



## HERBAL GREETINGS!!

### Getting Ready for the Holidays!

With Halloween just over, you're probably starting to think about the upcoming holiday season. Thanksgiving, and the Winter Holidays are coming soon. So, what can you do to prepare for these wonderful times? The first thing that comes to mind is foraging in the wild parts of Austin for seed pods, nuts such as pecan and acorns, moss, lichen and colorful leaves from trees, lambs ears, chive flowers, and cutting sweet Annie to dry upside down so I have a filler for wreaths. If you have any Mexican Bush Sage, everlasting flowers, or any late roses they can be cut and dried and used in wreaths, flower arrangements and ornaments. Another treat is to take a drive to Bastrop and pick up pinecones at a park or along side the road. And remember that you can make potpourri from all your lovely dried herbs and flowers with a little extra addition of essential oils. Herbally Yours, Michelle Chaput

### Tuesday, November 4

#### General Meeting at 9:30am

Our speaker will be Carlos Hernandez. He will present "Immune System Herbs for the Cold and Flue Season." Please be sure to attend and find out how to stay healthy for the winter.

\*\*Cindy Phillips will be setting up a simple **Day of the Dead Alter**. Please bring photo(s) or memento(s) of loved ones and a small food or floral offering, if you wish to participate.



### Tuesday, November 10

#### Zilker Park Herb Gardening Day is now the 2nd Tuesday of the month starting at 9:30am.

Sandra Holland at 258-4643 and Betty Stahly at 472-7539 are leading the gardening group.

### Thursday, November 13

#### Study Group, 7:00pm at Zilker Botanical Gardens

Kara Kroger, "Herbal Lotion Making." Please note that there is a \$5 fee for this event. Supplies will be furnished.

### Saturday, November 15

**Field Trip: Sponsor Tour!** Join us for a tour of It's about Thyme. There will be a **15%** discount on purchases for AHS members. A special wreath making class from 12- 2pm for \$10/pp or free to watch. Carrie Boyles of Scent Garden will provide drinks. If you'd like to bring some cookies for all to enjoy it would be appreciated at this

event. Contact Cindy Burrows at [dburrows1@austin.rr.com](mailto:dburrows1@austin.rr.com) or call 250-2147 for more information.

### Tuesday, November 17

**Executive Board Meeting at 10:00am is held at Zilker Botanical Gardens.** Executive Meetings are held each 3<sup>rd</sup> Tuesday of each month. All Board Members on the Executive Board should attend each month. All Chairpersons should submit report(s) when necessary and are encouraged to attend these meetings. For more information, please contact Michelle Chaput at [president@austinherbsociety.org](mailto:president@austinherbsociety.org) or 343-7677. **Please note time change!**

### Tuesday, November 24

**Mayfield Park Gardening Day is the 4<sup>th</sup> Tuesday of each month starting at 9:30am.** Bring your trowel and gloves and come enjoy this wonderful home and garden located off MOPAC & 35<sup>th</sup> St. Please contact Julie Crouch at [amh2ouzel@juno.com](mailto:amh2ouzel@juno.com) or 339-0193. Julie is new at leading this group. Thank you Julie! Everyone is welcome.



### We need a Volunteer!!

Jan Bland is stepping down as our Secretary, so we are currently looking for someone to take over her duties immediately at the Executive Board Meetings. If you would like to volunteer, please contact Michelle Chaput at [president@austinherbsociety.org](mailto:president@austinherbsociety.org).

**A Note:** At the October 14th AAGC meeting the subject of buying golf carts for Zilker Botanical Gardens was voted on and the vote was 18 yes and 20 no. So the golf cart issue for the present time will not move forward. Michelle Chaput, President

### AAGC Speakers Bureau.

If you would like to be apart of the AAGC Speaker's Bureau, please send your name, address, phone & email plus the topic you wish to speak on and any fee you charge for speaking to: Carol McKenzie, 12813 Winding Creek Rd., Austin, TX 78736. Let her also know that you are affiliated with the Austin Herb Society. They are compiling this list now so be sure to do this immediately, if you're interested.

### Let's Get Cookin' at the Austin Convention Center

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 and 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 Cindy Boyle at [cindyb@txla.org](mailto:cindyb@txla.org) or **303-1009**. In addition, our Sponsors have been invited to participate. They'll be getting a discount for a booth since they're connected to AHS. There will be a complete section laid out like a garden. Plus well-known chefs from all over Austin will be participating. You'll see the latest in cookware, gardening equipment, and plants, and also hear a host of speakers. This should be a really, exciting event. Hope to see you there!

The hours for the event are:

**Oct 31 at 11am to 7pm**

**Nov 1 at 10am to 8pm**

**Nov 2 at 10am to 5pm**

Speakers, date, time and subject:

10/31 at 2pm Michelle Chaput, 'Container Gardening with Herbs'

11/1 at 11am Paula Middleton, 'Cooking with Herbs'

11/2 at 12am Cindy Burrows, 'Kitchen Herbs for Health'

11/2 at 2pm Eloise Doherty, 'Landscaping with Herbs'

Please check out their website: <http://www.cookingevents.com>

### December Holiday Bazaar Reminder:

Our December 2nd meeting will be a wonderful Holiday Bazaar. We will be having our annual 'no-tax' book sale. And several of our sponsors will participate and will offer wonderful gifts just in time for the holidays. Members are encouraged to participate. If you would like to **sell merchandise at our meeting, please contact Cindy Phillips** to arrange for a table. You may contact Cindy at [cindyphillips@imagicmail.com](mailto:cindyphillips@imagicmail.com) or 512/264-2779. **\*\*Please note that everyone is encouraged to bring their favorite holiday goodie to share whether it's a cookie, candy, cake or spiced nuts!**

**Mark your calendars for this event The AHS Holiday Party will be on Saturday, December 13<sup>th</sup> at 6:00pm this year.** Please come and bring a guest! Everyone is asked to bring a dish to share. Light refreshments of coffee and punch will be offered. The party will be at Michelle Chaput's home: 5804 Ginre Cove, Austin, TX 78759 (343-7677).

*"The first gathering of salads, radishes and herbs made me feel like a mother about her baby - how could anything so beautiful be mine?" by Alice B. Toklas*

This quote is taken from a wonderful little book called *"Simple Pleasures of the Garden,"* by Susannah Seton. It's full of stories, recipes and craft all centered around gardens. The book falls into four sections - spring, summer, fall and winter. And it has something for everyone from the country gardener to the container gardener. It talks to you about the beauty of the garden, the uses of herbs in home decorating and using your gardens bounty to de-tox your soul. It's full of ways to use your lovely herbs too. This book has been out for a few years and hopefully you should be able to find it through local stores. Michelle Chaput

***Thank you so very much to our Volunteers! You made our Fundraiser a Success!*** It's our volunteers that made our October 4<sup>th</sup> Symposium so very special and festive, a huge thank you to each and every one. Paula Middleton, Pam Bell, Michele Lofstrom, Judith Craft, Vee Fowler, Betty Stahly, Cindy Boyle, Carrie Boyles, Cathy Slaughter, Dick and Nancy Miller, Michael Zitz-Evancih and many, many more. Your hearts and busy hands allowed us to have an extremely wonderful event. Our featured Speaker, Lucinda Hutson, was wonderful and full of information, insight and encouraged us to use those herbs! She presented new slides of her wonderful home and garden to inspire us all. Paula Middleton again worked wonders with Central Market catering on our special gourmet menu. Cathy Slaughter of Gabriel Valley Farms and Paula provided plants to buy! Pam Bell, Michele Lofstrom Jean Bazar and Michelle Chaput jumped in and decorated the auditorium to resemble a fiesta with the help of Marcia Lucas of El Interior. El Interior also provided a beautiful and meaningful 'Day of the Dead' altar. Michele Lofstrom and Vee Fowler made the festive punch and Jan Bland coordinated the volunteers. Carrie Boyles owner of Scent Garden provided beautifully wrapped aromatic 'bath fizzies' for all. We couldn't have had this delightful day without all of you.

### **AHS Tax exempt number #17427423961**

If you don't want to pay sales tax on items you purchase for AHS, please put this number on back of your AHS member card so you have it with you all the time. There is a tax-exempt form on website, fill this out and carry with you, if necessary. Sales taxes are not reimbursable, so you will need the tax-exempt form or tax number when making purchases for AHS. The reimbursement form will be available on our website too. Please use it!

**\*\*If you're interested in seeing photos from our events, please go to: <http://photos.yahoo.com/ahspresident>**

### Education Outreach News!

Schools and other organizations around Austin and surrounding areas are receiving "Herbal Education" thanks to the Austin Herb Society. Lydia Noble and Gwen Sederholm are busy again visiting schools and other groups presenting a fun and educational talk about herbs. Elementary students have been their main focus but they have addressed other groups, such as McNeil High School and Austin's Settlement Home. The talk includes culinary and medicinal herbs. They do a lot of hands on teaching using fresh herbs, which often includes an herbal drink and snack for the group to taste. With so many herbs to smell, taste, feel, and plant, the children and adults find themselves learning while having fun. Sometimes, depending on the situation, they help the groups actually plan and plant their herb gardens. They book up months in advance due to the popularity of their presentation. If you would like to volunteer to help out or know of a group or class that would enjoy having them visit, please email Lydia Noble at [lyd@austin.rr.com](mailto:lyd@austin.rr.com). Big thanks to the AHS for the funds and time it donates to this worthy effort. *\*This program is always looking for interested volunteers so please contact Lydia Noble.*

**AHS sponsor, Andra Millian M.S. L.Ac.,C.H. will be conducting a CRANE STYLE QI GONG** class at Cafe Dance, each Monday and Wednesday morning from 9-10 a.m. starting Monday, October 20 until the week before Thanksgiving break. Please view my website for information on crane style Qi Gong.  
Andra H. Millian, L.Ac., C.H. 512-892-0288  
[www.gbronline.com/onenamillian](http://www.gbronline.com/onenamillian)

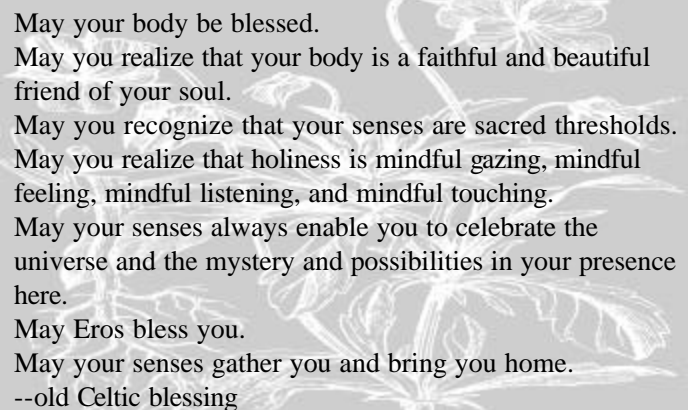
### Pre-Holiday Metabolic Detox Program.

Clean up your act and jump-start your weight loss program. Comprehensive, affordable two-week program with nutritional support and clinical supervision. People who benefit from this program: difficulty losing weight, low energy/fatigue, chronic muscle aches/fibromyalgia, joint pain, headaches/migraines, allergies, healthy people looking for optimal energy, etc. I am very proud and excited to be able to offer what I believe is an excellent program using ancient Chinese Medicine with High-Tech Nutrition and welcome the opportunity to answer any questions you may have. This offer is good through November 30, 2003. I may be reached at [tcmamillian@gbronline.com](mailto:tcmamillian@gbronline.com) or 892-0288. Peace and blessings, Andra Millian, Balcones Acupuncture Clinic

**America's Most Beautiful Herb Garden Contest, held in July, 2003.** The results are in for this contest that was sponsored by the PBS television program "The Victory Garden." Check out the following website for the winners and to learn about their herb gardens.  
[www.pbs.org/wgbh/victorygarden/contest/index.html](http://www.pbs.org/wgbh/victorygarden/contest/index.html)

### Blackland Prairie Restoration

In September, the Austin Herb Society Executive Board voted to donate \$100.00 to Popham Elementary School to partner in their Blackland Prairie Restoration project. This project is headed by Dorothy Cavanaugh's sister, Ruth Sterling, who is counselor at the school. The project directly involves all the students in the school. It is a real pleasure to see their excited faces and dirty hands, and the resulting riot of wildflowers in the spring. I will be recruiting members in the spring to donate wild plant cuttings, teaching, gardening, and speaking skills. I will provide a sign-up sheet for this project, so please keep Popham and this great project in mind and volunteer! Please call me for more info at 264-2779. Thanks, Cindy Phillips, 1<sup>st</sup> VP Programs



May your body be blessed.  
May you realize that your body is a faithful and beautiful friend of your soul.  
May you recognize that your senses are sacred thresholds.  
May you realize that holiness is mindful gazing, mindful feeling, mindful listening, and mindful touching.  
May your senses always enable you to celebrate the universe and the mystery and possibilities in your presence here.  
May Eros bless you.  
May your senses gather you and bring you home.  
--old Celtic blessing

### 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. A Volunteer Hours Record form may be picked up from the library at the Zilker Botanical Gardens Center, which is used to turn in your hours. If possible, please turn your hours in monthly. Joyce may be reached at 481-8256, if you have questions.



### Remember, refreshments are a delightful way to enjoy our meetings!

We 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](mailto:harveybell@highstream.net).

### **Strengthening Your Natural Defense System with**

**Astragalus.** Our western concept of immune system defense has a parallel in Oriental Medicine called, Wei Qi. Wei Qi is said to control the opening and closing of the pores, which is important in protecting the body against external influences. External Influences are those illnesses, which are said to invade the body from outside the body, like colds, flu, and seasonal allergies. Also, Wei Qi is said to be the energetic force that allows the body to perspire once an individual has caught a cold, flu, or allergy. People who frequently catch colds and flu may be said to have a deficiency of Wei Qi. Astragalus (huang qi in Chinese) is an excellent and much used herb for tonifying the Wei Qi, ie: strengthening the immune system.

### **Astragalus Chicken Broth**

Ingredients:

- 1 chicken for boiling
- 2 grams astragalus (huang qi)
- 1 tsp. ginger juice
- 1/2 tsp. sea salt or 1 Tbsp. Braggs Liquid Aminos
- 1 to 2 tsp. cooking sherry or sake

In a cooking pot, cover the chicken with 4 cups fresh water and bring to boil. Reduce heat, cover and simmer for about an hour. In another pot, cook the Astragalus (huang qi) in 2 cups of water until it boils down to about 1 cup. Add the Astragalus broth and all the other ingredients to the chicken pot and simmer until the smell of alcohol disappears. Strain the soup and serve only the broth. Serves 3-4 people as a delicious appetizer!

### **Green Bean Salad from DaVinci Olive Oil**

*from Barbara Broering*

This is a very good and simple recipe. Easy to vary with what's in the garden or refrigerator.

- 1 c fresh green beans (cook in boiling water no longer than 6 minutes to maintain green color, then drain, and cool in ice water)
- 1 c cubed cucumber
- 2 c cubed fresh tomatoes
- 1/2 c chopped red onion
- 2 T chopped fresh basil
- 2 T chopped fresh parsley
- 2 T red wine vinegar
- 1T extra virgin olive oil
- salt and pepper
- 1/2 c toasted chopped walnuts

Combine vegetables and herbs. When ready to serve, dress with oil and vinegar, salt and pepper. Top with walnuts. The acid in the vinegar turns the green beans brown. If you apply the vinegar ahead, the beans will lose their bright green.

### **Austin Herb Society Cooks!**

#### **Autumn Beef Stew in a Pumpkin – Vee Fowler**

- 3 lbs Boned beef shoulder in 3/4" cubes
  - 2 T olive oil                      2 T butter
  - 2 c chopped onion
  - 2c green peppers chopped
  - 2 tsp salt                      1tsp ground pepper
  - 1 bay leaf                      1/2sp thyme
  - 1 T tomato paste
  - 4 garlic cloves, minced
  - 1/2 c dry red wine      2 c beef broth
  - 1 lb dried apricots cut in half
  - 2 c yellow squash cut in 1" cubes
  - 2 c fresh green beans cut in half
  - 2 c carrots, diced
  - 4 sweet potatoes peeled cut into 1" cubes
  - 1 (16oz) can tomatoes, drained & chopped coarse
  - 1 pkg frozen corn, thawed
  - 1 Pumpkin, 9-10" in diameter with flat bottom
  - 1/2 c milk                      Salt/Pepper
  - Parsley ,watercress or rosemary.
- Dry meat thoroughly. In a heavy skillet, heat oil & butter. Slowly cook onions and peppers until limp but not browned. With a slotted spoon remove vegetables to a large oven-proof casserole. In skillet, brown beef cubes, a few at a time and add to the casserole. Use more oil & butter if needed. Stir in the salt, pepper, bay leaf, thyme, tomato paste & garlic. Add wine. Cover & cook 5 minutes. Add beef broth to beef mixture & simmer uncovered on the top of the stove. Then cover & place in a 325-degree oven. Adjust temperature to maintain a simmer. Cook about 1 to 1 1/2 hrs. or until meat is tender. Add apricots & vegetables except corn. Cook 20 minutes. Add corn & bake 10 minutes. At this point, refrigerate stew until next day. The next day preheat oven to 350-degree. Cut a generous top off the pumpkin. Remove seeds and scrap out the fibers, being careful not to make a hole in the bottom. Rinse the pumpkin with milk and sprinkle with salt & pepper. Place pumpkin with its lid beside it on foil in the oven. Cook 45 minutes to one hour, until the flesh of the pumpkin is tender but maintains its shape. While the pumpkin bakes, degrease the stew & reheat gently. Season with salt & pepper. To serve, ladle the hot stew into the pumpkin on a sturdy platter. Bring to table with lid on, surrounded by parsley, watercress or rosemary.

#### **Decorating a Holiday Tree:**

Volunteers are needed to make decorations for the traditional holiday tree to be displayed at the Zilker Garden Center. The tree will be setup in mid-November so you need to act soon. Contact Michelle Chaput at 343-7677 or [president@austinherbsociety.org](mailto:president@austinherbsociety.org)

## Incense

Burning dried herbs to release their fragrances is perhaps one of the earliest healing rituals known to man. Considered a gift to the gods, the aromatic smoke was sent with prayers and offerings as it rose up toward the heavens. Since it was also regarded as a disinfectant, incense was used in crowded temples to keep the danger of many infectious diseases at bay.

As with essential oils, incense draws upon the healing components contained in the dried herbs to help calm the mind, relax the body and soothe the soul. While the effects of incense often vary depending on the herb or combination of herbs used, the power of burning incense has endured over the centuries. The power of smell may seem to defy rational analysis, but studies have confirmed that the sense of smell has the most direct and quickest access to the brain. Aromatic molecules in the incense enter the nasal cavity and stimulate the olfactory nerves. These nerves, in turn, send impulses to the *limbic system*, the part of the brain that relates to memories, mood, learned responses and emotions. Depending on the scent, emotional responses then kick in to exert a calming or energizing effect on both the body and the mind.

### ***Burning incense in your home***

The pleasure of incense are readily available with a minimum of requirements. A fireproof incense burner or bowl, an instant-lighting incense charcoal and ingredients—herbal leaves, berries, roots powder, petals and chips—may be purchased at most health-food stores. You will also need sand and a pair of small needle-nose pliers with which to apply certain herbs.

### ***How to burn incense***

Follow these steps to ensure the proper use of incense and to maximize its effects. Sprinkle a small handful of sand into an incense bowl, which will provide sufficient ventilation for the charcoal to burn. Next, place one – two incense charcoals on top of the sand. Light with a match. Arrange the incense on top of the charcoal, making sure to use only a pinch of homemade blend (or prepared blend from the store). As the incense begins to burn, use a hand-held fan or your hand to move air toward it to stoke the fire and distribute smoke. Pliers may also be used to rearrange the embers.

\*\*The charcoal and sand in your incense burner or bowl should be cleaned out after each use. Before discarding, be certain that there are no live embers in the ashes.

### ***Examples of incense to create:***

#### *To create a spirit of romance*

1/4sp cinnamon powder

1/4sp sandalwood chips

1/4sp patchouli leaves

1/4sp rose petals

#### *To alleviate stress*

2tsp sandalwood chips

1 tsp thyme leaves

1 tsp frankincense tears

1/4sp angelica root

1 tsp cinnamon-bark chips

1 tsp juniper berries

1 tsp myrrh tears

1/4sp patchouli leaves

*To increase confidence*

1 tsp benzoin resin

1 tsp sandalwood chips

1 tsp of frankincense tears

1 tsp cedar leaves

1/4sp myrrh tears

#### *To clear up conflicts*

1 tsp lavender flowers

1/4sp patchouli leaves

1 tsp cinnamon-bark chips

1/4sp rose petals

1/4sp sandalwood chips

1 tsp hyssop

\*Using a mortar and pestle or a coffee grinder, grind each individual ingredient and then combine. Use 1-2 pinches of the chosen blend in your burner. Once the aroma dissipates, reapply the blend.

\*submitted by Brenda Davis, from *The complete Guide to Natural Healing*

### **Harvesting herbs from word garden:**

B Y U D G F Y B B R A E C A N I H C E  
F Z C E Z W Q U R H N S K X N O E S V  
T H Y M E Q H I E R C H A M O M I L E  
H A S N N C S X V Z H C I L A N T R O  
S L N R Y E X K C C C F Q D A U O H L  
T W X S A W F H A R A P K V O A D E A  
R N T N Y V I X T H X S R N S L M G V  
O I A B N V B Z N Z Y E A E G O G W E  
W O R U E G V I I V E G A S N X K F N  
S N R H Y S S O P R E B K B A K P F D  
N P A S R A P S Q R I G A W F W E Z E  
H N G L A U K E O Z S L V I W O T F R  
O Z O G M C W B A O M Y E L S R A P G  
J F N I E U F P H R F L K N O H U Z N  
T U P B S R E A Z F M L C D N T M V Z  
S Y O P O I T O T Y J I U J C E N J P  
B E G A R O B A G O N D N R T T F X Y  
M M B V I R G C D H L B K T Q K V D O  
B A S I L G N G E N A R U R Q V K G K

Anise	Cilantro	Lemon Balm	St. John' Wort	
Basil	Dill	Oregano	Tansy	
Borage	Echinacea	Parsley	Tarragon	Comfrey
Catnip	Fennel	Rosemary	Thyme	
Chamomile		Hyssop	Sage	
Chive	Lavender	Spearmint	Catnip	
Burdock	Ginkgo	Calendula	Ginger	

Skullcap

\*answers for word puzzle on last page

### **AAGC Volunteer Workshop:**

**AAGC wants club members who have volunteered at Zilker Gardens or Mayfield in any way attend a workshop. To register, call 477-8672 (Joyce Billings) by November 5<sup>th</sup>. This is free to our members. The workshop will be held on Sunday, November 9<sup>th</sup> from 2pm to 5pm.**

## Austin Herb Society 2003/2004 Sponsors

**Acupuncture Medical & Research Centre\*\***

1600 W. 38th St., #402, ph: 371-1121  
[www.acupunctureaustin.com](http://www.acupunctureaustin.com)

*Acupuncture Medical Services 20%-disc*

**Andra H. Millian, M.S. L.Ac. C.H.\*\***  
 5750 Balcones Dr., #117, ph: 892-0288  
[www.gbronline.com/onenamillian](http://www.gbronline.com/onenamillian)

*Acupuncture, Nutritional & Herbal Therapy*

**Barton Springs Nursery Company**

3601 Bee Cave Road, ph: 328-6655  
*Retail Gardening Center*

**Big Red Sun**

1102 E. Cesar Chavez St., ph: 480-0688  
[www.bigredsun.com](http://www.bigredsun.com)

*Retail Gardening Center*

**BodyRitual Herbs\*\***

ph: 567-5206 [www.bodyritualherbs.com](http://www.bodyritualherbs.com)

*Herbal Nutritionist: Classes, Consultations and Body Wraps*

**Book People**

603 N. Lamar, ph: 472-5050  
[www.bookpeople.com](http://www.bookpeople.com)

*Austin's Independent Bookstore*

**Book-Woman\*\***

918 W. 12th (at Lamar), ph: 472-2785  
[www.ebookwoman.com](http://www.ebookwoman.com)

*Everything Woman, Everyone Welcome!*

**Chez Zee American Bistro\*\***

5406 Balcones Dr., ph: 454-2666  
[www.chez-zee.com](http://www.chez-zee.com)

*Cooking 'til Midnight Friday/Saturday*

**Cindy Phillips Pottery & Painting Studio\*\***

25008 Pedernales Canyon Trail, ph: 264-2779

*Hifire Stoneware Pottery and Paintings*

**E&G Design\*\***

6204 Arnold, ph: 927-2913  
*Naturally Native Landscape & Drainage Solutions*

**El Interior \*\***

1009 West Lynn St., ph: 474-8680  
[www.elinterior.com](http://www.elinterior.com)

*Treasures of Mexico*

**EZ Herbs/Austin School of Herbal Studies\*\***

8803 Bear Creek Dr., ph: 301-5838  
[www.ezherbs.net](http://www.ezherbs.net)

*Herbal Consultations, Classes & Handmade Products*

**Fredericksburg Herb Farm**

402 Whitney St., ph: 1-800-259-4372  
[www.fredericksburgherbfarm.com](http://www.fredericksburgherbfarm.com)

*Herbs, Books, Gifts, Café, B&B*

**Gabriel Valley Farms\*\***

440 Old Hwy 29 East, ph: 930-0923  
*Wholesale Nursery, Retail by Appt*

**Gardens**

1818 W. 35th St., ph: 451-5490  
[www.gardens-austin.com](http://www.gardens-austin.com)

*Garden Center & Landscape Design*

**The Great Outdoors Landscape & Nursery**

2730 S. Congress Ave., ph: 448-2992  
[www.gardenadventures.com](http://www.gardenadventures.com)

**Howard Nursery**

111 E. Koenig Lane, ph: 453-3150  
[www.howardnursery.citysearch.com](http://www.howardnursery.citysearch.com)

*Retail Gardening Center*

**It's About Thyme\*\***

11726 Manchaca Rd., ph: 280-1192  
[www.itsaboutthyme.com](http://www.itsaboutthyme.com)

*Complete Gardening Center: Herbs, Antique Roses, Perennials*

**Lucinda Hutson**

4612 Rosedale Ave., ph: 454-8905  
[www.lucindahutson.com](http://www.lucindahutson.com)

*Cooking, Gardening, Lifestyle*

*Author/Consultant*

**The Natural Gardener**

8648 Old Bee Caves Road, ph: 288-6113  
[www.naturalgardeneraustin.com](http://www.naturalgardeneraustin.com)

*Austin's Organic Gardening Headquarters*

**ScentGarden\*\***

11726 Manchaca Rd., ph: 280-3544  
[www.scentgarden.com](http://www.scentgarden.com)

*Fine Essential Oils & Aromatherapy to Enhance Your Health*

**SOL Reflections**

12707 W. Hwy 71, ph: 263-6990  
*Your Local Health/Vitality Center*

**Sun Harvest (south store)**

4006 S. Lamar, #400, ph: 444-3079  
[www.wildoats.com](http://www.wildoats.com)

*Discover the World of Natural and Organic™*

**Sun Harvest (north store)**

2917 W. Anderson Lane, ph: 451-0669  
[www.wildoats.com](http://www.wildoats.com)

*Discover the World of Natural and Organic™*

**Texas Medicinals**

1203 E. 7th St., ph: 476-8422  
[www.texasmedicinals.com](http://www.texasmedicinals.com)

*Organic Herbal Teas and Native Plant Medicines*

**Valmyst Herb Farm\*\***

13221 Wire Road, ph: 267-4479  
[www.valmyst.com](http://www.valmyst.com)

*Fine Culinary Herbs, delectably preserved and packaged*

**West Lynn Café (vegetarian)**

1110 West Lynn St., ph: 482-0950  
*International Earthly Delights*

**Wheatsville Food Co-op**

3101 Guadalupe, ph: 478-2667  
[www.wheatsville.com](http://www.wheatsville.com)

*Austin's Community Grocery Since 1976*

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**Answers to word puzzle**

C A L E N D U L A B R A E C A N I H C E  
 F Z C E Z W G U R H P A C L L U K S V  
 T H Y M E Q H I E R C H A M O M I L E  
 H A S N N C S X N Z H C I L A N T R O  
 S L N R Y E X K C G C F Q D A U O H L  
 T G X S A W F H A R E P K V O A D E A  
 R I T N Y V I X T H X R R N S L M G V  
 O N A B N V B Z N Z Y E A E G O G W E  
 W K R U E G V I I V E G A S N X K F N  
 S G R H Y S S O P R E B K B A K P F D  
 N O A S R A P S Q R I G A W F W E Z E  
 H N G L A Y K E O Z S L V I W O T F R  
 O Z O G M E W B A O M Y E L S R A P G  
 J F N I E R F P H R F L K N O H U Z N  
 T U P B S F E A Z F M L C D N T M V Z  
 S Y O P O M T O T Y J I U J C E N J P  
 B E G A R O B A G O N D N R T T F X Y  
 M M B V I C G C D H P I N T A C V D O  
 B A S I L G N G E N A R B U R D O C K



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