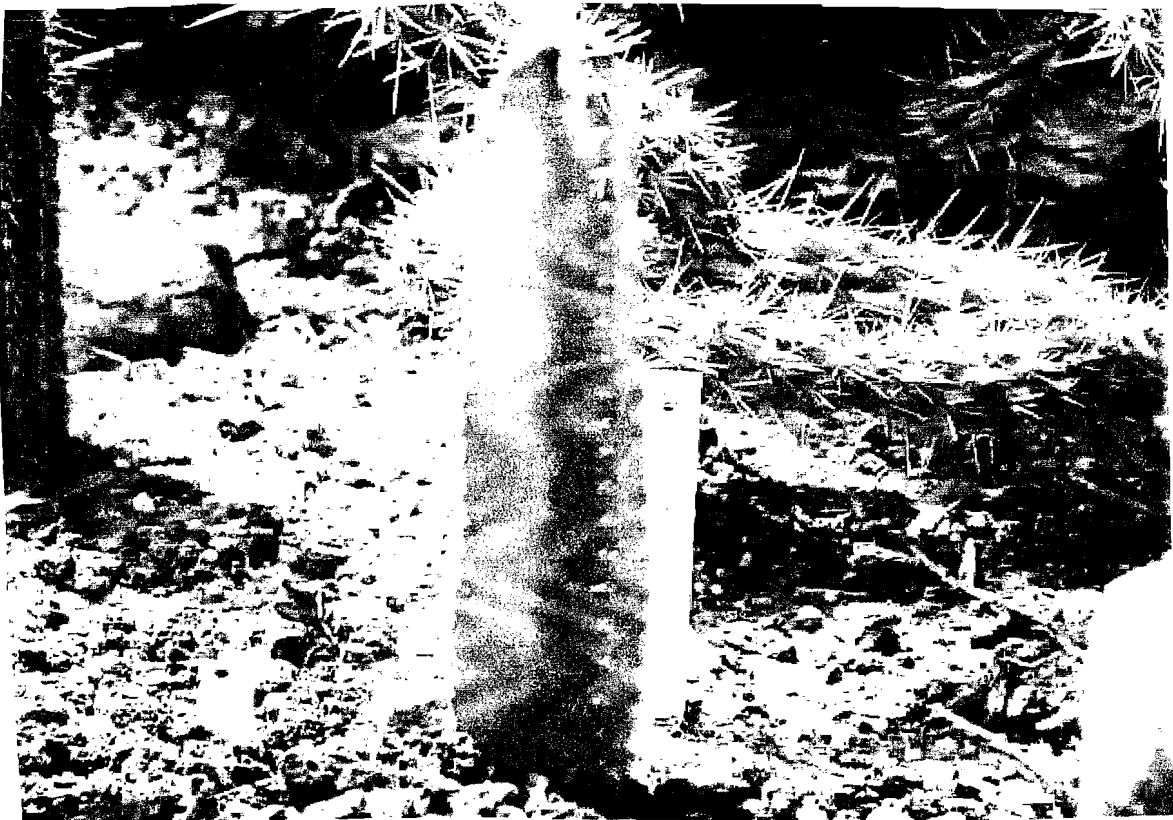
**Members selected by the nominating committee, headed by Eliza Kibler, for next years Board:**

**President: Don Clark, 1st Vice President: Cal Eichler,  
2nd Vice President: Elisa Kibler, 3rd Vice President: Ernie Akers,  
Recording Secretary: Ann Black, Publicity Secretary: Doug Coates,  
Treasurer: Jimmy Black,  
Directors: Sidney Yarbrough, Paul Kibler, and Pat Murphy.**

**Acanthocereus tetragonus, Common Name - Barbed-Wire Cactus**

**Subfamily: Cactoideae Tribe: pachycereeae**

**Distribution: Costa Rica, Honduras, Panama, Florida, Texas, Mexico, South Americai**



**Program: "Colorful Plants In Xeriscape" by David Rodriguez**

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**July Refreshments**

- \* George & Susan Garcia
- Susan Grissom
- John & Norma Hinojosa
- Sally Hnatiuk

**July Auction Plants**

- \* Marie Infante
- Berry & Debra Johnson
- Stephanie Johnson
- Jerry & Chris Kamenzind

Any questions? Call Norma Tindall > 695-8090. \* denotes chairman - who will call committee members to coordinate. The committee for refreshments brings the punch & snacks. SACXS furnishes everything else. Besides bringing refreshments, chairman & committee should see that the kitchen is left in the clean condition it was found in and garbage placed in containers outside the back door.

( Proceeds from the raffle & auction plants help pay the rent.)



**San Antonio Cactus & Xerophyte Society Library - To check out a book or recieve a list of books (just over 100) in our library call Paul Kibler at 210-658-7561.**

**Example:** Ancient Texans, Adenium And Pachypodium Hand Book, Book of Cacti, Catacea, Cacti, Desert in Bloom, Dictionary of Botany, Echinocereus, Echiverias, Gardening Success With Difficult Soils, Gasterias of South Africa, Greenhouse Gardening, Haworthis and Astroloba, History of Succulent Plants, Life in a Rock Shelter, Lithops Treasures of the Veld, Mammillaria Handbook, The Moonlit Garden, Name That Succulent, Our Native Cacti, Pecos River Art, Rebutia Cactus File Handbook, Succulents and Cacti, Texas Hill Country, 10,000 Miles of Hunting Cactus in Texas, What Kind of Cactus Issat, Xeriscape, Zygocatus.



**Cactus Leaf (Nopales) Slaw with Red Fresno Chile**

Makes 4 servings

Each serving equals one 5 A Day servings

Source: Melissa's

*Ingredients*

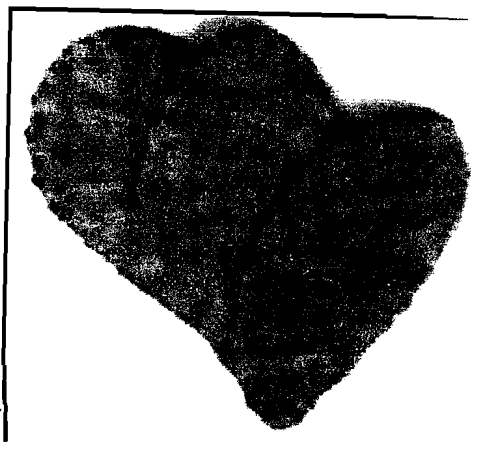
- 4 cactus Leaves
- 1 jicama
- 1 chili seeded and finely diced
- 1 orange, peeled and diced
- 1 Tbsp parsley, chopped

Peel the jicama including the fibrous layer just beneath the skin. Cut in half and slice jicama into 1/8 inch thick pieces. Stack the slices and cut into julienne strips.

Scrub cactus leaves and remove spines. Use a potato peeler or a knife to cut around the nodules and remove them. Preheat oven to 350 °F. Place cactus leaves on a baking sheet and roast in the oven for 10 minutes. Set cacti leaves aside and allow to cool.

Slice cactus leaves into thin julienne strips and combine with the jicama. Combine remaining ingredients and toss with your favorite vinaigrette dressing.

Nutritional analysis per serving: Calories 53, Protein 1g, Fat 0g, Calories From Fat 5%, Cholesterol 0mg, Carbohydrates 13g, Fiber 5g, Sodium 5mg.



<http://www.cdc.gov/nccdphp/dnpa/5ADay/month/cactus.htm>



6th Lucy Roberts <> 8th Mary Ellen Bauta <> 17th Tom Foster

**Happy Anniversary!!!!!!!**

3rd Claude & Eula Townsend <> 9th Mike & Lawanda Keeling  
17th Bob & Mamie Lew <> 19th Ray & Doris Santee



**Hoodia gordonii Cactus**

Hoodia gordonii cactus is the plant with the new wonder ingredient that curbs one's appetite and helps one to slim. Hoodia gordonii is actually a succulent plant from the Kalahari desert, home of the San People. The San have been using the Hoodia gordonii succulent for centuries to stave off hunger during their long and arduous hunting trips in the harsh South African wild.



Hoodia is a genus in the Asclepiadaceae family. There are approximately 20 species in the genus. The unusual flowers are flat and saucer-like in shape and red, purple to brown or mottled dark yellow in color. Flowers form prolifically near the stem tips in summer. The short stems are many angled with white spikes appearing at short intervals on each angle. Stems are single or branch forming, they occur in variable shades of green.



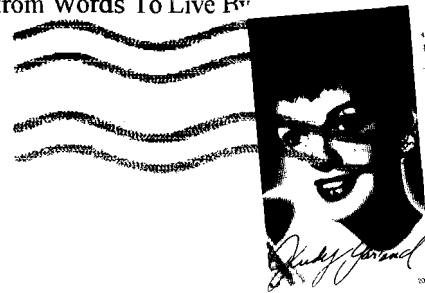
A Monthly Publication Dedicated to the Admiration and Proliferation of Cacti & Succulents  
ELECTED AND APPOINTED OFFICERS AND DIRECTORS 2005/06

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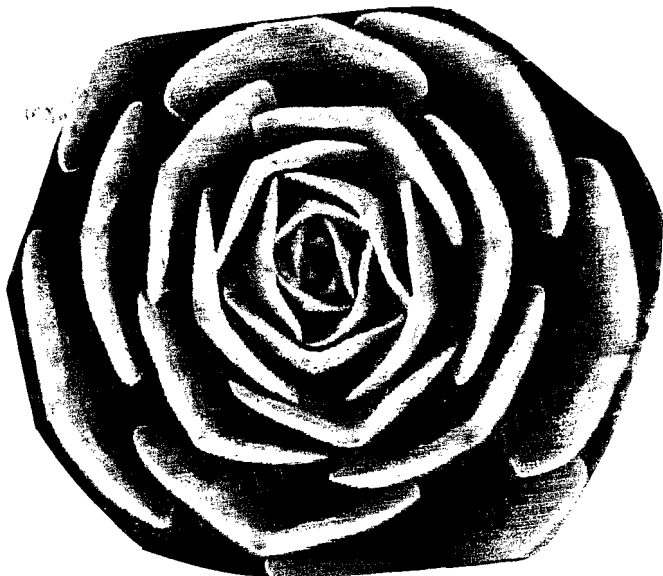
"There is no tranquilizer in the world more effective than a few kind words." from Words To Live By

SAN ANTONIO

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13 JUL 2006 PM



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