



HERBAL GREETINGS

Friends in the garden, that's what I see each time I wander out to take a look at the little 'garden adventure' that resides on my decks and in my yard and with our wonderful warm March and April weather it's my favorite time to garden in Austin. Our incredibly bitter cold February made me wary about what would be alive but relatively little was injured. Just a little nipped here and there. I hope that it was the same for you. The plants that Dorothy Cavanaugh gave me, the red poppies, columbine and various vines, are popping up bigger than ever. My wild violets I received from an old friend are blooming their blue heads off. And likewise the bulbs, passed along from her grandmother, that Jean Bazar gave me, are growing huge and lush. Everywhere I look whether in my little fenced in garden or in the various containers I use I see traces of my friends, past gardens and good times spent in the outdoors. Be sure to share your extra plants and seeds with your neighbors and friends and of course bring some to share with us at the meetings where they will become friends in all our gardens.

Herbally yours,
Michelle Chaput

DATES TO REMEMBER

Tuesday, April 1

General Meeting, 9:30 am, Zilker Botanical Garden

Past-President **Kim Lehman** will be speaking on "**Herbs of the Shakers**". Nominations for officers will be presented and a vote taken at this meeting. Be sure to attend if possible. After the meeting we are invited to go to "Dorothy Cavanaugh's memorial bench" and then to Dorothy's favorite Mexican Restaurant on the east side of Austin. Jean Bazar is organizing this activity as a remembrance of our beloved Dorothy.

Saturday, April 5 10 am - 1 pm

Mayfield Gardening Symposium,

The park is located at 3505 West 35th St. next to Laguna Gloria. Speakers will be **Jeff Yarbrough** "Pond Plants for Shade and Sun Gardens", **Cathy Nordstrom** "Joys of Gardening for Wildlife", and **Trisha Shirey** "Well-Adapted Plants for Shady Places". There is fun for all - a raffle, plant sale, and house & garden tour. Call 453-7074 for information.

Thursday, April 10, 7 pm

Study Group at Zilker Botanical Gardens.

Michelle Chaput, current AHS President, will be speaking on "**Container Gardening with Herbs**".

Tuesday, April 15, 9:30 am

Executive Meeting, Zilker Botanical Gardens.

Executive Meetings are held the 3rd Tuesday of each month. For information contact Michelle Chaput at president@austinherbsociety.org

Thursday, April 17th

Tour lovely **West Cave Preserve** and learn about the edible and medicinal plants there. Contact Ellen Zimmerman at 301-5838 for information

Monday, April 21, 9:30 am

Zilker Park Herb Gardening Day, Nancy

Wackerbarth will be leading the gardening group. We will meet the 3rd Monday of each month. Call Nancy at 345-7941 if you have questions. Thank you Nancy for volunteering to chair this position.

Tuesday, April 22nd, 9:30 am

Mayfield Park Gardening Day, bring your trowel and gloves and come enjoy this wonderful home and garden. Contact Anna Prothro at 476-8025. We work in Mayfield Park the 4th Tuesday of each month.

Saturday, April 26th, 10 am-5 pm

American Botanical Council Medicinal Herb Fest

See article on page 3!

OPPORTUNITIES

Refreshments are welcome at meetings!

We encourage our members to bring a favorite dish to share each month at our general meetings. So if you didn't sign up at the last meeting please call Roberta Showerman at 442-8018 and let her know what you're planning to bring!

Offices and Committee Chairs Positions

We have many new volunteers for our committees but we still need to fill the following positions and need **YOU**. Remember, we can't function as a club without your help.

Editor of *Potpourri* newsletter

If you have a computer and e-mail you can do this job! The newsletter is currently being done in Word but you can use your favorite publishing program. The editor solicits and puts together the newsletter. You will have proofreaders to help out. After completion you send the newsletter to the web master for inclusion on the website and you prepare and send paper copies to members unable to view the Internet version of *Potpourri*.

Austin Area Garden Council Representative

This position requires that you attend monthly meetings of the AAGC and report back to herb society members on activities of the Garden Council. You also have the opportunity to participate in Garden Council activities.

Committee Chairperson Mayfield Park

You don't need a lot of gardening experience to do this job, just a willing spirit, sharp pruning shears and two or three hours each month. It is a lovely experience and lots of fun. Your committee is already formed and waiting!

Committee Chairperson for Hospitality

This is a fun position, the whole club benefits from your help. You arrange for people to bring food to our monthly general meetings, make tea and bring beauty to our table. Two people can easily chair this position together.

Committee Chairperson for Library

The AHS has a collection of reference books. They are brought to our monthly meetings and checked in and out. Acting as librarian you will keep track of the books,

accept contributions and suggestions for other books. This is an opportunity to know the membership and participate in the AHS.

If you'd like to serve on the Board of Directors or on one of the various committees or know of some one who would like to serve, please contact Michelle Chaput at president@austinherbsociety.org or 343-7677. Positions run from May through the next April of each year. Positions are for two years but may be held for one year at a time. Nominations are presented and voted on at our April meeting and installation of officers is at our May meeting.

Gardening Corner

On March 15th we had a special garden day to spiff up the herb garden for the up coming Zilker Garden Festival. It was a beautiful, sunny morning and just the right temperature. You should all see the glorious calendulas. They are huge and just popping with blooms. The group put in larkspur, salvias, French marigolds, echinacea, skullcap, aloe vera, Texas red hibiscus, *Viola odorata* (sweet violet) and a few other herbs to round things out. We also pulled out a few things that the harsh cold killed and cleaned up the area. Many thanks to Sandra Holland (she brought plants too), Sue Kothmann, Susie Thomas, Betty Stahly, Brenda Davis & daughter Macayla for their time and effort to make this a garden we can be proud to call our own.

Anna Prothro reports that Mayfield Park herb garden is doing splendidly and is really pretty. The Trowel & Error gardening symposium on April 5th at Mayfield Park is a great time to see our own garden but before that occurs I'm sure Anna could use some help in making it perfect before this event. Please give her a hand with your trowel & any extra plants you might have on hand. Contact Anna at 476-8025.



American Botanical Council Medicinal Herb Fest ... *visit an Austin treasure!*

Tour herb gardens, learn to identify, grow and use medicinal herbs, and enjoy live music and other festivities at the American Botanical Council (ABC) Medicinal Herb Fest. The event is 10 a.m.-5 p.m., **Saturday, April 26** at ABC's beautiful home, the Case Mill Homestead, at 6200 Manor Road in Austin.

Recognized worldwide, The American Botanical Council is a nonprofit, member-supported organization whose mission is to educate the public, researchers, educators, healthcare professionals, industry, and media with science-based and traditional information that promotes the responsible use of herbal medicine.

Presentations and classes will include the latest on herbal medicine with **Mark Blumenthal**, founder and executive director of ABC; using adaptogenic plants with **Carlos Hernandez**; making salt body scrubs with **Kara Kroeger**; and using bioregional plants (ones that grow in the area in which we live) with **Niki Telkes**. **Aaron Reisfeld** will demonstrate distilling essential oils, and **Rosie Cominsky** will show us how to process raw foods. There will be herb walks with well-known local

herbalists, Carlos Hernandez, **Ginger Webb**, and **Ellen Zimmermann** as well as tours of the historic house and rainwater collection system.

The event will also include children's activities and vendors of plants, seeds, herbal products, and allied materials. ABC will sell herb-related books, including their newest offering, *The ABC Clinical Guide to Herbs*. Representatives from local and national organizations, such as the American Herbalists Guild, United Plant Savers, The Herb Society of America, **Austin Herb Society**, and the Lady Bird Johnson Wildflower Center, will be present.

The Austin Herb Society will have a **booth** at the Medicinal Herb Fest. If you would like to **volunteer** that day please contact Michelle Chaput at president@austinherbsociety.org 343-7677.

With Sympathy

Our Secretary, Jan Bland, lost her husband in March. Jennifer Phillips, Past VP for Field Trips, lost her Mother this same month. Our love and support goes to both of these wonderful members.

NOMINATIONS FOR 2003-2004 - To be voted on at our April 1st meeting -

OFFICERS FOR 2003-2004

President - Michelle Chaput

Past President - Kim Lehman

1st VP Programs - Cindy Phillips

1st VP Sponsors - Diana Hyland

1st VP Field Trips - Cindy Burrows

2nd VP Study Group - Vee Fowler & Eloise Doherty

3rd VP Publications - (Communications & PR) - Paula Middleton (webmaster, editor needed)

Membership - Cindy Boyle

Secretary - Jan Bland

Treasurer - Dick & Nancy Miller (co-chair)

COMMITTEE CHAIRPERSONS 2003-2004

Zilker Herb Garden - Nancy Wackerbarth

Brochure -

Historian - Carolyn Reynolds

Speakers Bureau - Carrie Boyles

Education & Outreach - Lydia Noble & Gwen Soderholm

OPEN POSITIONS (Contact Michelle Chaput at 342-7677 to lend your time)

Librarian

AAGC Representative

Editor

Membership Luncheon Chairperson

Hospitality Chairperson

Mayfield Park Herb Garden Chairperson

The Austin Herb Society, Inc. is a 501(c)(3) organization dedicated to 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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478-2667

** 10% Discount for AHS members

*Be sure to thank our sponsors when you visit their establishments this year,
check www.austinherbsociety.org for news and updates in our sponsor listings*



The Austin Herb Society, Inc

Zilker Botanical Garden

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