



## Herbal Greetings!!

**The February sunshine steeps your boughs,  
And tints the buds and swells the leaves within.  
~William Cullen Bryant~**

Vespertine flowers are plants that flower in the evening to scent the air and they come to mind during this mid-winter month. Nicotiana, primrose, catnip and datura are flowering herbs that are listed among them. So right now is the time to plan a fragrant herb garden to enjoy this coming spring and summer. Do you realize that Echinacea smells like honey? So, plant this wonderful herbal near a window or door to enjoy not only its lovely flowers and great healing powers, but to enjoy a scent that will lift your spirits. Other scented herbs are violets, clover, iris, roses, and ginger. I'm sure that you know many more. Oh, can you hardly wait until you start to see that early green? And what lovely things you've ordered from the heirloom seed companies begin to come pouring in. It's the best of times.

Herbally yours,  
Michelle Chaput, President

### **Tuesday, February 3 General Meeting at 9:30am**

The author Susan Wittig Albert will be our speaker and she'll present her new book, "A Dilly of a Death" to our group. As you know Susan writes the most wonderful mystery/herb books around. Her heroine China Bayles sleuths again! Don't miss this meeting. You will be delighted by our speaker and able to purchase her new book too! Susan has a wonderful website about her work, so please visit [www.mysterypartners.com](http://www.mysterypartners.com).

### **Thursday evening, February 5**

**Field Trip: An Evening Cooking with Herbs**, Vee Fowler and Cindy Phillips will hold a dinner at Jan Bland's home. Reservations Required in Advance. Limited Seating. Contact Cindy Phillips to register at 264-2779 or [cindyphillips@imagicmail.com](mailto:cindyphillips@imagicmail.com).

### **Tuesday, February 10**

**Zilker Park Herb Gardening Day** is 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!

### **Thursday, February 12**

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

Cindy Burrows will present "Green Tea, an Introduction." She will discuss the different types of tea available, how it is processed, benefits of tea, the best way to brew it, how to lower caffeine, and how some green teas may be eaten for health. Cindy is an herbalist and nutrition consultant, a speaker and writer, she has been in the health and holistic field for over 20 years. She is the owner of Nature's Healing Herbs, a product line of organic herbal teas and importer of rare and specialty green teas. Her line also includes a new specialty area, a green tea foods-line, very unusual, very colorful, tasty and a great way to increase your antioxidants. Contact Cindy for more info at 512-707-6782 or [www.herbalagogo.com](http://www.herbalagogo.com) \*\*Please bring refreshments to the Study Group, for info contact Vee Fowler at 345-0719 or Eloise Doherty at 927-8478\*\*

### **Tuesday, February 17**

**Executive Board Meeting at 10:00am is held at Zilker Botanical Gardens.** All Board Members on the Executive Board should attend each month. For more information, please contact Michelle Chaput at 343-7677 or [president@austinherbsociety.org](mailto:president@austinherbsociety.org).

### **Tuesday, February 24**

**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 & 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. 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 894-0767 or [harveybell@highstream.net](mailto:harveybell@highstream.net)



**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](mailto:mzitzevancih@austin.rr.com). This event directly supports Zilker Botanical Gardens.

**\*If you're interested in seeing photos from our functions, please go to:**

<http://photos.yahoo.com/ahspresident>

*The AHS Christmas Bazaar Pictures are posted*

### **Medicinal Uses of Banana: The world's largest herb!**

#### **Did you know that the banana is an herb?**

Well, it is and it has many beneficial uses such as:

**Anemia:** High in iron, bananas can stimulate the production of hemoglobin in the blood.

**Blood Pressure:** It is extremely high in potassium yet low in salt, making it the perfect food for helping to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Brain Power:** 200 students at an English school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brainpower. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

**Constipation:** High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Depression:** According to a recent survey undertaken by MIND among people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin – known to make you relax, improve your mood and generally make you feel happier.

**Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Heartburn:** Bananas have a natural antacid effect in the body so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Nerves:** Bananas are high in B vitamins that help calm the nervous system.

**Overweight and at work?** Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods – such as bananas – every two hours to keep levels steady.

**PMS:** Forget the pills – eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer, tryptophan.

**Smoking:** Bananas can also help people trying to give up smoking, as the high levels of Vitamin C, A1, B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water-balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be re-balanced with the help of a high-potassium banana snack.

**Strokes:** According to research in 'The New England Journal of Medicine' eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

**Temperature control:** Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

**Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronic ulcer cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Warts:** Those keen on natural alternatives swear that, if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!  
*Bananas originated in Southern China and was carried to Malaysia as early as 200 BC. Alexander the Great mentions eating them in India in 327 BC! Much later it was taken to Africa by Arabs and distributed to the Caribbean in the 1500's from there. Article provided by Michelle Chaput, President.*

### **Fried Bananas**

Bananas, lemon juice and or spices and canola oil  
Heat nonstick frying pan with a little oil. Split bananas lengthwise. Lay into frying pan. Sprinkle with lemon and spices. Brown on both sides. *Variations:* Sprinkle on a little bit of ginger, cinnamon, allspice, nutmeg, or sugar. Serve with fat free cream cheese, fat-free ricotta, sliced oranges or toasted coconut. Works as a dessert or snack your kids can make. It's done in 5 minutes

### **Black Bean Tea for laryngitis, from Andra Millian**

Cover and boil 2-½ cups black beans and 1 sprig epazote herb in 5 cups water for one hour. Strain out the juice and drink ½ cup of tea, one-half hour before meals for at least 2 days. The beans may be further cooked until tender and eaten as food. The epazote prevents stomach gas and can be found in the herb section of most grocery stores!

### **News from Our Sponsors!**

**Hello Everyone, Happy New Year!** I hope that it has started off great for you. I feel hopeful that this year will bring inspiration to us all. It is the year of the monkey in Chinese astrology. The year of the monkey is a time of power, courage, action, and anarchy. Success can be attained in business, politics, and real estate. It is a good year to start new endeavors because under the sign of the monkey they will usually succeed. One of my business endeavors this year is to provide the most fun and educational classes on herbs, nutrition, and aromatherapy possible. Please call me for a schedule of my spring classes. I hope that you will join me for some of these classes and they are sure to give plenty of inspiration to keep you in good health naturally! All classes are held at my home in Southeast Austin unless otherwise noted. To register, call 567-5206 or reply by e-mail. Good luck to you all! Kara Kroeger.

<http://www.bodyritualherbs.com>

### **AHS welcomes Sponsor Anne Wheat, Independent Consultant for Arbonne International Pure Swiss Skin Care**

Arbonne International offers skin care, nutrition, color and aromatherapy products. Arbonne's premium skin care products are formulated in Switzerland at the Arbonne Institute of Research and Development (AIRD) and made in the U.S.A. Anne emphasizes how Arbonne consultants help women educate themselves about natural alternatives to regain balance in health and wellness. Please contact Anne at 328-2911 or [www.euroskin.myarbonne.com](http://www.euroskin.myarbonne.com).

**Scentgarden's** Spring 2004 Class Schedule is now available. Also, there will be Saturday Guests Speakers. So, please call Carrie Boyles at 280-3544 to receive the complete schedule for classes and speakers, and to reserve your space for desired classes, or if you have any questions.

### **Susan Weed is coming to El Interior, March 18**

On Thursday, March 18 from 7:00 to 9:00pm, nationally acclaimed author, Susun Weed will present a talk and book-signing, "Menopause from Three Directions." The talk will take place in the gallery, El Interior, 1009 West

Lynn. This important presentation will cost \$15 and requires reservations, 474-8680.

**EZ Herbs/Austin School of Herbal Studies'** Spring and Summer 2004 classes, and events are available for viewing at [www.ezherbs.net](http://www.ezherbs.net). Also, each month Ellen posts an 'herb of the month.' This month's herb is Chamomile, please visit her website to read about this wonderful herb. For classes, please call Ellen Zimmermann at 301-5838 to reserve your space, or if you have any questions.

**AHS Sponsor, Andra Millian L.AC. C.H.** is offering a free initial screening to all AHS members for her/his post holiday get trim program. Also, Crane Style Qi Gong classes will resume at Café Dance on Monday, Feb 2 at 9am-10am. Andra will also be co-hosting the "Spread the Love" party with Café Dance Studio on Saturday, Feb.14 from 5-8pm. There will be a live dance performance, door prizes and refreshments! Dress is casual, you will be asked to remove your shoes to view the performance in the new studio. All AHS members are invited. Call Andra Millian at 892-0288 to RSVP for classes or for more information.

**SOL Reflections' Grand Opening was a success.** For those of you who did not attend their grand opening, you missed a good time. There was great music, dancing, food, many wonderful artists promoting their work, drumming sessions, etc. I even won one of the gift baskets along with an awesome book titled 'Patient Heal Thyself.' If you haven't made it out to their new location, please do because you will be very impressed with the incredible merchandise, workshops, massages, Reiki healings, etc. Please give SOL Reflections a visit or call to be added to their email list so that you will not miss out on the upcoming classes for Tai Chi, Yoga, Spiritual Tarot, and other various workshops. There are also rooms available for rental by teachers and practitioners. SOL Reflections' new address is 107 RR 620 S, #105, ph: 263-6990.

Many herbal blessings, Brenda Davis

***Did you know your dues are tax deductible? When you turn in your tax claims, just use 501.C3, for Non-profit Organizations, like AHS, for your member dues, sponsors dues, and/or donations.***



### Herbs for Love

by Brenda Davis; information from *Scott Cunningham's Encyclopedia of Magical Herbs*

We usually think about herbs only for their culinary and medicinal use. But, for centuries herbs have been used in the interests of "love." So, in honor of the day we celebrate for lovers/sweethearts, St. Valentine's Day, the following are a few herbs that have been used for this particular purpose.

**Apple:** The blossoms are added to love sachets and incenses, and they are infused in melted pink wax to make candles suitable to burn for attracting love. Cutting an apple in half and sharing it with your loved one ensures that you will be happy together. Hold an apple in your hand until warm, then give it to your intended. If he/she eats it, your love will be returned. Popular among unmarried women in Europe many centuries ago, they would cut an apple in two and count the number of seeds. If there was an even number, marriage would soon occur. If one of the seeds is cut, it may be a stormy relationship. If two are cut, widowhood is foretold.

**Basil:** The fresh leaves are rubbed against the skin as a kind of natural love perfume. It was once thought that a young man would love any woman from whose hand he accepted a sprig of basil.

**Bleeding heart:** Crush the flower. If the juice is red, your love interest has a heart full of love for you. But if it is white, he/she doesn't love you. When this plant is grown at our house, it brings love to it.

**Caraway:** Placed in sachets to attract a mate and when baked in cookies, bread, or cakes they are lust-inducing. Chewing the seeds is helpful to gain the love of one you desire.

**Carrots:** They are eaten to promote lust and to cure impotence.

**Chili pepper:** It is used in love powders to enflame your beloved, or to ensure that the love you find will be spicy.

**Ginseng:** The root is carried to attract love and to ensure sexual potency. It also brings beauty to all who carry it. A tea of ginseng is used as a powerful lust-inducing drink.

**Hibiscus:** The flowers of a red hibiscus are brewed into a strong red tea, which is drunk for its lust-inducing power, which is why it was forbidden to women in early Egypt for this reason. The blossoms are also used in love incenses and sachets.

**Lavender:** This herb has long been used in love spells and sachets. Lavender placed in a drawer with clothes attracts love. A piece of paper on which you've rubbed lavender is excellent for writing love notes. The scent of lavender particularly attracts men. During the Renaissance it was believed that lavender together with rosemary when worn would preserve a woman's chastity.

**Loveage and/or Vetivert:** Add these to your bathwater in a sachet, they will make you more attractive and love-inspiring. Such baths are best taken directly before going out to meet new people.

**Myrtle:** The leaves and flowers are added to all love sachets to keep love alive and exciting. When carried, it preserves love and if grown on each side of the house, love and peace will reside within.

**Pansies:** They draw love to you and are used for love divination. Plant pansies in the shape of a heart, if they prosper, so will your love.

**Roses:** They have long been used in love mixtures owing to the flower's association with the emotions. Rose water is added to love baths. Rose hips are strung and worn as love-attracting beads.

**Turnip:** If you have an admirer you simply cannot convince to leave you alone, place a dish of the turnips in front of him/her, and they will get the idea.

**Valerian:** This is added to love sachets and if a woman has a sprig of the plant pinned to her clothing, it will cause men to "follow her like children." If a couple is quarreling, introduce some of this herb into the area and all will soon be calm.

**Vanilla:** Is used in love sachets and the scent and taste are considered to be lust-inducing. A vanilla bean placed in a bowl of sugar will infuse it with love vibrations, the sugar can then be used to sweeten love potions.

**Willow:** The leaves are carried or used in mixtures to attract love. If you wish to know if you will be married in the New Year, on New Year's Eve throw your shoes into a willow tree. If it doesn't catch and stay in the branches the first time, you have eight more tries. If you succeed in trapping your shoes in the tree, you will be wed within twelve months.

**Witch Hazel:** If a small piece of the bark is carried, helps to mend a broken heart and cool the passions.

**Yarrow:** Hang this over the bed or use in wedding decoration it ensures love to last at least seven years. Yarrow is also used in love spells. Carrying yarrow not only brings love but it also attracts friends and distant relations you wish to contact. It draws the attention of those you most want to see.

**Yerba Mate:** Wear a few leaves to attract the opposite sex. The lust potion, if drunk with a loved one will ensure that you stay together. To break off the relationship, spill some onto the ground.

Hyacinth, the dried flowers; Indian Paint Brush; Lady's Mantle; Clove; Black Cohosh; Elecampane; Catnip; Cherry; Chickweed, when carried; Lemon Balm; Bloodroot; Lemon,

dried flowers and peel; Verbena; Nettle; Patchouly; Pimento; Primrose; Purslane; Rosemary; Saffron; Spiderwort; Sugarcane; all of these attract love, the opposite sex, and/or promote lust. These may be worn, put in sachets, or soaked in wine for several hours, strained, and shared with your love interest.

Steep the seeds of coriander, cumin or cardamon in warm wine for an effective lust potion. Endive is worn to attract love and when served in salads it stirs lust in the partakers. When two people eat leeks, they will fall in love with each other. Papaya is served to intensify feelings of love. Poppy seeds are added to food to induce love. Strawberries are served as a love food.

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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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