



Herbal Greetings!!

Well what a wonderful Spring we've been having! The needed rain finally came to us and the trees are in bloom all over Central Texas, the wildflowers are coming up, blooming their heads off, and this year is the earliest I've ever seen humming birds in my yard! What a treat and what a combination of nature's beauty. You can entice these tiny jewels into your yard by simply supplying the food and cover they want and need. Be sure to plant the following! If you don't have a large garden they do fine in containers.

Vines: Honeysuckle, Trumpet Vine, Morning Glory.

Annals: Red Salvia, Nasturtium, Nicotiana, Lantana, Impatiens, Petunia, Geranium, Begonia. **Perennials:** Hibiscus, Day Lily, Lilies, Phlox. All these are easy to grow in Austin and many are herbs that you should have anyway and, if you don't, isn't attracting 'hummers' a decidedly great reason to put them in?

Herbally yours,

Michelle Chaput, President

Tuesday, April 6

General Meeting at 9:30am

Barbara Broering, "Cooking with Herbs & Yeast Breads." Barbara is an accomplished chef and wonderful cook. Don't miss this meeting! **Please Note: We will be nominating and voting on new officers and committee chairs at this meeting! Have you volunteered, yet!?

Tuesday, April 13

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, April 8

Study Group, 7:00pm at Zilker Botanical Gardens

Andra Millian, "Staying Healthy with the Seasons." 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, April 20

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, April 17

Field Trip: Bright Leaf Natural Park

Meet at 9:00am, Bright Leaf Natural parking lot

AHS has rescheduled a walk in this wonderful 216 acres of pristine Hill County nature preserve. You will have an opportunity to learn about the plants, animals, and history of this part of the Texas Hill Country. Directions to Bright Leaf: take 2222 west from MoPac and one block west of light at Mesa, turn right on Creek Mountain, which dead ends at Old Bull Creek Road, go right until you see the parking area for Bright Leaf Park or contact Cindy Burrows at 250-2147 or www.herbalagogo.com for more information.

Tuesday, April 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 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
Secretary (only from June to Sept)

Committee Chairs:

Zilker Herb Garden
Historian
Door Prizes

Please, we need you to volunteer to fill these positions!

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

Looking for something to do around Austin this Spring, check out what's going on!

Mayfield Pak's Annual Fund-raiser, April 3 from 10am to 1pm

Seize an opportunity to come visit this Austin treasure at 3505 W. 35th St., with stone walkways and walls, gregarious peacocks, and lily ponds. The event features a plant sale, as well as three speakers: nurseryman, Dicke Patterson, explaining how to grow old garden roses from softwood cuttings; Larry Butler of Boggy Creek Farms speaking on organic gardening; and Steve Kainer of Hill County Water Gardens detailing how to care for and select water garden plants. A \$5 donation is suggested. For more info call 453-7074.

Fredericksburg Garden Club Plant Sale, April 10

Saturday, April 10, starting at 9am. Located in the Plaza on Main St. Call 830-997-4404 or visit www.fredericksburg-texas.com for more information.

10th Annual Herbfest, Fredericksburg Herb Farm, April 16, 17, and 18.

Come join the fun. There will be garden crafts, shopping, talks and demos, herb gardening, cooking, musical entertainment, wine-tasting, etc. Please contact Fredericksburg Herb Farm at 1-800-259-4372 or www.fredericksburgherbfarm.com for more information.

Wildflower Center Spring Plant and Gardening Festival, April 17 and 18 from 9am to 5 pm.

Here's your chance to buy native plants and seeds and get expert advice that will help your garden grow. For more information, please call 292-4100 or visit www.wildflower.org.

It's My Park Day, April 24

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, 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.

Butterfly Festival, April 24

Wild Connections Butterfly Farm & Nature Center – April 24 from 10am to 5 pm. Call 301-5553 or www.wild-connections.com for more information.

Salado Garden Tour, April 24, from 10am to 4 pm.

\$10/pp. Tickets & information call 254-947-8300 or www.salado.com.

Eeyores 41st Annual Birthday Party, April 24

Saturday, April 24, 2004, 11:00am until dark. Children's Area from 11:00am until 6:00pm. Festivities are held in Pease Park in Austin. Live Music from 12 to 7pm. Check out website for more info: www.sexton.com/eeyores.

Pottery Classes with Cindy Phillips

Cindy Phillips of Pottery and Painting Studio has new pottery classes starting in April. Please contact Cindy at 264-2779 for more information regarding these wonderful classes

Spring/Summer Herb classes at EZ Herb/Austin School of Herbal Studies

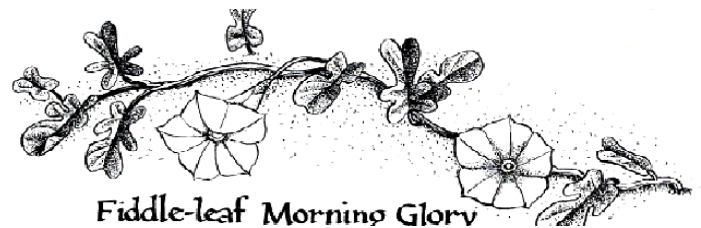
New classes have started. Please contact Ellen Zimmermann at 301-5838 or visit www.ezherb.net for more information.

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 do 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 at 928-4481 or Linda_Lehmusvirta@klru.pbs.org.

1st Herbalist of Texas Herb Symposium, May 15 - 16

At the April AHS meeting Ginger Webb, Nikki Telkes, and Kara Kroeger, founders of the Herbalist of Texas (HOT) will be promoting the **1st Annual Herbalist of Texas Herb Symposium**. This two-day intensive will focus on educating its attendees about the medicinal plants of Texas. The symposium will consist of one day of lectures featuring ten different local instructors, and one day of plant identification wildcrafting, and plant spirit connection instructed by the three founders of HOT. At the April meeting you will have the last opportunity to register for the "early bird special" price of \$145 for both days. Saturday, May 15, at Casa de Luz Herbal Lectures from 9am to 5pm, and on Sunday, May 16, in the Texas Hill Country, Wildcrafting Intensive from 9am to 4pm. For more information on HOT and the herb symposium, please visit www.herbalistsoftexas.com or contact Kara Kroeger at 512-567-5206.



Fiddle-leaf Morning Glory

"Minds are like parachutes; they only function when open."
—Thomas Dewar

A Spring Chicken Recipe to celebrate with: Rosemary Lemon-Garlic Chicken!

1 large roasting hen
3 or 4 sprigs of fresh rosemary, chopped
4 cloves of garlic, chopped
1 lg. lemon, sliced and reserve 1 tbsp lemon juice
olive oil
¼ cup white wine
Freshly ground pepper & sea salt
Rinse and pat dry your chicken. Set in roasting pan (if you have a rack then use it but it's not necessary). Rub chicken with olive oil and then a piece of garlic. Drizzle some olive oil in the cavity of the bird and sprinkle the cavity with salt and pepper. Put half of the chopped garlic, rosemary and lemon in cavity of bird. Sprinkle the rest of lemon, garlic and rosemary on top of bird. Sprinkle with salt and pepper. Slowly pour the lemon juice and ¼ cup white wine over the bird and roast for about 45 minutes until golden and tender at 375 deg. If the pan gets dry add some water to the bottom of the pan. If the bird gets too brown, cover with parchment paper and then aluminum foil and continue to cook. This is my favorite way to prepare a chicken and often make two at a time. I use organically raised fowl and find that it tastes best and of course is good for you.
Spring wishes, Michelle Chaput

Traditional/Folk Medicine at El Interior

For those of you who were not able to attend, sure did miss out on an excellent evening with renowned herbalist, Susun Weed. El Interior, an Austin treasure of Mexican Folk Art (great prices/great selections), kicked off its spring season on 'Living With Folk Art Series,' March 18. Approx. 60 women attended Susun's witty, delightful, and informative talk 'Menopause From Three Directions.' The menopausal years, the Change, was explained as a natural, normal, and spiraling process which happens over time and that you are not alone. Her book New Menopausal Years, The Wise Woman Way, explains how herbs and other foods help you through the Change. To find out more about Susun Weed, check out www.susunweed.com. Starting March 30, Susun will answer your questions free (you pay for the phone call), please contact her at 845-246-8081. To find out the date, time, and topic for the next installment in this wonderful series of Living With Folk Art, 'Traditional/Folk Medicine,' please contact El Interior at 474-8680 and/or go to their website www.elinterior.com to be added to their email list.

*Brenda Davis
Potpourri Editor*

Humming Bird Food:

- Ingredients: 4 parts water, 1 part sugar
- Bring water to boil, stir in sugar, and boil for 2-3 minutes to help delay fermentation. Let cool.
- Store remainder in refrigerator.
- Do not substitute with honey.

Clean your feeder every 2-3 days, especially in warm weather due to growth of bacteria. Order a 'Hummingbird Wheel' from the Texas Parks and Wildlife to make identifying these wonderful birds easy and fun. **Red food coloring has been implicated in some hummingbird illnesses it is no longer recommended.

*Michelle Chaput
AHS President*



Passion Flower (*Passiflora* sp.)

Preserving Herbs

The shelf life of many herbs is one to two years but this period is shorter when herbs are exposed to light, heat and open air. Herb leaves keep their flavor best when they are stored whole and crushed just before use. When herb seeds are to be used for cooking, the seeds should be stored whole and ground up as needed.

Bag Drying: To prepare plants for drying, remove blossoms from the herb plant and rinse the leaves on the stem in cold water to remove soil. Allow plants to drain on absorbent towels until dry. Then place the herbs in a paper bag and tie the stems. Leave 1 to 2 inches of the stems exposed. This allows the plant oil to flow from the stems to the leaves. Place the bag in a warm, dry location. In about one to two weeks, when the leaves become brittle, tap them free of the stems and the leaves will fall into the bag. Store leaves in an airtight container away from the light.

Tray Drying: Clean herbs as for bag drying but the heavy stalks can be discarded. Put the leafed stems one layer deep on a tray in a dark, ventilated room. Turn over the herbs occasionally for uniform drying. The leaves are ready for storage when they are dry and the stems are tough.

Microwave Drying: If you have a microwave oven, you can use it to dry herbs. Place the herbs between paper towels and set them on the rack. Close the door and turn the oven on a medium setting for about 2-3 minutes. Then check for dryness; the leaves should feel brittle and should crumble easily. If they are not done, turn the oven on for 30 seconds longer. Although this process actually cooks the herbs, the end product is just about the same as air drying. Store the dried herbs in closed containers.

Freezing Flavor: Herbs may also be frozen. Rinse herbs in cold water and blanch in boiling, unsalted water for 50 seconds. Cool quickly in ice water, package and freeze. Dill, parsley, chives and basil can be frozen without blanching.
submitted by Brenda Davis

As you can see, most of the positions for AHS Executive Board and Committee Chairs for the 2004/2005 year have been filled. There are still several important positions that are still open. Please notify Michelle Chaput, if you would love to volunteer for any of these fun positions. Your much needed help is greatly appreciated!! Contact Michelle at 343-7677 or president@austinherbsociety.org.

Officers & Committees for AHS 2004

- President -- ?**
- Past President --** Michelle Chaput
- 1st VP Programs --** Cindy Phillips
- 1st VP Field Trips --** Cindy Phillips
 - co-chairs:** Pat Lewis
 - Roberta Showerman
- 1st VP Sponsors --** Diana Hyland
- 2nd VP Study Group --** Vee Fowler
 - co-chair:** Eloise Doherty
- 3rd VP Membership --** Robin Carter
 - co-chair:** Diane Sandlin
- 4th VP Website --** Paula Middleton
- 4th VP Editor & PR --** Brenda Davis
- Secretary --** Barbara Broering (Fall & Spring only)
- Secretary -- ?? (for June to Sept)**
- Treasurer --** Richard and Nancy Miller (co-chairs)
- AAGC Rep. --** Margie Malone

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!

Committees Chairs:

- Zilker Herb Garden -- ??**
 - *this can be done any day of the week/weekend**
- Door Prizes -- ??**
- Historian -- ??**
 - *this involves maintaining a scrapbook**
- Mayfield Park Herb Garden --** Julie Crouch
- Educ. & Outreach --** Lydia Noble
 - co-chair:** Gwen Sederholm
- Speakers Bureau --** Carrie Boyles
- Merchandising --** Cindy Boyles
 - co-chair:** Kay Culp
 - Judy Prehn
- Symposium/Seminar --** Cindy Burrows
- Membership Luncheon --** Jan Bland
 - co-chair:** Carrie Boyles
 - Pam Bell
- Librarian --** Dorothea Mims
- Hospitality --** Pam Bell
 - co-chair:** Judith Craft
 - Michele Lofstrom
- Brochure --** Kim Lehman

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 garden.org. Please turn your hours in monthly. Joyce may be reached at 481-8256, if you have questions.

Your Volunteer Hours are needed!!

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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



The Austin Herb Society, Inc
Zilker Botanical Garden
2220 Barton Springs Road
Austin, Texas 78746
www.austinherbsociety.org