



HERBAL GREETINGS

Sweet Annie - an herb for your garden Sweet Annie, *Artemisia annua*, is also known as sweet wormwood and is a tall green herb that is often forgotten. It is a very old herb with Eurasian/Chinese parentage dating back to written record in China to 340AD. In ancient times it was given for hemorrhoids, fevers, and parasites. Today it is used in traditional Chinese medicine to treat malaria and is being investigated currently for this very use along with modern drugs. But in our gardens, Sweet Annie is a tall green herb used as filler for wreaths and swags. It has a fresh and somewhat spicy fragrance. It grows well in poor, dry soils and since it doesn't really 'flower' as such you'll want to grow it at the back of your garden. To use, gather it before the tiny flowers appear. Pull up the whole plant and hang it upside down in the shade or in your garage and save it to fill out your holiday wreaths. Be sure to leave at least one plant to 'reseed' for next year's crop since it re-seeds easily. There are three varieties of the herb readily available. The old standard, Ambrosia that grows to about 6 ft., Cramer's Yardstick with fernlike foliage that's great for wreaths, and a Scentless Sweet Annie for those of you who don't like what it smells like. You can find seeds from Johnny's Selected Seeds (www.johnnyseeds.com) and Rich Farm & Garden Supply (www.richfarmgarden.com).

Herbally yours,
Michelle Chaput, President

DATES TO REMEMBER

Tuesday, May 6

General Meeting, 9:30 AM, Zilker Botanical Garden. The speaker is Ann Wilson with "Herbs in the Kitchen - A Splash of Vinegar". Ann is a member of AHS and is a wonderful cook and gardener. Also there will be installation of officers and recognition of

volunteers. Be sure to come to this meeting since we will be letting our officers and committee members know just how much we appreciate them and welcoming in our new officers for 2003-04.

Tuesday, May 6

Benefit for AHS at Barton Springs Nursery. See announcement.

Thursday, May 8

Study Group, 7 PM at Zilker Botanical Garden

Gayle Engels from the American Botanical Council will present "Basil, not just for pesto anymore". Basil is the International Herb of the Year. Come to this meeting and learn all about this versatile herb.

Tuesday, May 20

Executive Committee Meeting at 9:30a.m. at Zilker Botanical Gardens. Executive Meetings are held each 3rd Tuesday of each month. For information contact Michelle Chaput at president@austinherbsociety.org or 343-7677.

Saturday, May 24

Annual Member's Garden Tour. We will be touring AHS Member's Gardens. We will start at 8:30am, we will carpool to the following gardens: Cindy Phillips, Ellen Zimmermann, Pam Bell and Judith Craft's home and garden for lunch. Call Ellen Zimmermann at 301-5838. Reservations only. Limited capacity of 40. Small fee.

Mayfield Park Gardening Day is the 4th Tuesday of each month starting at 9:30a.m. Bring your trowel and gloves and come enjoy this wonderful home and garden. Contact Anna Prothro at 476-8025.

Zilker Park Herb Gardening Day is the 3rd Monday of each month at 9:30a.m. Nancy Wackerbarth will be leading the gardening group. 345-7941. Thank you Nancy for volunteering to chair this wonderful position.

'Special Announcement' May 6, 2003

Barton Springs Nursery (BSN) would like to make a donation to the Austin Herb Society. To make the donation, BSN will host a Club-Sponsorship-Shopping Day, during which we will track all sales to your members. Everything purchased by club members on this day will count, including bagged goods, gifts, pottery, etc., and of course, plants. At the end of the day, we will total those sales, and then donate 10% of that amount to your club.

The Club Sponsorship Shopping Day will be Tuesday, May 6, 2003, which is the day of your May meeting. Members who shop on that specific day need to let our **cashiers know** that they are with the **Austin Herb Society** so their purchase can be included in the total.

We are located in West Lake Hills at 3601 Bee Cave Road (RM 2244), two miles west of Mopac on the south side (left side coming from Mopac) of the road, between Walsh Tarlton and Westbank Drive. We are open from 9am to 6pm, Monday through Saturday, and 10am to 6pm on Sunday. Our telephone number is 328-6655.

We are looking forward to seeing your members here on their Club Sponsorship Shopping Day on Tuesday, May 6, 2003.

The Staff at Barton Springs Nursery

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!

From AHS Cooks, pg. 53

Rotini Salad with Herbs, Cindy Phillips

16 oz. Rotini pasta
3 C. fresh broccoli
Chop the following herbs:

3 T. Rosemary	2 tsp. Thyme
1 tsp. Sage	2 tsp. Marjoram
1 tsp. Oregano	1 tsp. fresh onions
2 T. snipped chives	

Cook Rotini, Marinate herbs in dressing. Toss to mix and refrigerate overnight. Serve at room temperature.

Dressing: Juice of 1 lime, ½ C. olive oil, ¾ C. rice vinegar. This recipe was inspired by a basket of herbs given to Cindy. I'm sure you'll make it a favorite of yours this spring.

Gardening Corner

Kara Kroger is a new Sponsor/Member of our group and the new chairperson of Mayfield Herb Garden. All of you volunteers for this garden be sure to get to know her and lend a helping hand in keeping this garden beautiful. Kara is new to herb gardening, but her heart is definitely in it. Kara is the owner of Body Ritual Herbs, which provides consulting and educational services regarding natural health care, located in Austin, Texas. She is a Certified Herbalist and Nutritionist with over six years of experience. Kara is a graduate of the Rocky Mountain Center for Botanical Studies, and The National Institute for Nutritional Education. For two years she held the position as San Francisco's bay area educator and sales representative for Simplers Botanical Company, located in Sebastopol, California. Through her work with Simplers she explored extensively the therapeutic benefits of quality organic essential oils and the aromatherapy industry. Her travels throughout Central America and Europe, focusing on ceremony, and herbs in other cultures have also added depth to her perspective of natural medicine throughout the world. By way of her education, travel, teaching, and consulting experiences, she shares a unique holistic style that incorporates her passion for life, and positive healthy states using herbs, nutrition, spirituality, and fun.

Kara can be reached at 567-5206 or www.kara@bodyritualherbs.com.

OFFICERS FOR 2003-2004

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2nd VP Study Group - Vee Fowler (co-chair)	345-0719	(No email)
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COMMITTEE CHAIRPERSONS 2003-2004

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Herb Trivia Quiz Sara Moore, Sandra Holland, Sara Holland, Betty Stahly, Ann Wilson

1. What lemon-scented Texas native herb was used by the Navajo for pain, colds and flu?
2. What do Earl Grey tea, Monarda citriodora and the other Monardas have in common?
3. What herb was used by Native Americans to treat ailments from saddle sores to deafness caused by ghosts?
4. What herb is so versatile that it scented AIndia Ink@, was used as a moth repellent for shawls Napoleon brought to France from Egypt, and provide the unusual flavor found in ASen-Sen@ breath freshener candy?

Answers:

1. Limmoncillo, or Mock Pennyroyal. The botanical name, Hedeoma drummondii, is from an old Greek word for mint.
2. Nicolas Monardes, a Spaniard who described Monarda in the 16th century, named it Bergamot, apparently because its scent resembled that of the Italian bergamot orange that flavors Earl Grey tea.
3. The various beebalms: Monarda didyma, Monarda fistulosa, and others.
4. Pogostemon cablin, commonly known as Patchouli.

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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The Austin Herb Society, Inc

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