

The Austin Herb Society, Inc.

POTPOURRI

October, 2003

Volume 11, Issue 2

www.austinherbsociety.org



HERBAL GREETINGS!!

Fall is here!!

Here in Austin we are so fortunate to have lovely Fall weather this year. I can hardly stand to be inside to write this edition of the Potpourri! You're all lucky to get this one! I hope that you have planted plenty of herbs that are flowering this time of year such as lantana, salvia (of all sorts), basil, mallows, roses and many more. If you haven't and your garden simply isn't burgeoning with color, now is the time to plant some of these wonders. Our native lantana is a wonderful herbal that provides lots of color from the palest yellow to bright golden bursts of color and it's deer resistant and the foliage can now be found in a lovely variegated form. I found some recently at Barton Springs Nursery. Salvias and sages are a great backbone to the Austin garden. Clary sage, tricolor sage, blue mealy sage, golden sage, cherry sage, s. leucantha or Mexican bush sage, s. coccinea or Texas sage, garden sage (*Salvia officinalis*) are all hearty and will provide beautiful foliage, flowers for hummingbirds and are a joy to have filling your garden. Many of these plants can be planted in partial shade and are deer resistant too. Great additions to your yard are the following: Santolina, both the pale gray and the bright green varieties, society garlic, alliums, sorrel, southernwood, calendula, thymes of all varieties, sweet violets, artemesia, yarrow, lambs ears, mullein, columbine, mints, fennel, foxglove, rue, lavender, and Mexican mint marigold. Fall is also time to sprinkle those seeds of poppy, evening primrose and nigella! There are many more herbs that may be planted this time of year but this list should get you started to a beautiful spring and fall garden. Remember that your herbs want fast draining earth with compost to feed them over the winter so that come spring and again in the fall they will surprise and delight both you and your neighbors.
Herbally Yours, Michelle Chaput

Please mail your membership dues ASAP so that we can put you in the yearbook. Please send your check to Robin Carter, 8911 Dorella Lane, Austin, Texas 78736.

Saturday, October 4 "Fall- Season of Plenty" Symposium and Gourmet Luncheon at Zilker Botanical Gardens from 9:30 until 2 PM. Featuring Lucinda Hutson as speaker and presenter. Slides, lecture, book signing. RSVP only. Members \$40 and Non-Members \$45. Contact Michelle Chaput at 343-7677 or president@austinherbsociety.org.

Volunteers Are Needed!!

Volunteers are needed to assist with the AHS Symposium on October 4. We need people to serve as traffic patrol at the front gate, someone to pick up green plants for the speakers table, food and drink servers, and clean up at 2:00pm. Please contact Jan Bland at 338-9815.

Tuesday, October 7

General Meeting at 9:30AM.

Ellen Zimmerman, sponsor and herbalist will present "An Herbal First Aid Kit." This will be an excellent and useful lecture so be sure to make this event.

Thursday, October 9

Study Group, 7 PM at Zilker Botanical Gardens

Nicole Telkes, "Bioregional Herbalism: The sustainable Use of Local Medicinals."

Tuesday, October 14

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

Tuesday, October 21

Executive Committee Meeting at 9:30 AM is 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 when necessary and are encouraged to attend these meetings. For information contact Michelle Chaput at president@austinherbsociety.org or 343-7677.

Saturday, October 18

Field Trip: Texas Maze at Sweetberry Farm, Marble

Falls. Contact Cindy Burrows at dburrows1@austin.rr.com or call 250-2147 for more information.

Tuesday, October 28

Mayfield Park Gardening Day is the 4th Tuesday of each month starting at 9:30 AM. Bring your trowel and gloves and come enjoy this wonderful home and garden located off MOPAC & 35th St. Contact Kara Kroeger at 567-5206. Everyone is welcome.

October 31, November 1 & 2 (Friday, Saturday, Sunday) Let's Get Cookin'

It's a cooking and gardening extravaganza sponsored by E2C Corp. at the Austin Convention Center and of course the Austin Herb Society has been invited to participate. We will have a booth where we can sell our books, hand out our brochures and solicit funds for our projects. We will also be supplying speakers for the event. Eloise Doherty, Paula Middleton, Cindy Burrows, and Michelle Chaput will be speaking on a variety of subjects from cooking with herbs to gardening With Herbs! We need members to handle our booth all three days. If you can lend a hand in any way, please contact Michelle Chaput at 343-7677 or president@austinherbsociety.org. In addition, our Sponsors have been invited to participate and they will be getting a discount for a booth since they're connected to AHS. There will be a complete section laid out like a garden. Well-known chefs from all over Austin will be participating. You'll see the latest in cookware, gardening equipment, and plants and hear a host of speakers. This should be a really exciting event. See you there!

Thank you so very much!

To all the volunteers that made our Membership Luncheon so very special and festive, a huge thank you to each and every one. Paula Middleton, Roberta Showerman, Jean Bazar, Judith Craft, Vee Fowler, Ellen Zimmerman, Betty Stahly, Cindy Phillips, Marlene Carroll, Taffy Gauger, Pat Lewis, Kim Lehman, Kay Culp, Robin Carter, Cindy Boyle, Carrie Boyles, Cathy Slaughter, Dorothea Mims, Judy Schlotzhauer, Eloise Doherty, Brenda Davis, and many, many more. Your hearts and busy hands allowed us to have an extremely wonderful meeting/luncheon. Our speakers, Madalene Hill and Gwen Barclay, who spoke on basil, were simply wonderful and an absolute delight. Thanks goes to our VP for Programs, Cindy Phillips, for bringing these delightful women to us. Paula Middleton worked with Central Market catering on our food and Jean Bazar, Pat Lewis, and Brenda Davis made the punch and Brenda called all the volunteers, Roberta Showerman

worked wonders with flowers, fruit and vegetables. We couldn't have had this delightful day without all of you.

Refreshments are a delightful way to enjoy our meetings!

Starting with our October meetings we will need your help and to do that 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 Pam Bell at 894-0767 or harveybell@highstream.net.

Gardening Corner:

Even in the heat of August, the Mayfield garden seems to be holding up nicely thanks to all of those volunteers who put their energy into helping it thrive. At this time we have been focusing on removing spent blossoms and weeds that sprout up since it is too hot to plant anything. We have also been giving the beds a good soaking each time. If you happen to be visiting the garden and feel like picking up the hose to water, feel free. We have also received permission from Mayfield to add a little garden sculpture to one of the beds inside the gate. Cindy Phillips is designing a ceramic sculpture that will add some color and attraction to the garden. Thank you Cindy for this donation. We are starting to make plans to plant a new bed that we have inherited which is located at the entrance near the parking lot. We have discussed which plants we would like to have in the bed and it seems we would like to make it mostly medicinal. Mullein, Datura, Nopal, Echinacea, and other Southwestern plants are what we are looking for. If you have any plants or ideas to donate we would greatly appreciate it. We will be starting to plant this bed in September and would love to have any help. I am always looking for more volunteers to add to my call list. If you are not on my list and would like to be you may reach me at 567-5206. I hope that you will come to see the garden. It truly is a magical place, Kara Kroeger. *(Kara will be stepping down as Committee Chairperson for the Mayfield Park Garden. If you would like to help out or take over this position, please contact Kara at 567-5206 or kara@bodyritualherbs.com.)*

Betty Stahly Reports on Success at the Zilker Herb Garden : Our on going watering team (Robin Carter, Brenda Davis, Judy Schlotzhauer, and Susie Thomas)has been successful in keeping our garden watered and are angels but maybe there are some others we don't even know about. We will begin putting in the fall plantings as soon as the weather cools down. Parsley, fennel, dill, calendulas, pansies, cilantro will be herbs that make wonderful additions to our winter herb garden.

Mini Herb Walk with Ginger Webb

During my lunch hour on Friday, September 19, Ginger Webb with Texas Medicinals led eight of us on a wonderful herb walk. Our herbal journey took place along the hike-in-bike

trail of the Roy G. Guerrero Colorado River Park in East Austin (Festival de Las Plantas will be held in the same area on Oct. 18). I now have names and medicinal therapies/remedies for several of the wild plants that grow around my home. My herb walk with Ginger was a wonderful experience, and I look forward to doing this again with such an awesome, informative teacher.

Herbal blessings, Brenda Davis

The Many Uses of Ginger Tea

By Andra H. Millian, M.S. L.Ac. C.H.**

5750 Balcones Dr., #117; ph: 892-0288

www.gbronline.com/onenamillian

Ginger tea besides having a wonderful spicy flavor and aroma has countless health benefits. It is used primarily for indigestion and stomach gas (that's why ginger is always included with a sushi dish of raw fish). Apart from that, it is used as a remedy for symptoms of colds, flu, sore throats, lung congestion, low energy, poor appetite and poor blood circulation. If used at the first sign of these symptoms, it can knock them out before they progress.

To make fresh ginger tea:

Grate 2 inches of fresh ginger root and make an infusion with 1 pint of water. I like to add a piece of ginger candy for extra spicy sweetness if I'm going to use the tea as a beverage. Ginger candy is now available in the Oriental Foods section of most grocery stores.

Ginger tea is also very useful as a bath and foot soak. It relieves arthritis type pains, bursitis, and gout. For achy hands and feet and general sensations of cold in the body, pour 1/3 cup of strong ginger tea into a soaking tub or use as a hand or footbath.

A bath of ginger tea is useful for causing sweating to break fevers from colds or flu. It helps break a cold if done very early at the first signs and symptoms. To do this, wrap yourself and your head in towels or blankets and soak your feet in ginger tea for 5-10 minutes after you begin to sweat. Change into a clean bed gown and go to bed well covered. Enjoy! **Andra Millian is a Sponsor of the Austin Herb Society.*

Back By Popular Demand!

Hi all! As promised, the weather is getting cooler so that means it's time for me to offer the autumn Metabolic Cleanse Program. Please feel free to pass this information on to any and all whom you feel may benefit. Have a great Fall! *Andra H. Millian, M.S. L.Ac. C.H., 5750 Balcones Dr., #117; ph: 892-0288; www.gbronline.com/onenamillian*

The Great Outdoors Proudly Presents

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Nov. 20 Holiday Entertaining

Dec 18 Holiday Shopping and Christmas Customs of Mexico

For more info go to: www.elinterior.com.

EZ Herb/Austin School of Herbal Studies

Ellen Zimmerman has new herbal classes for Fall 2003.

Please go to Ellen's website www.ezherbs.net, for more information and registration form to sign up.

'Book People' bookstore and one of our new Sponsors has the following authors reading & signing their works in October at 7 PM on:

Oct. 6 Molly Ivins

Oct. 7 Tim O'Brien

Oct.17 Sarah Vowell

Oct. 22 Kenneth Cohen (Honoring the Medicine: The essential Guide to Native American Healing)

<http://www.bookpeople.com/coe.html>. To see more events happening at our new sponsors' place, please go to their website.

Herb Days at Festival Hill, Oct. 7, 15, 21.

(McAshan Herb Gardens at Round Top, TX) There will be guided tours of the gardens with Madalene Hill and Henry, a 3-course luncheon and a short lecture by Gwen Barclay. Reservations required \$30/pp. (979) 249-5283 or <http://festivalhill.org>.

Festival de Las Plantas

Guerrero Colorado Park, Saturday, October 18, 9am to 5pm

This event is presented in partnership by the Austin Parks Foundation, Lady Bird Johnson Wildflower Center, People in Defense of Earth and her Resources (PODER), and the City of Austin. This event will feature all sorts of activities including gardening demonstrations, guest speakers and entertainment, a pumpkin carving contest, interactive kids activities, and more. The purpose of Festival de Las Plantas is to heighten people's awareness of the natural beauty and value of Guerrero Colorado River

Park and celebrate the cultural heritage found in plant-human relationships. The Austin Herb Society will have a tea tasting booth. Anyone interested in participating in our booth (greeting people, handing out information...) contact Kim Lehman at 627-0113.

Go to this website for more info: <http://www.austinparks.org/> then click on New&Events and if you click on the WildFlower website, there is a map and more info for this event.

The Natural Gardener

October 25, Saturday, all day

This is Natural Gardener's 10th year Anniversary Celebration. John Dromgoole will talk at 10am on Winter Gardening. For more info go to: www.naturalgardeneraustin.com.

Fall Garden Market Days

AHS Sponsors **It's About Thyme Garden Center** and **Scentgarden Aromatherapy** would like to invite all Austin Herb Society members to visit our grounds any Saturday from September 20 through November 22 (weather permitting) for Fall Garden Market Days. Our location is in south Austin at 11726 Manchaca Rd. We'll have vendors set up on the grounds, herbal tea available, and speakers lined up to talk on herbal, crafting, gardening, and holistic health topics. We're also inviting those who might have an interest in participating – either as a vendor or speaker, to call us at 280-1192 (speak to Diane at It's About Thyme) or 280-3544 (speak to Carrie at Scentgarden).

Scentgarden Aromatherapy Classes

Scentgarden Aromatherapy has many wonderful classes scheduled during October and November. Classes include blending basics, bath salts, intro to aromatherapy, and much more. Please call Carrie at 280-3544 for class costs and additional information, or to register. Information may also be found online at www.scentgarden.com then click on store events.

Breathe!

For some reason, allergies seem to be worse than usual this fall. I find myself sneezing (HARD) 5 or 6 times a day, and I'm stopped up or congested more often than not. I've also talked to lots of people who are having the same problem. Here's an aromatherapy formula, which not only opens up the airways, but is also an excellent wake-up or drive time blend:

Eucalyptus essential oil – 3 drops (or parts)

Rosemary essential oil – 3 drops (or parts)

Peppermint essential oil – 2 drops (or parts)

There are several ways to use this blend:

A few drops on a tissue will open up the airways

Several drops around the outside perimeter of the shower stall (so the oils don't get washed down the drain right away) is a wonderful way to get a nice steam inhalation, AND wake up in the morning. I even like to drop 2 drops in a mug of hot water and breathe the steam when my sinus headache kicks in. It's a wonderful pick me up – and very soothing. Here's to open sinuses!

Carrie Boyles, Scentgarden Aromatherapy

Your Volunteer Hours are Needed!!

Please turn in your volunteer hours to Joyce Billings at Zilker Botanical Gardens. Volunteer hours that may be turned in are for working and watering the herb gardens of Zilker and Mayfield, working with the symposium, working with the educational programs, etc. If possible, please turn your hours in monthly. Joyce may be reached at 481-8256.

A Little Treasure in Elgin, Texas!

While on a recent fieldtrip, the Austin Herb Society group found a wonderful restaurant in Elgin. The Courtyard Rendezvous is located at 111 Central, off Main Street and before the railroad tracks in Elgin. The food is a delight with a

wonderful chef in the kitchen and unbelievably nice wait-staff to assist you. In October, they intend to have a Mystery/Dinner Theatre in addition to their lovely Sunday Brunch and regular fare. For more information, please call them at (512) 281-9445.

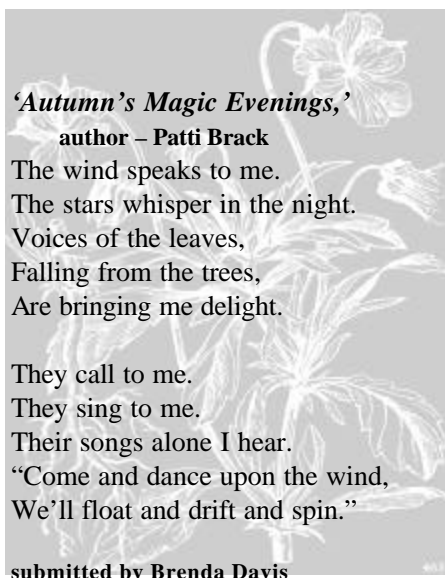
A Little Note on Cat Health:

If you are looking for herbal help for your cat(s) then this is a valuable site for information and access to supplements www.felinemedicinechest.com or cathelp@petmedicinechest.com.
Michelle Chaput

For those of you who want to know more about the lovely herb basil, please go to A Basil Guide by the Herb Society of America at <http://www.herbsociety.org/basil/index.htm>. Ann Wilson

Sol Reflections

New classes for your body, mind, soul and spirit are now being offered. Please contact Samantha at 263-6990 or solreflections@earthlink.net.



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.

Fantastic Fall Herbs, by Ellen Zimmerman

The sun is starting to set and I cannot see as clearly as I'd like to. I still need to water my transplants. I'd better stop gardening, clean up, water and get inside to write this article and fix dinner. I can hardly tear myself away from **Fall Gardening**. No matter how many times you hear it, it's TRUE, the best time to garden in Austin, Texas is in the fall. The mornings are cool, the whole day can be spent outside without sweating and the plants love this time of year. You can plant small transplants, seeds, shrubs and trees and just about any thing green can be planted now. Of course, there are exceptions and as you garden, the more you will learn.

If you think ahead, you can have fresh herbs and vegetables just about all throughout the winter. Of course, if we have some hard freezes you will have to protect some of your plantings. I use a thin white row cover, cut to the size of my vegetable bed. Everything else tender in the garden is cut back, mulched, and will hopefully survive any freezes. Fall is the best time to plant **Parsley**, *Petroselinum sativum*, either curly or the flat Italian kind. For the last two years I've had curly so now I'll plant the flat. I hear flat Parsley tastes better, we'll see. Parsley lasts for two years, then it bolts (goes to flower) and it's done. Plants such as Parsley are called Biennials. I keep one Parsley plant right outside on my deck in a planter box, so while I'm cooking I can just step outside and snip what I need. The other plants are in my garden. I do the same with Basil in the summertime. Parsley seeds can be difficult to germinate (they take quite a long time), so I recommend buying a four-inch transplant and planting it in part sun/part shade. Although I planted an entire border in one bed with seeds and they all came up. I use Parsley for soups, stews, tabouli, salads, etc. Fresh Parsley is not only delicious but quite healthy and medicinal as well. Parsley is high in Vitamin C, the leaves and roots are used for urinary tract infections, and all parts of the plant are good for digestive weakness.

Another great herb to plant now is **Cilantro**, *Coriandrum sativum*. Many people love the flavor of cilantro, and some do not. I like it in salsas, salads, with beans, on vegetarian tacos and I even make a pesto from fresh Cilantro leaves so you can enjoy pesto in the wintertime as you do in summer with Basil. Cilantro is easily grown from seed, planted in a sunny location in well-draining soil. After enjoying Cilantro all winter, come springtime the plant will begin to bolt forming a lovely, delicate white flower (wonderful in flower arrangements) and finally go to seed. These seeds are Coriander seeds and can be used as a spice in chili powder or curry powder and the ripe green seeds can be pickled and used like capers. So interestingly, the entire aerial parts of the plant are used for our culinary enjoyment.

Another favorite fall herb of mine is **Borage**, *Borago officinalis*. Borage seeds can be planted now in full sun and will thrive through the cool months. Borage leaves can be used as an acute treatment for lung congestion, the flowers eaten as an anti-depressant and the oil in the seeds are high in gamma linolenic acid, which like Evening Primrose Oil, is helpful in the treatment of rheumatoid arthritis. The leaves and seeds of Borage are also helpful in increasing the milk supply of nursing mothers.

Calendula, *Calendula officinalis*, is probably my favorite fall herb. Seeds planted now, in full sun, will quickly produce plants that flower rich, vibrant orange flowers in the late winter, early spring. Calendula flowers are edible, act as an anti-depressant (who could stay depressed just looking at these bright, sunny flowers) and an oil and/or salve can be used to treat a large variety of skin disorders. Applied externally calendula salve will effectively treat burns, soothe pain of injuries and irritation and promote the healing of wounds, insect bites and bruises.

Two other herbs best planted in the fall are **Dill**, *Anethum graveolens*, and **Fennel**, *Foeniculum vulgare*. Dill grows well from seed, planted in full sun, and I usually find a transplant for Fennel. I have both green Fennel and Bronze Fennel in my garden. Dill leaves are used for cooking fish, in breads and the seeds are used for pickling cucumbers. Both Dill and Fennel have excellent digestive properties, calming flatulence, heartburn, colic and indigestion. Both these herbs are also hosts, or the food plant, to the Eastern Black Swallowtail caterpillar, which will eat the aerial parts of the plant but soon grow to be outstanding butterflies in your garden. Once these critters occupy my Dill or Fennel I just let them be and they don't seem to bother the rest of my bounty.

So if you have a Texas hankerin' to have any particular plant join your garden, now is the best time to get them in the ground. We still have some time before a first frost, so if you get your planting done now the root system has a chance to establish itself and get ready to hold on for the winter. Besides our beloved herbs, now is the time to scatter our wildflower seeds, water them in, and sit back and enjoy a springtime full of luscious, native Texas wildflowers full of color and magic and delights for our wildlife. Have a great season of fall planting and before you know it we'll be preparing our garden beds for spring. Have fun in the garden.

Ellen Zimmermann, M.A., is the director of the Austin School of Herbal Studies, a Certified Herbalist, and a teacher and speaker on the uses of herbs. She can be reached at 512-301-5838, www.ezherbs.net or ellen@ezherbs.net. The Fall 2003, Schedule of Classes for Austin School of Herbal Studies are filing up fast, so please turn in your reservations as soon as possible.

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The Austin Herb Society, Inc

Zilker Botanical Garden

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