



Herbal Greetings!!

This month AHS is going to a gardening festival, Zilker Garden Fest, which will be held at Zilker Botanical Gardens. This is the only out-door garden festival that will be held this year at Zilker and is a fund-raiser for AAGC. There will be wonderful speakers, prizes, sellers of herbs and plants of every kind imaginable, garden art, food and drinks. There will be electric carts to carry your big purchases back to your cars! It should be a wonderful day for everyone involved. The Austin Herb Society will host a lovely booth filled with books, totes, and information. We need your help and so does the festival to make this a magical event for all. So by all means bring your mother, brother, children, and friends to this one-of-a-kind blow-out and support both your gardening club and our beautiful Zilker Botanical Gardens and AAGC.


Herbally yours,
Michelle Chaput, President

Tuesday, March 2

General Meeting at 9:30am

Carrie Boyles will present "Essential Oils for Mind and Spirit." Carrie, an Aromatologist and Essential Oil Consultant, is one of our sponsors and the owner of Scentgarden.

Tuesday, March 9

 **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, March 11

Study Group, 7:00pm at Zilker Botanical Gardens

Ellen Zimmerman will present, "Aloe Vera the historical and modern day uses." For info, contact Vee Fowler at 345-0719 or Eloise Doherty at 927-8478. If you are coming to this evening program refreshments are welcome!

Tuesday, March 16

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.

Saturday, March 20

Field Trip: San Antonio Botanical Gardens

We will car-pool to SA Botanical Gardens. There will be a tour of the gardens and a gourmet lunch afterwards. Please sign-up for this trip in advance. Contact Cindy Burrows at 250-2147 or cindy@herbalagogo.com.


Tuesday, March 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!



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

Volunteers for Executive Board and Committee Chairs:

We are looking for volunteers to fill the following positions on the AHS Executive Board. If you really want to be an active member of this organization and reap all the benefits, please volunteer for a position today!

Executive Board:

President

Membership co-chair
Study Group co-chair

Committee Chairs:

Zilker Herb Garden
Historian
Membership Luncheon
Fundraiser/seminar
Door Prizes

We need you to volunteer to fill these positions, please!

Contact Michelle Chaput at 343-7677 or president@austinherbsociety.org.

Zilker Garden Festival tickets are now on sale! 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 meeting for \$3 each or contact Michael at zitzevancih@austin.rr.com or 719-4070. This event directly supports Zilker Botanical Gardens. The last time you may pickup advanced tickets at this low price is at the March 2nd meeting.

Zilker Garden Festival is Saturday/Sunday, March 27 and 28, from 10am-5pm. Volunteers Needed: AHS will have a booth selling books, totes and signing up new members. If you would like to help us out and help with the booth please contact Michelle Chaput at 343-7677 or president@austinherbsociety.org
**Also, if you would like to volunteer to work this event for AAGC please contact Joyce Billings at 477-8672 ext. 11.

Garlic: 2004 Herb of the Year, Round Top, Tx, March 10. This all day (10-3) lecture/demonstration course will celebrate garlic, loved around the world for its contribution to good food flavors and the health of many people. Fondly known as the "Stinking Rose." We will explore cultivation, harvesting, and methods of preserving garlic as well as taste great new recipes. Includes buffet luncheon, printed materials, tastings, and/or Festival Hill Plant Treasures. For more info contact Gwen Barclay at ph: 979/249-5283 or 979/248-3129 or e-mail: gwenbarclay_herbs@hotmail.com or website: www.festivalhill.org.

Wheatsville Food Co-op Herb Fair
Saturday, March 13, 10am – 5pm. Don't miss this wonderful event! Plant & Art Sale, Live Music, Expert Speakers. Wheatsville is located at 3101 Guadalupe, Austin. For more info, please call 478-2667 or visit www.wheatsville.com.

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 \$15.00** and requires reservations, 474-8680. To learn more about Susun Weed, please visit her website www.susunweed.com.

9th Annual Herbal Forum at Round Top, Tx, March 27. This celebration of herbs will include lectures, demonstrations, and exhibits featuring Garlic the 2004 Herb of the Year, a scrumptious lunch and blessing of the garden, and a fabulous herb plant sale (for the first time the Plant Sale will be located on Festival Hill Campus). Also attend optional participation workshops on Friday, March 26. For more info contact Gwen Barclay at ph: 979/249-5283 or 979/248-3129 or e-mail: gwenbarclay_herbs@hotmail.com or website: www.festivalhill.org.

Asian/Indian Herbs

Linda Lehmusvirta, Producer of KLRU-TV, would like AHS members to recommend any Asian/Indian herbs that they like to grow, purchase, etc., or how they use the herbs, or what they use the herbs for. Linda is writing an article for the May/June issue of Austin Home & Living and would like to receive information from AHS members. Please contact her via email Linda_Lehmusvirta@klru.pbs.org or call her at 928-4481.

It's My Park Day

Become a volunteer for Austin Parks Foundation and City of Austin Park & Recreation Department by joining them for their 2nd annual event on April 24, 2004 from 9am to 1pm. This is a half-day service/social project that brings park users together to meet each other, to get work done and foster ongoing community stewardship of parks. Visit www.ci.austin.tx.us/parks/parks.htm or www.austinparks.org for more information.

Synergistic Well-Being from SOL Reflections

There will be a spiritual retreat weekend on the Pedernales River, March 13 and 14. You will enjoy golden sun chi kung, infinite tai chi, and much more. Please contact SOL Reflections at 263-6990 for more information.

Sunshine Community Gardens Plant Sale.

Saturday, March 6 from 9am to 1pm at Sunshine Community Gardens, 4814 Sunshine Drive, just northwest of the intersection of 45th and Lamar. The hundreds of gardeners at Sunshine Community Gardens, a project of Sustainable Food Center, will give proceeds from the plant sale toward renovation of the dilapidated buildings at the gardens. The plant sale will feature organically grown vegetables, herbs, and flower seedlings. Shoppers will find many unusual and tough heirloom varieties not found at area nurseries. Festivities will include live music, vendors, gardening information and, of course, the ever popular Sunshine Garden Chickens! Sunshine is a six-acre community garden making it one of the largest in the USA. Sunshine offers 250 garden plots, a large-scale composting operation, and a chicken co-op for gardeners to gather fresh eggs.

There are several buildings on the grounds at Sunshine, including a portable building used for garden meetings and potlucks, a tool shed and a storage shed with a greenhouse attached. All of these buildings are aging and are in need of renovation. Money raised during this plant sale will be put towards repairing or replacing these structures.

A community garden is a place where neighbors can garden together, if they don't have room to garden at home. Sunshine Community Gardens and Sustainable Food Center build community by bringing neighbors together around a common goal: to increase access to fresh, locally grown fruits and vegetables while decreasing food expenses for Central Texas families. Sunshine makes Austin healthier.

The Wonderful Uses of Vinegar by Michelle Chaput

Vinegar should be one of the ingredients you use on a regular basis for cleaning and for taking care of your skin and body. But be sure to use the proper one for each use! White 'pickling' vinegar is the one to use for cleaning your home and apple cider vinegar, the mild one, for your skin and hair. Vinegar has been used for these uses for centuries. When used as suggested, it is safe, non-toxic, and just wonderful to put down the drain without fear of contaminating 'Mother Earth' or the environment. The acidity of the vinegar is what kills bacteria, mold, and germs. A 5-percent solution of vinegar—such as you can buy in the supermarket as 'pickling vinegar' kills 99-percent of bacteria, 82-percent of mold, and 80-percent of germs (viruses). It is common knowledge in the industry that vinegar is powerfully antibacterial.

The Many Uses of White Pickling Vinegar:

- ☑ Keep a clean spray bottle filled with straight 5-percent vinegar in your kitchen near your cutting board, and in your bathroom, and use them for cleaning. It's helpful to spray the vinegar on your cutting board before going to bed at night, don't even rinse, but let it set overnight. The smell of vinegar dissipates within a few hours.
- ☑ Straight vinegar is also great for cleaning the toilet. Just spray it on and wipe off.
- ☑ Mixed with water, and you have a great window and glass cleaner. Vinegar can be used on porcelain, countertops, glass, tile, and grout. (For grout, pour on and let sit overnight and wipe off).
- ☑ Add vinegar to the final rinse in your washing machine to eliminate residues. (Never mix vinegar and bleach!)
- ☑ Vinegar also removes mildew and stains.

All Purpose Cleaner

- ¼ cup baking soda
- ½ cup ammonia
- ¼ cup white vinegar
- 1 gal. warm water

Drain Opener

- ½ cup baking soda
 - ½ cup salt
 - ¼ cup white vinegar
 - 2 qts. Boiling water
- Pour first three ingredients down drain and leave for about 15 minutes. Then pour down the boiling water

Eliminate Odors:

- 1 tsp baking soda
 - 2 tbs vinegar
 - 2 cups water
- Stir until it stops foaming and add to your spray bottle. Or place in a small bowl and set out to absorb odors. Does very well absorbing burnt smells stemming from cooking, tobacco, or fireplaces!

- ☑ ¼ cup vinegar in 1 qt. of water works wonders on windows and glass! Just spray on and wipe off.
- ☑ ½ vinegar to 1-gal water cleans and shines vinyl floors!

☑ Vinegar in your dishwasher rinse cycle dispenser will give you sparkling dishes.

☑ If doing dishes by hand, a little vinegar in the rinse water will give you spotless dishes and glassware!

☑ To clean your dishwasher, add 1 gal. to bottom of washer and turn on for full cycle. This will eliminate soap scum build up and discolorations.

☑ To remove buildup around faucets, soak paper towels in vinegar and leave overnight and wipe clean!

☑ Soak flowerpots in vinegar/water solution and most of the spots and bacteria will disappear!

☑ To clean Pergo floors, place in a spray bottle. Spray & mop:

This will replace the special cleaner for your floors:

1/3 part white vinegar

1/3 part rubbing alcohol

1/3 part water

3 drops dishwashing liquid

The Many Uses of Apple Cider Vinegar:

Apple cider vinegar is rich in alpha-hydroxy acids, helping to dissolve fatty deposits on the skin's surface and reducing scaly conditions, promoting a softer, smoother appearance. This miracle fluid also regulates the pH of the skin and hair! Find out some of the couldn't-be-simpler ways to put it to work for you, below:

☑ Hair rinse: Apple cider vinegar gets rid of residue build-up on hair, leaving it soft and shiny. Mix 1/2 cup apple cider vinegar with 1 quart water and use as a final rinse after shampooing. This will also help prevent dandruff. If you have a build up of dandruff you can simply apply undiluted vinegar on the scalp, allow to penetrate and shampoo with a mild shampoo. Be sure to rinse well. Condition as usual. You can do this about once a week.

☑ Stain remover: If your hands are stained from chopping berries, dab some straight apple cider vinegar on the stains and they'll disappear like magic.

☑ Tired, swollen hands or feet: Rub a little apple cider vinegar on tired, sore, or swollen hands or feet and feel the soothing difference.

☑ Overnight facial: Get rid of blemishes and make your skin smoother and clearer simply pat apple cider vinegar on your face before bed. You'll have softer, smoother skin in the morning!

☑ Sunburn bath: If you've been singed by the sun, find soothing relief by adding a cupful of apple cider vinegar to your bath and soaking for 10 minutes.

☑ Topical skin burns: apply ice-cold apple cider vinegar to prevent blistering.

Kiss Me, I'm Irish!

Facts about Shamrocks: Do you know that there is no such thing as a "Shamrock Plant?" The word shamrock comes from the Irish word "seamrog" meaning "little clover."

White Clover, *Trifolium repens* forma *minus*, family Leguminosae, was the original shamrock of Ireland. The clover also occupied a position in the cultural life of early people. White clover (*T. repens* L.) was held in high esteem by the early Celts of Wales as a charm against evil spirits. This pagan tradition was continued by early Christian leaders and became the symbol of the Holy Trinity for the Irish people when Saint Patrick used the plant to illustrate the doctrine of the Holy Trinity.

Shamrocks have been considered by the Irish as good-luck symbols since the earliest of times, and this superstition has persisted in modern times among people of many nationalities. On March 17th, St Patrick's Day is celebrated around the world, with the "wearin' o' the green." Happy St. Patrick's Day!!

White clover blossoms are an old fashioned remedy to cleanse the system. They are used as a blood purifier, especially in boils, ulcers and other skin diseases. A strong tea of white clover blossoms is very healing to sores when applied externally. White clover is similar to red clover in use. Combinations: Equal parts of white clover and yellow dock make an excellent salve.

For each petal on the Shamrock
This brings a wish your way-
Good health, good luck, and happiness
For today and every day.

Dance as if no one were watching,
Sing as if no one were listening,
And live every day as if it were your last.

Did you know your dues are tax deductible? Austin Herb Society is a 501(c)(3) Non-profit Organization. So your member dues, sponsors dues, and/or donations can be used as a deduction on your income tax form.

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!

St. Patrick's Day Word Find

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

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banshee; blarney; boondoggle; boycott
brogue; donnybrook; leprechaun;
limerick; saint Patrick; scones; shamrock;
shillelagh; shimmer; smithereens; stew
stout; sweepstakes; tanistry



Bees on Red Clover
(*Trifolium pratense*)

St. Patrick's Day 2004 - Answers

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

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The Austin Herb Society, Inc. is a 501(c)(3) organization dedicated to the purposes of providing education regarding the benefits of cultivating and using herbs to promote better health and well-being, encouraging the growth and use of herbs for many beneficial purposes, and providing charitable and volunteer support to community gardens, libraries and/or other community projects.

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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