

The Austin Herb Society, Inc.

POTPOURRI

September, 2003

Volume 11, Issue 1

www.austinherbsociety.org



Herbal Greetings!!

It's a new year and I want to welcome each and every one of you to a wonderful program planned for the month of September. We are so lucky to have, not one, but two fantastic speakers for this month's special **Membership Luncheon** meeting. Madalene Hill and Gwen Barclay are going to share with you their vast knowledge on a fabulous and versatile herb, basil. I hope this summer that you grew several varieties of basil and maybe found a new one that you absolutely love. Of all the things that I grew this year, my basil did the best and I used it in everything from pasta to sorbet! I can hardly wait to learn more about this luscious herb. Please plan to attend this luncheon/meeting and bring a friend with you. Many people worked hard to bring this lovely presentation to you, so I know you'll have an exciting time.

Herbally Yours, Michelle Chaput

Dates to Remember!!

Tuesday, September 2

General Meeting and Membership Luncheon, 9:30a.m. Madalene Hill and Gwen Barclay will present "The Delights of Basil." They are the authors of Southern Herb Growing and will be our keynote speakers. They will explore the herb "Basil, the 2003 Herb of the Year." \$20.00/pre-paid, **RSVP only**. Please contact Paula Middleton at pcm@redbirdesign.com or 301-7100 for more information.

Get out of town without leaving town!

A gift certificate for ONE weekend-night stay for two at Austin's only green hotel, The Habitat Suites Hotel of Austin, will be given to one lucky attendee of the AHS **Membership Luncheon** in September!! A complimentary FULL breakfast is served every day. Also, there is a manager's happy hour each evening from 5-7p.m. The Habitat Suites Hotel of Austin, 500 E. Highland Mall Blvd., 1-800-535-4663.

Tuesday, September 9,

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, September 11

Study Group, 7:00p.m. at Zilker Botanical Garden Leslie Taylor will speak on "Rainforest Herbs." She is the founder and director of Raintree Nutrition and author of the Secrets of the Rain Forest: the healing power of over 50 medicinal plants you should know about. A wonderful speaker and subject for all. Be sure not to miss this!

Tuesday, September 16

Executive Committee Meeting at 9:30a.m. is held at Zilker Botanical Gardens. Executive Meetings are held the 3rd Tuesday of each month. All board members on the Executive Board should plan to attend each meeting. All chairpersons should submit reports when necessary and are encouraged to attend these meetings. For more information, please contact Michelle Chaput at 343-7677 or president@austinherbsociety.org.

Saturday, Field Trip, September 20

Our first field trip will be to Permaculture Display Gardens in Elgin. We will meet at 9:00a.m. (carpool from Highland Mall by Foleys on the 1-35 side). We'll have lunch after visiting the gardens. If you know of any great places to eat in Elgin, please call Cindy Burrows. Please contact Cindy at 250-2147 or dburrows1@austin.rr.com for more information and to sign up.

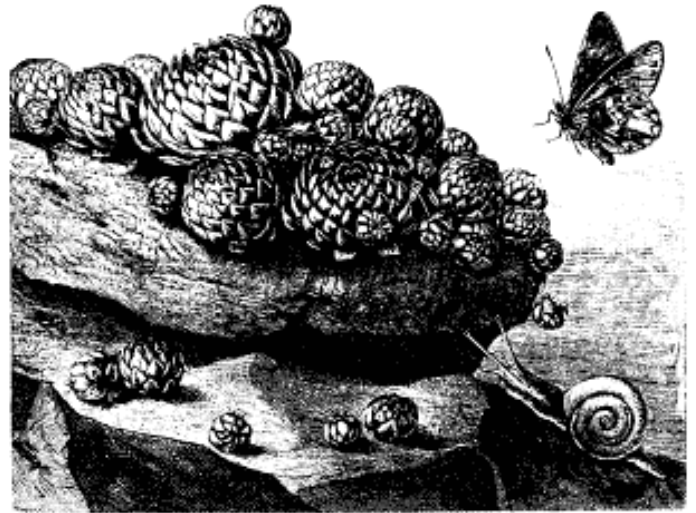
Tuesday, September 22

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 and 35th Street.



Contact Kara Kroeger at 567-5206. Everyone is welcome!

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).



October Symposium and Luncheon

Fall—The Season of Plenty: A Benefit for Zilker Botanical Gardens on Saturday, October 4, from 10:00a.m. until 2:00p.m. *Registration begins at 9:30a.m.!!* A Symposium and Luncheon will be held on Saturday, October 4, at the Zilker Botanical Gardens, so mark your calendars!! This will be a benefit for Zilker Botanical Gardens and is AHS's gift to AAGC this year. The wonderful chef, gardener, AHS sponsor, and author Lucinda Hutson will be our featured speaker for this educational and entertaining day. Learn tips on putting up the fall garden, creating festive holidays, and learn how to create enticing flavor combos inspired by nature and herbs. She will also discuss holiday celebrations of Mexico such as Dia de los Muertos. In addition, Lucinda is launching her new edition of The Herb Garden Cookbook and will be available to sign it for you. Central Market Catering will cater the gourmet luncheon and El Interior will provide the decorations. Everyone is welcome to bring a friend. The cost is \$40.00 for AHS members and \$45.00 for non-members. ***RSVP only.*** I must receive your **checks no later than September 27.** For more information, please contact Michelle Chaput at 343-7677 or president@austinherbsociety.org. Send your checks to Austin Herb Society, 5804 Ginre Cove, Austin, Texas 78759. Be sure to include your name, phone number and email address. **If you would like to volunteer for this event, please contact Michelle Chaput at president@austinherbsociety.org and she will forward your information to the volunteer coordinator Jan Bland.*

A Fall recipe from Austin Herb Society Cooks Pg 65

Red Cabbage with Apples and Basil by Valerie Obermiller

6 slices of bacon, diced
1 onion, sliced
3 lbs. red cabbage, sliced
3 apples, quartered, cored and sliced
 $\frac{1}{2}$ c raisins
 $\frac{3}{4}$ c chicken stock
4 tbsp red wine
4 tbsp vinegar
4 tbsp. brown sugar
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{4}$ tsp. nutmeg
1 c. fresh basil, chopped
pinch of ground cloves
Sauté bacon until clear. Add onion and cabbage and sauté until cabbage begins to wilt. Add all other ingredients **expect basil** and cook over medium heat, stirring now and then, until all is tender or about 1 hour. Remove from heat, stir in chopped basil and serve hot or cold.

Check out these new classes from our Sponsors!!

EZ Herbs/Austin School of Herbal Studies

Ellen Zimmerman has new herbal classes set up starting this Fall. Please go to www.ezherbs.net for more information and to sign up.

Sol Reflections

One of our new Sponsors is offering really awesome and cool classes for your body, soul and spirit. So, please contact Samantha at 263-6990 for more information.

Here's something of interest.

Here's why we are feeling the burn while working in the garden/yard. Typical calories burned in 30 minutes while doing the following:

Water lawn or garden	61
Mowing lawn (riding)	101
Trimming shrubs (power)	142
Raking	162
Bagging leaves	162
Mowing (push with motor)	182
Planting trees	182
Trimming shrubs (manual)	182
Weeding	182
Clearing land	202
Digging, spading, tilling	202
Laying sod	202
Chopping wood	243
Mowing lawn (push mower)	243
Double digging	344

*info from National Gardening Assoc.

Another Tip about Basil

Basil is easy to grow, and indeed a container of it should be a fixture in every kitchen. Not only does this sweet herb help purify the air, it also protects against troublesome flies and mosquitoes, which shun its scent.

Gardening Tidbit.

Deadheading is removing spent flowers to prevent the formation of seedpods, so the plant can channel its energy into producing more blooms. It encourages new blossoms on both annuals and perennials.



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

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