



## HERBAL THOUGHTS

**Ahhh, November** is here and we are blessed with beautiful cool temperatures. Mother Nature is slowing down to give us time to take care of our gardens, re-plant containers and do some garden design. It's just too hot in Austin to do these things in the summer and fall. It is time to divide your plants, share them with others, and clean up your garden in preparation for winter planting. 'Winter Gardening' is a delightful sound to the ears of southern gardeners. We are fortunate in Austin to be able to plant a huge variety of things. I put in onions, parsley, borage, calendula, salad burnet, endive, cilantro, sorrel, and fennel each fall along with my 'salad mix' for fresh salads all winter long but you can find many more plants that are suitable to your needs. Be sure to put in those plants you picked up at HerbFest that are still waiting out on your back porch and have a wonderful time doing it!

Happy Gardening,  
Michelle Chaput  
President, Austin Herb Society

### Mark Your Holiday Calendar

Saturday, December 7, 2002 is the **first AHS annual Holiday Party**. Bring your favorite "Other," a potluck dish and BYOB. The AHS will provide punch and non-alcoholic beverages. Our gracious President, Michelle Chaput, has offered her beautiful home for this event. For information e-mail [president@austinherbsociety.org](mailto:president@austinherbsociety.org) or call 343-7677.

**Tuesday, December 3** is our **Members' Holiday Bazaar**. Save some holiday shopping for this showcase of member talent. Members who would like a table, please contact Cindy Phillips at 264-2779.

### DATES TO REMEMBER

#### Tuesday, November 5

General meeting, 9:30 am, Zilker Botanical Gardens. **Cindy Burrows "Health and Herbal Properties of Green Tea"**. AHS member Cindy Burrows has been in the health field 26 years, five as a nutritional consultant and two as an herbalist. She will soon earn certification from the East West School of Herbal Medicine in California. Her interest in herbs naturally stems from her work in the health field. Cindy will introduce us to Green Tea, the plant and the benefits it can provide.

#### Wednesday, November 6

**A Kitchen Shower for Zilker Botanical Gardens**, 2 to 4 pm at ZBG. This event is being given by the AAGC to breath new life & lovely things into our lovely facility. They are registered at Bed, Bath & Beyond or will gladly accept a check made out to AAGC for new tablecloths. Please RSVP to Michelle Chaput at [president@austinherbsociety.org](mailto:president@austinherbsociety.org) or 343-7677 by **November 3** if you plan to attend.

#### Saturday, November 9 Field Trip

Join us for an early Christmas shopping trip to **Salado** and all their interesting shops. We'll lunch at the **Ambrosia Tea Room** after we're shopped out. Contact Ellen Zimmermann at 301-5838.

#### Thursday, November 14

Study Group, 7:00 pm at Zilker Botanical Gardens. **"Preparing for the Spring Garden"**

#### Monday, November 18

**Zilker Herb Garden Work Day**, 9:30. Bring your garden tools and join the fun. Call Mary Ann Somers, 494-9372 or Sandra Holland, 258-4643.

#### Tuesday, November 26<sup>th</sup>

Mayfield Park Gardening Work Day, 9:30 am. Don't forget to bring plants, preferable herbal, which will grow in light to heavy shade and are deer proof, if possible. If you cannot work but have plants, bring them to the general meeting. For more information call Anna Prothro at 476-8025. There will not be a work day in December.

# OPPORTUNITIES

## **The American Botanical Council Needs You!**

Volunteer to give this Austin herbal nonprofit organization a hand for a few hours one evening from October 21 to November 1. They will be conducting a membership drive and need volunteers to help make phone calls. Contact Barbara Springer at 926-4900 if you can help.

## **Attention all Cooks!**

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

## **Celebrating the Holidays**

Zilker Botanical Gardens always celebrates the holidays with the 'Walk of Lights' and a festive Garden Center filled with trees decorated by the various clubs. Austin Herb Society has been doing this for several years. We will be decorating the tree on Nov. 22nd. If you can help out please call Michelle Chaput at 343-7677 or email [president@austinherbsociety.org](mailto:president@austinherbsociety.org)

## **Look & Learn Table**

If you would enjoy preparing an educational display on herbs or gardening for an AHS general meeting, please contact Ann Wilson at [e.l.wilson@ieee.org](mailto:e.l.wilson@ieee.org). The topic and format are your choice. Thanks to Ann for the display on modern pharmaceuticals produced from plants.

## **Get Growing and Keep Going Symposium**

In February, AHS will have a booth of ideas for educational activities for children involving herbs. This is a great opportunity to help the Austin Community. Contact Lydia Noble at 266-7174 or [lyd@austin.rr.com](mailto:lyd@austin.rr.com).

## **Science Extravaganza, November 18<sup>th</sup>**

The Education and Outreach committee will have a booth for Ridgetop Elementary Students. Two volunteers are needed to help from 8 am – 12 noon. There will be planned activities dealing with herbs and science. Contact Lydia Noble at 266-7174, e-mail [lyd@austin.rr.com](mailto:lyd@austin.rr.com) if you are available to help.

## **Gardening at Mayfield**

A group of devoted gardeners meets the **4<sup>th</sup> Tuesday** of each month at **9:30 am** to work in this charming city park. The next gardening day is **November 26<sup>th</sup>**. Mayfield Park is located west of MOPAC on West 35<sup>th</sup> Street. **Anna Prothro** leads the group and can be reached at **476-8025**. Plants are needed for the shady part of the garden. Herbs are our focus but any plant is welcome that is easy and deer proof. This is a good time to share those extra plants! Bring your hand tools, gardening gloves and plants.

**A Little Mayfield History:** Mayfield is 23 acres of gardens, woodlands and a charming cottage. It has park benches and walking trails, rock walls, peacocks and a wide variety of plantings. The property was purchased in 1909 by Allison Mayfield, Secretary Of State, and passed on to his daughter Mary Mayfield Gutsch who then donated it to the City of Austin. Volunteers maintain individual gardens and the Austin Herb Society has had an herbal garden there for over 10 years. **We need volunteers now** so, please call Anna and work to keep this treasure beautiful and herbal for many years to come. Without you we cannot tend this garden. All are welcome.

# SPONSOR NEWS

We welcome **Ginger Webb** as a new AHS sponsor. Ginger is a Certified Clinical Herbalist. Visit with her at the Eastside Natural Health Center, 1203 E. 7<sup>th</sup> Street, phone 476-8422.

We are also pleased to announce that **Chez Zee** restaurant has renewed their sponsorship. They are located at 5406 Balcones Dr., phone 454-2666. Check out their menu at [www.chezzee.com](http://www.chezzee.com).

**EZ Herbs/Austin School of Herbal Studies** is offering a number of classes this fall, some taught by AHS members. Topics include herbs for women's health, herbal medicines, cooking and aromatherapy. For registration or information call 301-0959 or visit their website at [www.ezherbs.net](http://www.ezherbs.net).

## **November 5<sup>th</sup> A special day to benefit the Austin Herb Society!**

**Barton Springs Nursery**, located at 3601 Bee Cave Road, will donate 10% of proceeds from sales to members of the Austin Herb Society who shop on November 5, 2002. Members who shop on that day need to tell the cashier they are with the Austin Herb Society so we can track the total sales to the club, then the nursery will donate 10% of that amount to the club. The donation will be based on total sales, not just profits, and the donation can be used by the club in any manner it deems appropriate. Nursery hours are 9 am to 6 pm Monday through Saturday, and 10 to 6 on Sunday. The phone number is 328-6655.

## **Education & Outreach Committee Report**

It is a busy and fun filled fall for this committee. We just did a presentation for kindergarteners at the Child's Day School and attended a luncheon Kick Off Meeting for the UT Science Fun Day, happening on March 1, 2003. In November, Gwen and I will do a presentation for the North Gracie Woods Garden Club, as well as have a booth for Ridgetop Elementary School students to visit at the Science Extravaganza on November 18<sup>th</sup>.

Happy Gardening, Lydia Noble

## Autumn Reading...

### **Touring Texas Gardens**

by Jessie Gunn Stephens  
Wordware Publishing  
2320 Los Rios Boulevard  
Plano, Texas  
2003  
ISBN 1-55622-934-8

Welcome to some of the Best Kept Secrets in Texas!

Brew a cup of herbal tea and tour the fascinating and unique public and private gardens of Texas. The gardens (over 90 covered) are listed alphabetically within the five regions of Texas. The author has also organized the gardens by theme such as Japanese, herb, xeric, cactus, or butterfly garden in Appendix D.

There are 16 Herb Gardens listed and nearly one-half of them are in the Central Texas area -- an ideal place for growing herbs, especially Mediterranean ones such as rosemary, oregano, thyme, sage, artemisia, santolina, and salvia.

Within the listing for each garden, you'll find important information to plan your visit including hours of operation, accessibility, how to volunteer, and specific driving instructions which are handy when you travel the back roads of Texas. In addition to a description and special features of the garden, the author has included a "Bird Alert" to help you identify the birds in the area. Can you imagine a formal English estate garden in Mineral Wells, Texas complete with black swans and reflecting pools? This is a book for all garden lovers to carry whenever you're traveling in Texas!

-Reviewed by *Sara Holland*

### **An Herbal Mosquito Repellant**

*Michele Lofstrom*

20 drops eucalyptus oil

10 drops tea tree oil

20 drops cedarwood oil

10 drops geranium oil

2 oz. carrier oil such as jojoba

Mix together in a 4 oz. container. Apply to skin as needed. Avoid the eyes and the reach of small children. Be sure to test for sensitivities.

## Many Thanks To...

### **Our HerbFest Volunteers**

Everyone who worked so diligently on HerbFest this year deserves a big hug and well-deserved thank you. Because of you the day was wonderful – filled with great music and speakers, interesting vendors of every kind. Our own AHS booth was a sight to behold. So **Thank You** to each and every one of you. We cannot have this event without you. As I've said many times being a volunteer is the absolute basis of the 'Herb Society' and your efforts are very much appreciated.

I want to especially thank **Joyce Billings, Cathy Slaughter** and **Judith Craft** for working for months on this project and the chair people of all the committees. I want to thank the many friends and family members that helped out and stepped in when they were needed. The **Travis County Master Gardener Association** was extremely gracious to help us with parking. A special thank you goes out to them too.

In addition many thanks go to our T-shirt sponsors, **Howard Nursery** and **The Great OutDoors** and to **Zinger Hardware** for the door prize. And to **John Dromgoole**, owner of **The Natural Gardener**. John saved the day by filling in as an afternoon speaker. His talk on volcanic soil amendments was complete, well received and much appreciated. Thanks to all,  
Michelle Chaput, AHS President



### **Fresh Corn Cakes**

*Michelle Chaput*

2 cups fresh sweet corn kernels cut from cooked corn (or lightly cooked 'frozen' corn)

2 egg whites

¼ tsp salt

½ tsp sugar

Vegetable oil (canola), to sauté.

Beat egg whites (at room temp.) until they thicken (not to the peak stage). Gently fold in corn, salt and sugar. In a frying pan heat a small amount of oil and sauté until golden about 2 teaspoons of corn mixture to form small cakes; flip over and finish cooking. This just takes a couple of minutes. Serve with syrup or honey & butter.

Variations: use ¼ tsp of fresh nutmeg or eliminate sugar and add your choice of red or black pepper, oregano or even sautéed green onions. But plain is fantastic! I'm adding them to my Thanksgiving table.

*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

## **Austin Herb Society 2002/2003 Sponsors**

### **Acupuncture Medical & Research Centre\*\***

371-1121 [www.AcupunctureAustin.com](http://www.AcupunctureAustin.com)

### **Balcones Acupuncture Clinic\*\***

890-0288

### **Barton Springs Nursery Company**

328-6655

### **Big Red Sun**

480-9749

### **Chez Zee Restaurant**

454-2666 [www.chezzee.com](http://www.chezzee.com)

### **DeGrey Gardens**

288-6113 [www.gardens-austin.com](http://www.gardens-austin.com)

### **El Interior**

474-8680 [www.elinteriormex.com](http://www.elinteriormex.com)

### **EZ Herbs\*\***

301-0959 [www.ezherbs.net](http://www.ezherbs.net)

### **Fredericksburg Herb Farm**

800-259-4372 [www.fredericksburgherbfarm.com](http://www.fredericksburgherbfarm.com)

### **Gabriel Valley Farms\*\***

930-0923 (wholesale only)

### **Ginger Webb, Certified Herbalist**

476-8422

### **The Great Outdoors Nursery**

488-2992 [www.gardenadventures.com](http://www.gardenadventures.com)

### **Howard Nursery**

453-3150

### **It's About Thyme\*\***

280-1192 [www.itsaboutthyme.com](http://www.itsaboutthyme.com)

### **The Natural Gardener**

288-6114 [www.naturalgardener.austin.com](http://www.naturalgardener.austin.com)

### **Cindy Phillips Painting and Clay Studio**

264-2779

### **Jennifer Phillips, Dog Obedience Trainer**

288-3271

### **ScentGarden**

695-5321 [www.scentgarden.com](http://www.scentgarden.com)

### **Wheatsville Co-op**

478-2667

\*\* 10% Discount for AHS members

*Be sure to thank our sponsors when you visit their establishments this year, check [www.austinherbsociety.org](http://www.austinherbsociety.org) for news and updates in our sponsor listings*



### ***The Austin Herb Society, Inc***

Zilker Botanical Garden

2220 Barton Springs Road

Austin, Texas 78746

**[www.austinherbsociety.org](http://www.austinherbsociety.org)**