

*The Austin Herb Society, Inc.*

# POTPOURRI

June, 2003      Volume 10, Issue 10      [www.austinherbsociety.org](http://www.austinherbsociety.org)



## HERBAL GREETINGS

### Luscious Seasonal Treats.....

I hope that you are taking advantage of all the wonderful Farmer's Markets that abound this time of year. The produce that's available is exciting and so wonderfully fresh. Many of the farmers are now growing heirloom vegetables that were grown over 100 years ago and are a treat to the eye and absolutely delicious. Look for unusual tomatoes, beans, squash, melons, herbs and teas that are offered. You can turn these wonders into luscious meals using all those herbs that are abundant during the summer. Try a salad with homegrown tomatoes, basil, fresh mozzarella and olive oil. Just slice everything, anoint and enjoy or turn melon into a fine sorbet by adding some of the lemon herbs. This will cool you off on a hot Austin day and lift up your spirits. Now is a good time to try out new recipes because of the abundance of produce and fruit. Open up the 'Austin Herb Society Cooks' cookbook and notice all of the 'cool' things you can whip up and serve to your friends and family.

Herbally yours,  
Michelle Chaput, President

## DATES TO REMEMBER

### Tuesday, June 3

**General Meeting, 9:30a.m., Zilker Botanical Garden.** The speaker is Cindy Phillips. Cindy is a Sponsor/Member with a lot of knowledge on herbs. Cindy and others will walk us through our herb garden at Zilker for a 'see and learn' session followed by sorbets. **Please bring a sorbet to share with us all.**

### Thursday, June 5

#### **Study Group, 7p.m. at Zilker Botanical Garden**

The speaker will be Eloise Doherty on "Hill Country Native Edibles." Eloise is co-chairperson of the Study Group and she has a landscaping design studio too. You will not want to miss this one.

### Tuesday, June 17

#### **Executive Committee Meeting at 9:30a.m.**

Executive Meetings are held each 3rd Tuesday of each month. All Board Members on the Executive Board should attend each month. All Chairpersons should submit reports when necessary and are encouraged to attend these meetings. For information contact Michelle Chaput at [president@austinherbsociety.org](mailto:president@austinherbsociety.org) or 343-7677

**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 Kara Kroger at 567-5206

**Zilker Park Herb Gardening Day** is the 3rd Monday of each month at 9:30a.m. Betty Stahly, ph: 472-7539, and Sandra Holland, ph: 258-4643, will be leading the gardening group.

*Please note that our field trips will resume in the fall.*

**Refreshments are a delightful way to enjoy our meetings!** Our members are encouraged to bring a favorite dish to share each month. So if you didn't sign up at the last meeting, please call Pam Bell at 894-0767 or majicbell@aol.com to let her know that you will bring a **Sorbet for June's meeting, any flavor is gladly accepted!**

### **Successful ABC Herbfest:**

The American Botanical Council Herbfest was held on April 26 at their lovely headquarters in East Austin. There was live music, speakers, free food for volunteers, food samples, a children's corner and lots of booths with herbal teas, books, lotions and essential oils, plus a wonderful selection of plants from A to Z. Our own booth was setup under a large live oak and we sold several cookbooks, passed out lots of brochures and sold nearly all of the lavender 'linen water' that was made at our workshop in March and the plants that Michele Lofstrom donated to us. Thanks go to all the volunteers that helped all day: Dona Price, Michele Lofstrom, Gwen Sederholm, Vee Fowler, Betty Stahly, and Cindy Boyle. Those of us who attended had a really wonderful time. We were recently sent a 'Thank you' card from ABC saying how much our participation was appreciated. It was so much fun in such a relaxing atmosphere that hopefully next year we can do this festival again.  
Michelle Chaput

### **Local Farmer's Markets:**

#### **Davenport Village Shopping Center**

3801 Capitol of TX Hwy.  
Wednesday, 3pm to 6 pm

#### **Austin Farmer's Market**

Republic Sq. Park at 4<sup>th</sup> and Guadalupe  
Saturday, 8 am to noon

#### **So. Austin Farmer's Market**

2910 So. Congress  
Saturday, 8am to 1pm  
Stassney & Manchaca at Crockett High School  
Saturday, 10am to 2pm

#### **Westlake Farmer's Market**

4100 Westbank Dr.  
Westlake H.S. Annex parking lot  
Saturday, 10am to 1 pm

#### **Angel Valley Organic Farm**

11713 Jollyville  
Asian American Cultural Center. in NW Austin  
Wednesday, 10am to 1pm

#### **Boggy Creek Farm**

3414 Lyons Rd. in East Austin  
Wednesday & Saturday, 9am to 2pm

There are also Farmer's Markets in Elgin, Burnet, Taylor, Del Valle, and Georgetown.

#### **Basil Ice (a refreshing sorbet)**

#### **Pg. 183 'Austin Herb Society Cooks'**

**3 C. water**

**1 C. sugar**

**1 C. chopped fresh basil**

**2 Tbsp. lemon juice**

In a small saucepan over high heat, combine water & sugar, bring to boil. Reduce heat and simmer for 3 min. Add basil & stir. Cover tightly and set aside for 15 minutes. Meanwhile, line a sieve with cheesecloth over a bowl. When the basil mixture is ready, strain it, extracting as much liquid as possible by pressing the solids with the back of a wooden spoon. Discard the basil leaves. Add the lemon juice, refrigerate for at least 1 hr. Stir well and freeze in an ice cream maker. \*Note: You can use flat ice cube trays to freeze this in. Just freeze for a few hrs. and take out & stir and place back in freezer until set and serve.

**If you have a favorite recipe that you would like to share with AHS please send it to me at resident@austinherbsociety.org and we will include it in our newsletter.**

#### ***Gardening Corner:***

Over the hot summer months both Zilker and Mayfield herb gardens need extra watering and I know that our 'gardening' chairs would appreciate a call from you to help out during this time period. If all you can manage is one time, it will help. Their phone numbers are listed above so please call them today and setup a day you can lend a hand.

**Thank you to Barton Springs Nursery and our members.** Our May 6 shopping day at Barton Springs Nursery netted us \$50.45! The nursery sends us their appreciation, and I personally want to thank each and every one of you who participated in our second and most successful event with BSN. The support of our Sponsors is so very important. We have a great relationship with Barton Springs Nursery, and most assuredly, this affiliation will continue into the future to the benefit of us all.

Michelle Chaput.



Hens and Chicks (*Sempervivum soboliferum*)

*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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