



HERBAL GREETINGS!!

2004 – A New Year for AHS

Well, can you believe it! Another year has passed us and we have so many things to be thankful for. Our herb gardens at both Zilker and Mayfield Parks have flourished thanks to the wonderful hands of our many volunteers. We have had a very successful Holiday Bazaar, Fall Symposium, Membership Luncheon and Holiday Party too. And I hope that you have been attending the evening Study Group program this year. Vee Fowler and Eloise Doherty have out done themselves! But all this is due to many of our members putting their efforts together to produce a beautiful garden of delights for all of us. We absolutely couldn't function without these wonderful women and men. Right now, I hope that you are all enjoying this slow time in our busy lives. I really look forward to January and February to plan for future things. I love the seed catalogs so I can read about all of the enticing plants and seeds I want to envelop into my garden and I love to plan future events for AHS too. This wintry time gives me some breathing space to do that. But come March festivals will be starting and you will be needed, once again as volunteers.

Herbally yours, Michelle Chaput, President

Tuesday, January 6

General Meeting at 9:30am

Kara Kroeger will present 'Edible Herbs for Nutrition and Healing.' Kara is one of our sponsors and is the owner of *Body Ritual Herbs*. She has an extensive background as an herbalist and we are lucky to have her as a speaker and member/sponsor of our club.

Tuesday, January 8

Study Group, 7:00pm at Zilker Botanical Gardens

Gayle Engles from the American Botanical Council will present 'International Herb of the Year – Garlic.'

Tuesday, January 13



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!

Tuesday, January 20

Executive Board Meeting at 10:00am

The January meeting will be held at Michelle Chaput's home, for this meeting only. For more information, please contact Michelle at president@austinherbsociety.org or 343-7677.

Saturday, January 24

Field Trip: Arts and Crafts Day at Zilker Botanical Gardens from 9:00am to 11:30am.

Cindy Burrows of Nature's Healing Herbs will conduct a class on how to make and use your own herbal tea. Class will include learning the facts about the herbs used, their priority and proper ration for an infusion or decoction. Each person can blend their own mix from a variety of herbs and you'll have tea to take home. Supplies will be provided. Contact Cindy Burrows at dburrows1@austin.rr.com or call 250-2147 for more information.

Tuesday, January 27

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!



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 to our general meetings. So, if you didn't sign up at the last meeting, please call Pam Bell at harveybell@highstream.net or 894-0767.

Now on sale! Please pick up your tickets for **Zilker Fest!** Your AAGC Rep. Michael Zitz-Evancih has tickets for sale. AAGC is asking that each member of every club purchase at least 2 tickets. You may pick up the tickets at the meetings for \$3 each or contact Michael at 719-4070 or mzitzevancih@austin.rr.com. This event directly supports Zilker Botanical Gardens.

Your Volunteer Hours are needed!!

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 Zilker Botanical Gardens Center or downloaded from the Zilker website www.zilker.org. (Also, this form is attached to the end of this newsletter.) 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 to Joyce Billings immediately!**

Holiday Bazaar: We had at least 25 vendors at the AHS Holiday Bazaar with a really great array of products that included books, candles, herbal baths, kitchen and medicinal products, jewelry, plants, clothing, baked goods, baby quilts, beeswax candles, bowls, etc. Attendance was good and the casual visiting atmosphere was further enhanced by the wonderful refreshment spread provided by members. We acquired a new sponsor, Anne Wheat representative of Arbonne International Pure Swiss Skin Care and a former member renewed her membership as well at the meeting. Cindy Phillips

AHS annual Holiday Party. The AHS party was delightful this year with good weather making it a little easier to get to the party at the President's house! About twenty-five members and their guests attended this lovely event. The front yard was full of lights, the house was decorated with festive holiday greenery and flowers, and the fireplace was blazing. Members brought homemade goodies of every kind. Fruit punch and coffee were also served. Cindy Burrows brought hot hibiscus tea to share. If you missed this event, I sincerely hope that you plan to attend next year. We really had fun. Happy Holidays to all, Michelle Chaput, President.

December 2nd AAGC Meeting:

AAGC had their annual Holiday luncheon and AHS Rep. Michael Zitz-Evancih and President Michelle Chaput attended this event so that a donation of \$1,000 could be presented to the council. AAGC was delighted with our contribution. President Michelle Chaput spoke to the group encouraging them to do similar events to raise money for our beloved Zilker Botanical Gardens.

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!

BookPeople, where many exciting things are happening!

Great things are going on at BookPeople for a complete schedule for the months of January, February, and March, please contact Alex Pippard at 472-4288 ext.404 or email events@bookpeople.com or visit their website www.bookpeople.com.

Ring in the New Year at Chez Zee!

Please contact Chez Zee American Bistro at 454-2666 or check out their website www.chez-zee.com, for more information on dinner specials, entertainment, to make reservations, etc. for your New Year's Eve celebrations.

Drink Tea to Buck Up Your Immune System:

In May '03, Jack Bukowski of Brigham & Women's Hospital in Boston announced that a few strong cups of tea everyday can ward off infections. His team was not out to research tea but are immunologists and were researching the gamma delta T-cells, long known as the key component of the immune system. They found that the gamma delta T-cells produce far more infection killing chemicals, including interferon, when exposed to large quantities of ethylamine, an alkylamine antigen. What helps produce ethylamine? An amino acid called L-theanine. And where do you find it in abundance? In tea, Bukowski's team used human subjects to check their findings. A group of healthy volunteers put away five to six cups a day for two to four weeks. The control group drank coffee. In the tea drinker's immune systems, gamma delta T-cells produced five times more infection fighting interferon when exposed to disease causing bacteria than did the T-cells of the coffee drinkers. If you are really sick, it will not do much to drink tea since it works with the body's first line of defense which could decrease your chances of getting a cold, urinary tract infection, or a skin infection before it happens. Black, green, and oolong teas all have high concentrations of L-theanine. Herbal teas, whatever their other virtues, may not keep the sniffles away - they contain no actual tea leaves. 'Taken from "Tea Jump-Starts Immune System by M. Robbins," Discover No. 2.'

A spicy herbal tea to chase a cold day away:

½ c green tea ¼ c rosemary
¼ c rosehips ¼ c dried lemon or orange peel
3 TBSP crushed cloves
3-inch piece of cinnamon, crushed
Combine and store in glass jar. Makes 30 servings

For one large cup:

1 heaping teaspoon of blend

1 ½ C hot water

In a large mug place tea and cover in hot water. Cover & steep for 5 minutes. Enjoy.

If you have a favorite tea recipe please send it to our editor Brenda Davis for inclusion in our newsletter.

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The Austin Herb Society, Inc

Zilker Botanical Garden

2220 Barton Springs Road

Austin, Texas 78746

www.austinherbsociety.org

VOLUNTEER HOUR RECORD

AUSTIN AREA GARDEN CENTER, INC.
 ZILKER BOTANICAL GARDEN
 2220 BARTON SPRINGS ROAD
 PHONE 477-8672 Fax: 481-8253

NAME: _____
 ORGANIZATION: _____
 MONTH/YEAR: _____

ACTIVITIES	TOTAL HOURS
AAGC OFFICER (preparation for & attending Executive Board meetings)	
CLUB REPRESENTATIVE (attend Council meeting; reporting AAGC activities to your club)	
COMMITTEE MEETINGS (attending & preparation for)	
HOSTING (donating & preparation for)	
FUNDRAISING (<i>for example</i> : Zilker Garden Festival, Herb Fest, painting porcelain to sell at the gift shop, etc.)	
AAGC EDUCATION PROGRAM (for youth & adults)	
GARDENING/CONSTRUCTION (at Zilker Botanical Garden)	
PUBLICITY (<i>for example</i> : newsletters, magazine articles, TV presentations, video production, Internet presentations, etc.)	
PARD ACTIVITIES (<i>for example</i> : Christmas tree recycling, Austin-Oita sister City Program, Austin Arts Festival, Splash Day, etc.)	
PUBLIC SHOWS/EVENTS (Shows, sales, tours & all events occurring at the AAGC or at Zilker Botanical Garden & at other events)	

Please return to:
 Austin Area Garden Center, Inc.
 Information Coordinator
 2220 Barton Springs Road
 Austin, Texas 78746