

The Austin Herb Society, Inc.

POTPOURRI

August, 2003

Volume 10, Issue 12

www.austinherbsociety.org



Herbal Greetings!!

You are kindly invited to our annual Membership Luncheon that will take place on **Tuesday, September 2, 2003 at Zilker Botanical Gardens.**

At our first meeting of the Austin Herb Society 2003-04 season, we will have the pleasure to hear from two of the most renown herb growers in the United States, **Madalene Hill** and her daughter, **Gwen Barclay**, who wrote *Southern Herb Growing*, (Shearer Publishing). Their work has appeared in *The Houston Post's Houston at Home* magazine, *The Herb Companion*, *The Herb Quarterly*, *Neil Sperry's Gardens*, *Texas Gardener*, and many other publications. Madalene Hill is past president of The Herb Society of America. Gwen Barclay chaired both the Society's South Texas and Pioneer units. Together they were instrumental in the formation of the Texas Herb Growers & Marketers Association; Gwen served as its organizational chairman and first president for three years, and is now director of food service for the Festival Institute in Round Top, Texas. Their topic will be Basil, 2003 Herb of the Year. I'm sure that you will not want to miss out on this fabulous duo. Your Invitation will be mailed to your home and it is enclosed with this edition of the Potpourri. Please fill it out and send it in as soon as possible to secure your seat at this wonderful function. Seating for this event is limited. Also, I would be amiss if I did not remind you that this is the time to renew our own memberships, so please take the time to do this most important step. I'll be looking forward to seeing each and every one of you at the September meeting. Be sure to bring a friend!

Herbally Yours, Michelle Chaput

Dates to Remember!!

A reminder: There is no General Meeting in August.

Tuesday, August 12

Zilker Park Herb Gardening Day is now the 2nd Tuesday of the month starting at 9:30a.m. Sandra Holland at 258-4643 and Betty Stahly at 472-7539 are leading the gardening group.

Thursday, August 14

Study Group, 7p.m. at Zilker Botanical Gardens
Cindy Burrows will present **Common Kitchen Herbs as Healers**. Cindy will be discussing and showing some of the most popular herbs used in the kitchen. The sometimes-surprising health benefits will be explained and why it helps to use them with food. We will learn how to prepare them, and of course, sample our dishes. It will be fun and tasty!

Tuesday, August 19

Executive Committee Meeting at 9:30a.m. are held at Zilker Botanical Gardens

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 (if possible two days before the meeting) when necessary and are encouraged to attend these meetings. For information, contact Michelle Chaput at president@austinherbsociety.org or 343-7677.



Tuesday, August 26

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 located off Mopac & 35th Street. Contact Kara Kroeger at 567-5206. Everyone is welcome.



Tuesday, September 2

Membership Luncheon/General Meeting,

9:30a.m. Madeline Hill and Gwen Barkley, authors of 'Southern Herb Growing,' will be our keynote speakers. They will explore the herb Basil, the 2003 Herb of the Year.

A Benefit for Zilker Botanical Gardens: Saturday, October 4

I am pleased to announce that we are going to have a seminar on Saturday, October 4, at Zilker Botanical Gardens, so mark your Calendars!! This will be a *benefit* for Zilker Botanical Gardens and our gift to AAGC. The wonderful chef, gardener, and author Lucinda Hutson will be our speaker for this educational and entertaining day. Lucinda is launching her new edition of 'The Herb Garden Cookbook.' Lunch will also be included. A full schedule of events will appear in next month's Potpourri. For more information, please check our website at www.austinherbsociety.org.

A message to AHS from Swan Perkins:

Swan wrote, *'I do want you to know how much I enjoyed the mixed bouquet of flowers and the cards with words of caring and encouragement. My road to recovery will be a long one, but with the continued thoughts and prayers from AHS members, I will get there. Thanks so much for everything. Best love from Swan.'* Swan Perkins helped with Membership last year and has given her time gladly to many AHS endeavors. We all wish her a quick recovery and send our love to her as well. Michelle Chaput.

Refreshments are a delightful way to enjoy our meetings!! Starting with our October meeting, we will need your help and to do that we encourage our members to bring a favorite dish to share each month at

the general meetings. So, if you didn't sign up at the last meeting, please call Pam Bell at 894-0767 or harveybell@highstream.net (please note Pam's new email address).

A wonderful and successful Members' Garden Tour. We need to thank Ellen Zimmerman and Judith Craft for working so hard to give us another wonderful garden tour. Many thanks to the fantastic gardeners that participated this year and they were: Ellen Zimmerman, Cindy Phillips, Pam Bell, and Kara Kroeger. Refreshments abounded because of the generosity of our dedicated members and they were: Robin Carter, Cindy Phillips, Ellen Zimmerman, Pam Bell, Kara Kroeger, Joanie Shelton, Pat Lewis and her friend Barb Pokorny, Sara Holland, Diana Hyland and her husband, Kay Edwards, JoEllen Meyeres, Roberta Showerman, Cindy Boyle, Judith Craft and Wheatsville Co-Op, Dorothea and Richard Mims, Betty Stahly, Debbie Holeman, Jestshe Jackson, Lola Russell, Doris Denton, Eva and Michael Zitz-Evancih. We had about 40 members on the tour this year and they thoroughly enjoyed the extensive and varied gardens. Again our thanks to all involved!!

A new project for AHS

Diana Hyland, our VP for Sponsors, would like your response(s) to her request for help with this new project for AHS in association with our Sponsors. You may contact Diana at hylandinc@austin.rr.com or 402-9697.

If anyone is interested in speaking about an herb-related gardening issue at a sponsor location, please contact Diana. It should be a presentation about using, planting and/or growing fresh herbs. Besides the Big Red Sun, our other sponsors are looking for speakers, which also helps us promote AHS. Presentations need to be polished and include handouts.

Available dates for Big Red Sun on Wednesdays:
September 10, September 17, September 23
October 1, November 5, November 12
October 8, October 22, October 29???

Also, please note that our very own Kara Kroeger is having classes this August and September, so please check her website at kara@bodyritualherbs.com for more information.

A little something about Basil!

In the Austin area, Sweet Basil, a tropical plant, is grown as an annual during the hot summer time because it can easily be started from seed. It is a square stemmed plant with toothed leaves, small flowers and a strong fresh scent. Basil's primary use is in culinary which is used in a variety of savory dishes that is often found in Italian cookery, such as pesto sauces or salads. It is used in oils, liqueurs, soaps, and perfumes. The leaves may be used to fend off mosquitoes, expel worms, treat ringworms, insect bites, and acne. Wine made from the leaf is a tonic that stimulates the adrenal cortex. Also, inhaling the essential oil refreshes the mind and stimulates a sense of smell dulled by viral infections. There are many varieties to choose from like lemon, anise, cinnamon, lettuce leaf or crispum, purple ruffles, and African blue. So, choose one that stimulates **your** senses.

***Researches at the Technion-Israel Institute of Technology have discovered that when traces of basil extract are added to plastic wrapping, the herbal essence slows the growth of a variety of harmful bacteria that can spoil food. The study, published in the Journal of Agricultural & Food Chemistry (5/03), found the basil wrap extended the shelf life of cheese without passing any basil flavor to the food. The wrap should offer similar benefits for baked goods, fish, fruits, meats, and vegetables. (BusinessWeek 6/14/03)*

Magical uses for Basil

The scent of fresh basil causes sympathy between two people, so this is why it is used to sooth tempers between lovers. It is added to love incenses/sachets, and the fresh leaves are rubbed against the skin as a kind of natural love perfume. Basil also brings wealth to those who carry it in their pockets, and is used to attract customers to a place of business by placing some in the cash register or on the doorsill. Also, basil given as a gift brings good luck to a new home.



Dressing with Basil from 'Austin Herb Society Cooks' pg. 168

1 c fresh basil, or (3 tbsp dried basil combined with ¼ c parsley, chopped)
2 cloves garlic
¼ c white wine vinegar
½ c olive oil
2 tbsp grated Parmesan cheese
1/8 tsp pepper
Combine all ingredients in a blender or processor.
Puree and enjoy!!

Cinnamon Basil Sorbet, by Ann Marie Wilson

3 Cups Apple Juice
2 Cups Sugar
4 Large Sprigs Cinnamon Basil
Juice of 1 Lemon
Grated Rind of 1 Lemon

Combine apple juice and sugar in a sauce pan and heat until sugar is just dissolved. Add cinnamon basil and cover. Let steep 30 minutes. Strain out basil. Add lemon juice and rind. Chill thoroughly. Prepare in ice cream maker according to manufacturers instructions or pour in a shallow dish and place in freezer, stirring about every 30 minutes, until frozen. Recipe makes 4-6 servings.

Additions for the Potpourri

Everyone is encouraged to submit a short article, poem or recipe for the Potpourri. Everyone would enjoy having more membership and/or sponsor participation in YOUR newsletter. Please submit them to president@austinherbsociety.org. And if you would like to help edit the newsletter, please contact Brenda Davis at bmd2@oag.state.tx.us to let her know you would like to give her a hand.

Just something of interest:

America's Most Beautiful Herb Garden Contest! Have any of our wonderful members entered this contest sponsored by *The Victory Garden*, a PBS program? Six finalists and two winners will be selected on August 11, 2003. For more information, please go to: www.pbs.org/victorygarden

Austin Herb Society Membership Form 2003-2004

Name: _____

Address: _____

Day phone #: _____

Evening phone #: _____

Email: _____

New Member Renewing Member
Year joined: _____

Active **Non Active**
 Regular - \$25 Sustaining - \$35
 Family - \$45 Benefactor - \$250+
(3 adults maximum)
 Sponsor - \$85

A member actively participates in AHS. Please check your interests in the following AHS activities:

- _____ Community Education/Outreach
- _____ Gardening at Mayfield or Zilker herb gardens
- _____ Email and website maintenance
- _____ Festivals, symposiums, & seminars
(duties vary)
- _____ Hospitality (meeting refreshments coordination)
- _____ Membership (duties vary)
- _____ Merchandise Marketing (books)
- _____ Programs/Presentations (speakers bureau)
- _____ Publicity

Describe specific interests and skills that you wish to share with AHS, including writing, photography, computer proficiency, community activism, etc.

**Please mail this form with your check payable to:
Austin Herb Society, Inc.**

Mail to: Robin Carter
8911 Dorella Lane
Austin, Texas 78736

Questions: 288-2296
Website: www.austinherbsociety.org

<i>For AHS Committee Use Only:</i>	
Check # _____	Date of Check _____
Amount _____	Received Date _____

You are Cordially Invited:

Enjoy "The Many Flavors of Basil" at the annual AHS membership luncheon on **Tuesday, September 2**. Our annual membership luncheon features guest speakers Gwen Barclay and Madalene Hill, authors of *Southern Herb Growing*. Their presentation on "The Many Flavors of Basil," and the catered luncheon will feature some of their fabulous recipes. This special event is 9:30a.m. to 12:30p.m., at the garden center at Zilker Botanical Garden, and the cost is \$20 per person for members and guests. Invitations will be mailed the first week of August.

Last year's event was full to capacity, so mark your calendars and be sure to send in your reservation and payment by August 23rd to assure your spot at the table. Please make checks payable to Austin Herb Society, and include \$20 for each member or guest.

Reservations and payments should be mailed to: Paula Middleton, AHS luncheon co-chair, 8407 La Plata Loop, Austin TX 78737-3124.

For more information, please contact Roberta Showerman at dramaticcreation@aol.com or Paula Middleton at pcm@redbirdesign.com, co-chairs of the luncheon committee.

The Austin Herb Society, Inc. is a 501(c)(3) organization dedicated to the purpose 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 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**

1600 W. 38th St., #402, Austin 78731
371-1121 www.AcupunctureAustin.com

Balcones Acupuncture Clinic**

5750 Balcones Dr., #117, Austin 78731
892-0288

Barton Springs Nursery Company

3601 Bee Cave Road, Austin 78746
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Big Red Sun

1102 E. Cesar Chavez St., Austin 78702
480-9749 www.bigredsun.com

BodyRitual Herbs

7308 Dixie Drive, Austin 78744
567-5206 [www.kara@bodyritualherbs.com](mailto:kara@bodyritualherbs.com)

Chez Zee Restaurant

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Ginger Webb, Certified Herbalist

1203 E. 7th St., Austin 78702
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The Great Outdoors Nursery

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It's About Thyme**

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** 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



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Zilker Botanical Garden
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