



HERBAL GREETINGS!!

Holiday Joy!

I hope that you're having a great time during our winter holidays. This year the Austin Herb Society is having an expanded Holiday Bazaar. Many of our Sponsors are going to be directly involved and of course our many members too. They will have lots of gifts and ideas for you. Our club will have a great selection of books obtained from Fredericksburg by our merchandising staff. And Santa's little gift to our members is no sales tax on the books we sell to you, which is on top of the 35% off the publisher's price! There'll be lotions, soaps, jewelry and wonderful handmade objects to win your hearts. There will be Potpourris and essential oils to scent your homes and/or that of your family and friends and much, much more. Happy Holidays to each and everyone!
Michelle Chaput, President

Tuesday, December 2 General Meeting at 9:30am

Annual Holiday Bazaar! We will be having our annual 'no-tax' book sale. Several of our sponsors will be participating and will offer wonderful gifts just in time for the holidays. Members are encouraged to participate. So, 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 or 264-2779. ****Please note that everyone is encouraged to bring their favorite holiday goodie to share whether it's cookies, candy, cakes or spiced nuts!**

Tuesday, December 9



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 474-2130 are leading the gardening group. If you have volunteered to help with the garden, please come!

There will not be an Executive Board Meeting in December. The January meeting will be held at Michelle Chaput's home. For information:
president@austinherbsociety.org
or 343-7677

****There will not be a study group program for the month of December****

Saturday, December 13

The AHS Holiday Party will be on Saturday, December 13th at 6:00pm this year. This is a very festive party just for AHS members and their guests! 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, Texas 78759 (343-7677). Invitations with maps will be available at our Dec. 2nd meeting. Contact Cindy Burrows at dburrows1@austin.rr.com or call 250-2147 for more information.

Tuesday, December 23

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



We have a New Secretary!! I would like to announce that Barbara Broering is taking over as Secretary of AHS. Thank you so much for filling this position.

Reminder!! Don't forget to visit our Sponsors for holiday classes and of course, gifts!

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.



The following is a list of books that will be available for purchase at the Holiday Bazaar, December 2nd:

Native Texas Plants 2nd Edition
Native Trees, Shrubs, Vines
Plants For Texas (Garrett, TP)
Southern Heirloom Garden
Texas Gardening Guide (Groom)
Tough Plants/Southern Gardens
Herbs For Healthy Pregnancy
Home Spa: Relax (HC)
Indian Uses of Native Plants
Natural Alternatives (TP)
Natural Beauty and Bath (TP)
Pharmacist's Guide/Medicinal Herb
Complete Herb Book (TP)
Culpeper's Color Herbal (TP)
Handbook of Native American Herbs
Favorite Recipes with Herbs (TP)
Herb Garden Cookbook (HC)
Hot Flash Cookbook (TP)
Moosewood Restaurant Celebrates
Texas Almanac 2004-2005
Blank Book: Tropical Palm
Blank Book: Forest Floor
*Plus AHS Cooks and Rosemary!

This time of year, it's so nice to give a gift from your kitchen. Add these delectable cookies to a pretty gift bag along with a wonderful book and maybe some herbal tea to take the chill off a winter day!

Lavender Tea Cookies on pg. 158 AHS Cooks

1 C. unsalted butter
2/3 C. superfine sugar
1 egg, beaten
1 ¼ C. self-rising flour
1 Tbsp. dried lavender flowers
Line a cookie sheet with parchment paper. Heat oven to 350 deg. Cream butter and sugar. Add egg and beat well. Stir in flour and flowers. Drop a teaspoonful onto parchment, spacing widely to allow for spread. Bake 15 to 20 minutes, until pale gold and the edges are tinged brown. They will be soft until cooled. Store in an airtight tin. Makes 30 lovely cookies. *P.S. You can look for dried lavender flowers at Wheatsville, Sun Harvest, and Wholefoods stores.

Earth on Her Hands: The American Woman in Her Garden by Starr Ockenga

If you are looking for a wonderful book that will excite and encourage your gardening and creative ideas, then this is the book for you. It will take you on a journey of a lifetime taken by many gardeners/artists in pursuit of splendid gardens. The book is visually stimulating and describes incredible gardens of all sorts created by American women. It is very interesting to read and beautiful to view. Michelle Chaput

A little report on the Nov. 14th Fieldtrip:

AHS went on a field trip to some of our sponsors, It's About Thyme Nursery and ScentGarden. We had a warm and happy time making bay laurel wreaths in the lovely old home that ScentGarden has nestled itself into on the grounds of It's About Thyme Nursery. Carry Boyles made hot apple cider for us to enjoy as we wound wire around fresh cut bay and added in bits of dried orange, cinnamon and chili peppers to make the wreaths lovely, useful and colorful. And member, Michele Lofstrom made banana bread for us to eat! It's About Thyme has a huge assortment of bay laurel for sale right now. This is a great time to pick some up to add to your garden or a container. Barton Springs Nursery is sending 15% of everything that AHS members purchased on Saturday. Thanks goes to Cindy Burrows, our VP for Fieldtrips for this fun day.

Medicine Making Class with EZ Herbs

I had the wonderful opportunity to attend this awesome class at Austin School of Herbal Studies. Ellen Zimmermann, Herbalist, is such a delightful teacher who is so full of herbal knowledge. Now I am able to make my own tinctures, salves, oils, and herbal teas. I am so looking forward to attending more of her herbal classes, and Ellen just makes it look so easy. I had such a great time learning that it was hard to leave when the class was over, I could have stayed several more hours. Well, there are many more classes to be taken, so I better get signed up! Herbal blessings, Brenda Davis

Thanks to everyone that volunteered at the Let's Get Cookin' Convention: Cindy Boyle, Julie Crouch, Sharon Maner, Marlene Carroll, Dick and Nancy Miller, Brenda Davis, Betty Stahly, Lydia Noble, Gwen Sederholm, Diana Hyland, Judy Schlotzhauer. A special thanks goes to those who were speakers: Paula Middleton, Eloise Doherty, Cindy Burrows and Michelle Chaput. It was a delightful event and the AHS was able to handout copies of our newsletter, brochures and sell some cookbooks too!

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. You may download the forms off the Zilker website or pick up forms at the Zilker Garden Center. Please turn your hours in monthly. Joyce may be reached at 481-8256, if you have questions. **If you participated in the Let's Get Cookin' convention your hours need to be turned in!**

Tickets are on sale! Please pick up your tickets for **Zilker Fest!** Your AAGC Rep. Michael Zitz-Evancih has tickets for sale. Each ticket cost \$3.00. They'll make great gifts and/or great stocking stuffers! You can pick up the tickets at the meetings or contact Michael at mzitzevancih@austin.rr.com or 719-4070.

A very important message to all AHS members:

Zilker Botanical Gardens is a jewel in the middle of Austin and Central Texas that we as a gardening club hold dear to our hearts. And for that reason several members of Austin Area Gardening Council, of which AHS is a member organization, are trying to establish a foundation to take care of the garden and establish an entity in order to raise money, guidance, hire employees, and maintenance workers and thru all this make sure that Zilker Botanical Gardens stays in the hands of the gardening clubs. I recently attended a meeting with the AAGC. It took place on November 11th and I thought that everyone should be made aware of the content of this meeting. So, the following are my notes from that meeting.

Sincerely,

Michelle Chaput, President

The Austin Botanical Garden Foundation was represented by Barry Lovelace:

The City is in an extreme financial crisis resulting in reduced expenditures for the parks not only this year but for the foreseeable future. Austin cannot keep up with the needs of the botanical garden. There has been a tremendous increase/demand on the gardens in recent years. Currently there are 1.2 million people in the Austin area, and it has made it impossible for the city to keep up the parks and many on the AAG council feel that the city cannot keep up either. Also, Zilker Botanical Gardens is low on the list for future improvements. We are facing a crisis with no increased resources from the City. Once the ABGF is established it would provide funds, care, and setup a fee structure. ABGF would vigorously seek finances from philanthropic individuals and/or organizations. It would be a private non-profit corporation and not a city owned entity. AAGC is critical to the foundation. It seeks a collaborative union but would be separate and independent. With the foundation in place, AAGC may deem it necessary to have a change in dues but that's up to AAGC and not the foundation. *Note: Currently each club pays \$3 for each member to AAGC annually for use of the facilities. That's why we are a member organization and have a rep that goes to AAGC monthly meetings. Extra charges are not anticipated for clubs at this time for use of the facilities. Charges will be for non-member activities (like weddings, etc.).

An entry charge is anticipated for the public, but club members would be excluded from paying to get in. A card or some such thing will be issued to each individual. The foundation would honor any AAGC agreement.

Question? If AAGC runs the building, would they also take over maintenance and costs relating to running the building?

A. This is unknown at this time and will be discussed. It is a possibility.

Q? What do you need from AAGC?

A. Dialogue and communication.

Q? What is your proposal to the city?

No official proposal at this time. We are working on a proposal for the city and want to continue a dialog with the clubs. Foundation wants to professionally raise funds with fundraising Pro George Pond's help.

Plus' for the foundation are:

We do not have to raise a huge amount of money to setup the foundation. We do not have to start with a 'clean' slate. We are working with an established entity 'Zilker Botanical Gardens.' We still need the volunteer base that AAGC has established but can foresee having volunteers from the foundation and AAGC associated clubs working together.

Minus' for the foundation could include:

Having to pay the gardeners and maintenance workers.

The city/PARD ran out of money to complete improvements to Zilker and the foundation might be responsible for having to bring the buildings, electrical system, walkways and facilities up to code standards. This will be costly.

I hope you can see from my notes that a continuing dialog between the ABGF and AAGC is being pursued. The ABGF wants to bring their views and voice to the clubs so that we may understand and hopefully support their role in supporting Zilker. I asked for an outline of their objectives and goals to be presented to the clubs so that we may understand and judge their objectives. This was received very well by the other AAGC reps and also by Barry Lovelace of the foundation. In the near future, we will be hearing from the foundation on this subject.

Also, the Cactus and Succulent Society raised more than \$3,000 for AAGC and presented them a check at this meeting. For the December 9th meeting at 9:30am, AHS will present a check for \$1,000, which we raised at our symposium.

To our wonderful sponsors from Brenda Davis, Editor:

Please continue to send me your articles and news stories for the AHS Potpourri newsletter. Because members have not signed up to receive promotional information via email, we will no longer distribute email messages to our members. We do, however, encourage sponsors to develop their own email lists by having a sign-up up sheet at meetings and events. Thus, you can create and control your own email database. A good time to register AHS members is at our December Holiday Bazaar on December 2. Our goal is to make sure that you stay connected to the herb-loving community. We will provide that vehicle via our monthly newsletter. You are also invited to distribute flyers, handouts or brochures during our meetings and events. Sponsors, please send

me your articles/news stories no later than the 15th of each month. Send via email: bmdtubbs@hotmail.com. If you have questions or comments, you may reach me at: 936-1190

December 6 from 12 - 2 p.m.

**Diane Winslow of It's About Thyme and Carrie Boyles of ScentGarden Aromatherapy
Holiday Potpourris**

Diane and Carrie combine their knowledge to provide a class on natural potpourris made with natural scents! There will be a step by step demonstration of how to put together a fragrant holiday potpourri with natural dried botanicals, and how to scent this mixture with all natural essential oils blended to make three festive holiday aromas: woody, spicy, and holidays fruits. Materials for making these all natural potpourris will be available for sale following the class.

December 14 from 12 - 2 p.m.

**Carrie Boyles of ScentGarden Aromatherapy
Aromatic Stress Relief for the Holidays**

This is just about the time in December when we want the Holidays to slow down a little since things are getting just a LITTLE to stressful. Come to Carrie's class on how to use aromatherapy to de-stress and give yourself a little TLC. Bath formulas, relaxation techniques, massage, and other relaxation ideas will be discussed. There will be a handout with aromatherapy relaxation blend suggestions.

Crane Style Qi Gong class at Cafe Dance has been extended through December 10!

Gift certificates will be offered for four (4) class series or eight (8) class series. These class series go until December 10 and will pick up again after January 5. Please contact Andra Millian at 892-0288 or visit her website www.gbronline/onenamillian, for more information and prices about this wonderful offer.

Santa is coming to the Big Red Sun!

Santa in the Garden at Big Red Sun-Saturday Dec. 6th
Please include in your calendar listing for December:
Saturday December 6th noon – 8pm

Santa in the Garden at Big Red Sun -1102 East Cesar Chavez (2 blocks east of IH-35). There will be photos with

Santa, live music, pony rides and lots of family fun. Also, our first annual Mrs. Claus Costume Contest! For more info contact Sharon at Big Red Sun 480-0688 or go to our website www.bigredsun.com.



Money Plant (*Lunaria annua*), also called *Honesty plant*.

Herbal class at Austin School of Herbal Studies

Austin School of Herbal Studies has one more class for the Fall 2003 Semester. The class is Herbal Medicine, Texas Style on Sat. Dec 6th from 9:30am-4:30pm. To enjoy a full day in a relaxed atmosphere learning about medicinal herbs for Central Texas, please contact Ellen Zimmermann at www.ezherbs.net or 301-5838

Open house at Valymyst Herb Farms

We will be holding our 2003 holiday open house on these dates: Sunday, November 23, noon to 6pm; Sunday, November 30, noon to 6pm; Saturday, December 13, noon to 6pm. Please join us for the festivities, there will be hot wassail, tea, and other herbal treats. EZ Herbs, Earthlight Herbals (herbal apothecary), Kathyrn Stevens, Cheri Kunert (hand-crafted pottery), and Jerry Faglie (Native American art pieces), just to name a few of the vendors. Plus we have many great gifts for your holiday shopping. Please contact Sherry Moe at 267-4479 or email: valymyst@myexcel.com for directions and/or for more information.

Sol Reflections is moving!

We are opening the new location on December 2. Our grand opening is December 2 to December 12. Everyday there will be drawings for gift baskets, sharing lots of samples, having demos, and music. There will also be a 10% discount throughout the shop during this grand opening period, with an extra 5% discount for members of AHS! Enjoy our big grand opening celebration on Sunday, December 7th, with lots of fun events, including music from Shake Russell and Dana Cooper playing from 4-6 pm. Our new address is located in Lakeway at 620 Center, 107 RR 620, Suite 105, Austin, Texas 78734. For more information, please contact Samantha at 263-6990 or solreflections@earthlink.net.

BookPeople, where many exciting things are happening!

American Heart Association will be at BookPeople on **Nov. 21st**. They will bring you *One Dish Meals*- with free samples cooked up by local chefs! Also, author and Ft. Worth Telegram columnist Jeff Guinn is coming on **Nov. 25th** with his *Autobiography of Santa Claus*, the most historically accurate bio of Santa yet (and good fun for all ages)! Plus, we have many exciting events from now and into the coming new year. Please contact Alex Pippard at 472-4288 ext.404 or email events@bookpeople.com or visit the website www.bookpeople.com, for a more detailed list.

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 the back of your AHS member card so you have it with you all the time. There is a tax-exempt form on the 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!

Compress Bags

Compresses, packs and dressings are traditional home remedies with an integral role in natural healing. The comforting compress bag may be used as a hot or cold application for gentle relief from headaches, cramps, chills, or arthritis pain. They may be heated or cooled, filled with herbs or moistened with teas for comforting pain relief and stress reduction. To keep pace with today's harried lifestyles, these remedies may be taken a few steps further. You may fill a compress bag with flaxseed, rye, corn or buckwheat hulls, toss it in the microwave and in just a few minutes have welcome warmth to relieve muscular or arthritic pain. Or, you may keep the compress bag in the freezer/refrigerator so you have an instant cold pack to reduce swelling in sprains and strains. Herbs or essential oils may be added to a warming compress bag, some suggested herbs are lavender, cloves, peppermint or chamomile for greater relaxing effect. You'll find a variety of compress bags at the health-food store, or you may easily make your own. A seed compress bag is the best choice of medicinal value: It may be rapidly brought to the desired temperature and will soothe your body as it imparts its pain-relieving properties, which will improve circulation in the body area where the bag is applied. To induce sleep and reduce stress, a cooling eye compress may also help.

A little lore: Mother Nature has long been associated with the best cures. While some medicinal plants have lost favor or their use has been discontinued, methods of treatment have not. Poultices, plasters and compresses made with herbs, seeds, and grasses have been remedies for centuries, working through the skin to provide relief.

Homemade compress bag: Use cotton fabric to sew a bag measuring 12in by 12in, and fill with flaxseed, rye, or corn (not popping corn, of course). Sew the bag shut, and heat it in the microwave for about 4-min. Place it on the painful area. The bag will shape itself to your contours. Depending on its filling, a bag retains its heat for 15-45 min.

Hot or cold? Heat is generally harmful in the case of acute inflammations with swelling or bruising, especially in the first 12 hours following an injury. Cold compresses

bring immediate relief. Wait until acute swelling is gone before applying a hot compress. If pain worsens after a compress application, discontinue use and seek medical attention.

Methods of Administration. For muscle cramps: Place a compress bag, heated as hot as you can tolerate, on the painful area, and then wind a cotton cloth around it. Leave the bag in place for 15-45 min., or as long as it feels warm. For headaches: Tension headaches may be relieved by applying a compress bag, especially if the bag has such herbs as lavender or peppermint added to it. Heat the bag to a comfortable warmth, and apply it to the back of your neck. Hot and cold treatments: Alternating hot-and-cold applications stimulate circulation and help heal sprains and muscle injuries once acute swelling and bruising have subsided, usually about 12 hours after the injury. Start by placing a hot compress bag on the affected area for about 4 min., followed by about 1 min. of cold. A cold washcloth will do, or another compress bag that has been frozen/refrigerated will work well. Repeat this hot-and-cold sequence 3-4 times for optimal relief, ending with cold.

To ease a child's earache: A heated compress bag may bring relief to a child suffering from an earache. Heat a small compress and place it on her/his pillow with the painful ear against it. The long-lasting warmth promotes circulation and soothes pain.

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



Prairie Coneflower (*Ratibida pinnata*)

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

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