



HERBAL THOUGHTS ...

Gifts from the Garden

This time of year we often find surprises in our gardens. And we often just glance at something that has taken months of growth to achieve, but I urge you to take your time when out pruning and fussing about. There are glorious things out there just waiting to be found. A simple task such as watering that blue mealy sage you planted last fall can be as rewarding as anything else you might imagine. My surprise was nestled down in the blue sage and bright yellow lantana. Here I was taking pride in the color combination I had achieved and thinking how wonderful it is just to look at it all and then ... among the towering spires of blue and the glorious yellow mounds was a tiny and precious, and brand new to our world, fawn just barely breathing. It was as still as a drop of water on a leaf and yet, so beautiful with spots of dark brown and white down it's delicate back and eyelashes so long that a model would envy them. What an incredible gift for the day. How unexpected and unexpectedly beautiful. So I urge you to take time in that garden that you love so much, breath in the smells of all of those herbs and keep a tight watch for a special gift right under your very nose.

Happy Gardening,
Michelle Chaput,
President AHS

Summer Reading...

From our Librarian, Dorothea Mims: Several books have been checked out and need to be returned. Please, if you have one, or some, at home that are due return them at the next general meeting. Thank you.

DATES TO REMEMBER

Tuesday, July 2

General membership meeting, 9:30 am, at Zilker Botanical Garden. The subject will be "Garden Videos, AHS Stars of the Small Screen!" **There is no General Meeting in August.**

Thursday, July 11

Evening study group, 7:00 pm, at Zilker Botanical Garden. Vee Fowler will be presenting "Cooling Herb Beverages".

Monday, July 15 & August 19

Zilker Herb Garden Work Day

Bring your gardening tools and join us for a morning of fun and friendship. We meet the 3rd Monday of the month at 9:30. Call Mary Ann Somers, 494-9372 or Sandra Holland, 258-4643, for more information

Tuesday, July 16

The Board of Directors will meet at 9:30 am at Zilker Botanical Garden.

Saturday, July 27

"Joys of the Garden" lecture series sponsored by Zilker Botanical Garden, 9:00 am – noon. This month features a bamboo and natural material construction workshop. Call 477-8672 for information.

Thursday, August 8

Evening study group, 7:00 pm, at Zilker Botanical Garden. Vee Fowler will present "The Scents of Herbs to Make Your Home Sweet".

Tuesday, September 3

Membership Luncheon. Sharon Beam will be organizing this event. To help with tea, decorations, or set up call her at 512-695-4206.

Saturday, September 28

Join an AHS field trip as we visit six of Austin's premiere gardens on The Garden Conservancy's Open Days. Included will be gardens of designer James David and AHS member Anna Prothro. Cost is \$25.00, no refunds. Checks, payable to The Garden Conservancy, must be mailed by Sept. 3rd to Ellen Zimmermann at 8803 Bear Creek Dr., Austin, 78737. Call Ellen at 301-5838 for more information.

HERBFEST 2002

Tell Your Friends!

Saturday, October 5 at Zilker Botanical Garden. Contact Joyce Billings at 832-6426 for more information or to offer your help. Vee Fowler, 345-0719, will be organizing volunteers.

OPPORTUNITIES

Keep Cookin'

Volunteer to bring goodies to one of our meetings. Contact Roberta Showerman, 442-8018 or Judith Craft, 451-2064.

Study Group

The evening Study Group would love for you to help. We need people to help with the group and people to present programs. Don't wait, we need you now. Please call Vee Fowler at 345-0719.

Mayfield Magic

Mayfield Park is one of the hidden gems of Austin. Come and work in the herb garden we maintain at this historic site. Call Anna Prothro at 476-8025 for information.

Many Thanks...

We wish to thank Cindy Burrows, Eloise Doherty, Nancy Wackerbarth, Michelle Chaput, and Michael and Eva Zitz-Evanich for working in the herbal garden at Mayfield Park on June 11; it looked good for the Pond Society Tour.

Thank you also goes to Cindy Burrows, Wendy Clark, Gwen Soderholm, Vee Fowler, Jan Bland, Rebecca Doll, and Eloise Doherty for working the information booth for AHS at Mayfield Park during the Pond Society Tour and Michelle and Jim Chaput for setup.

Thank you to all of those who recently volunteered to help our various Board members. Your help is gratefully accepted.

Thank you to Zilker Herb Garden volunteers, Mary Ann Somers, Betty Stahley & grandson, Aaron, Nancy Wackerbarth and Sandra Holland. The garden is in good shape. Sandra loaned us a pot of shrimp plant to fill in the middle of myrtle hedge and Master Gardeners gave us lemon thyme plants.

Behind the scenes:

Our communications are changing. Ann Wilson is producing our newsletter monthly, and, thanks to Paula Middleton, we have our own website, www.austinherbsociety.org. In addition, Nancy Wackerbarth and her husband Richard are going to host our data on their server (computer) gratis. Cindy Boyle, our head of Membership, is working hard to update our present database too. We couldn't ask for more from all these wonderful people. With their effort the Austin Herb Society is taking a giant step forward.

Thank you,
Michelle Chaput

A TASTE TREAT

Basil Chicken Salad

1 Cup Cooked Chicken Breast, Cut into Chunks
1 Cup Cooked Rice
1/2 Cup Red Grapes, Sliced in Half
1/2 Cup No-Fat Mayonnaise
1/4 Cup Sweet Basil, Chopped
2 Tablespoons Chopped Sweet Onion
1/4 Teaspoon Coarsely Grind black Pepper
1/4 Cup Chopped Pecans

Combine all ingredients except pecans and chill thoroughly. Add nuts just before serving. Recipe makes 4 servings. (Ann Marie Wilson)

Herbal Hibiscus

While we gasp at beautiful tropical hibiscus, there are some species that deserve attention for their usefulness. What herbal tea drinker doesn't love the ruby color and smooth but zippy taste of Jamaican tea hibiscus, also called roselle. Known botanically as *Hibiscus sabdariffa*, the enlarge calyx of the flower is harvested for tea. It is a race between its late fall blooms and frost in Austin, but the green leaves and reddish stems make this an attractive plant in our gardens. The red leaved *H. acetosella* is sometimes called tea hibiscus but does not have fleshy calyxes or tasty flavor. Another easy hibiscus is kenaf, or *H. cannabinus*. This African native with "prickly" seedpods may have either cream or maroon flowers. It is cultivated for use as a fiber plant. Try growing these useful plants in your garden!

MEMBER NEWS

Anna Prothro's lovely garden has been selected to be a part of The Garden Conservancy tour on September 28th. She needs several individuals to work in shifts from 10:00 am – 6:00 pm helping greet people and sell tickets. Call Anna at 476-1586 if you can help.

2002-2003 Officers

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For subscription changes: e.l.wilson@ieee.org or 453-7815



The Austin Herb Society, Inc
Zilker Botanical Garden
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The Austin Herb Society, Inc. has been organized exclusively for the purposes of providing education regarding the benefits of cultivating and using herbs to promote better health and well-being, encouraging the growth and use of herbs for many beneficial purposes, and providing charitable and volunteer support to community gardens, libraries and/or other community projects.

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

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