



Herbal Greetings!!

This is my last editorial as your President. The last two years have flown by and were both exciting and educational to me and I will miss writing to you very much. I hope that all your herbs are growing beautifully with the huge amount of rain we've had this spring and that you've added some of the herbs I've mentioned over the past two years in our wonderful newsletter. I invite you to go back and re-read the past Potpourri's on our website. Brenda Davis is your fantastic editor and contributor of the newsletter and she will make sure that everything moves smoothly from me to your new Presidents, Jan Bland and Cindy Boyle. I hope to see you working at Zilker and Mayfield where you can get your hands in the soil and see the plants grow and reveal themselves to you and fail so you can see where not to plant them! Remember, that over the late spring and summer we always need extra hands to water the gardens so, if you have even a half hour, please help out! I want to thank all of the gifted people who volunteer for all of the positions and events we engage in. Without you we wouldn't have an 'herb' society. You are invaluable and I thank each and every one of you. Please remember to thank those who work so hard to make this a terrific garden club and make us proud to say "I belong to the Austin Herb Society."

Herbally yours,

Michelle Chaput, President

Tuesday, May 4

General Meeting, 9:30am at Zilker Botanical Gardens

Installation of Officers, and our speaker is Celia Westberry, the author of "[Eating Yourself Younger Effortlessly](#)," helps make eating natural, fresh foods easy and fun. Celia also emphasizes the substances in food that promote health and prevent premature aging!! She has a background in cell biology and is a cooking coach at an HEB store in Austin. Her Caribbean heritage has allowed her to create Mango smoothies and black-eyed pea hummus just for starters. Please come and enjoy a way to keep old age at bay!! She will be selling her new book so bring cash or checks only.

Tuesday, May 11

Zilker Park Herb Gardening Day is the 2nd Tuesday of the month starting at 9:30am.

Talia Bright is leading the gardening group. If you have volunteered to help with the garden, please come.

For info, please contact Talia at 423-1852 or talia@seedling.com.



Thursday, May 13

Study Group, 7:00pm at Zilker Botanical Gardens

Cindy Phillips, "Wildflowers That are Herbs." 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, May 18

Executive Board Meeting at 4:30pm – 7pm, Zilker Botanical Gardens.

This is our annual Board Retreat. All 2004-2005 Board Members and Committee Chairs are invited. Please RSVP to Cindy Boyle at 303-1009 or cindyb@txla.org by May 5.

Saturday, May 22, 8am to 1pm

Field Trip: Member's Garden Tour and Luncheon

The 'Member Garden Tour' will take place at Mayfield Park, Eloise Doherty, American Botanical Council, Judith Craft and Vee Fowler. This is limited to 40 people and the cost is \$5 per person. You are encouraged to sign up at the May meeting or mail your checks no later than **May 18** to Cindy Boyle, 380 Kaanapali Lane, Bastrop, Texas 78602. Please make checks payable to Austin Herb Society. We need people to bring food and drinks for all to enjoy so please contact Pam Bell at harveybell@highstream.net or 894-0767. *Remember that if you are coming to this event, please bring a folding chair!

Tuesday, May 25

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. Everyone is welcome!



Special Notice!!

All AHS outstanding reimbursement checks will not be honored after May 30, 2004. So, if you have not cashed your reimbursement check(s), please do so because after May 30 they will be null and void.

Welcome to New Members!

Talia Bright, Jan Dolph, and Lela Rinehart are our newest members and AHS is very happy to have them aboard.

Officers & Committees for AHS 2004

Officers:

President (co-chairs)	Jan Bland and Cindy Boyle
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 (Oct to April)
Secretary	Jean Bazar (June to Sept)
Treasurer (co-chairs)	Richard and Nancy Miller
AAGC Rep.	Margie Malone

Committees Chairs:

Zilker Herb Garden	Talia Bright
Door Prizes	Sherry Williams
Historian	Michele Lofstrom
Mayfield Herb Garden	Julie Crouch
Educ. & Outreach	Lydia Noble
co-chair:	Gwen Sederholm
Speakers Bureau	Carrie Boyles
Merchandising -- ??	
co-chair:	Kay Culp
Symposium/Seminar	Cindy Burrows
Membership Luncheon	-- Pam Bell
co-chair:	Carrie Boyles
Librarian	Dorothea Mims
Hospitality	Pam Bell
co-chair:	Judith Craft Michele Lofstrom
Brochure	Kim Lehman

Zilker Garden Festival Report

AHS had a wonderful booth filled with lovely books and plants to sell and some samples of bread that Barbara Broering made. We were located right by the herb garden so we could direct people to the garden or if we had time take them on a walk. Thanks to the volunteers like Betty Stahly and Sandra Holland the garden was in wonderful shape for all to see. Alisin Genfan and Kay Culp brought all the books from Fredericksburg and Brenda Davis potted up various herbs from her yard for us to sell. We had a surprise visit by Swan Perkins, one of our long-standing members. Swan hasn't been able to make meetings since her auto accident last year, but she seems to be doing much better and it was so nice to see her. Hopefully we'll see a lot of her this coming year. We had many volunteers too. Thanks goes to the following: Gwen Sederholm, Michael Zitz-Evancih, Pam Bell, Roberta Showerman, Brenda Davis, Kay Culp, Alisin Genfan, Dick Miller, Nancy Miller, Doris Denton,

Lola Russell, Jetske Jackson, Barbara Broering, Jean Bazar, Cindy Burrows, Cindy Cook, Cindy Boyle, Susie Thomas, Ellen Domeir, Vee Fowler, Diana Hyland, Talia Bright, Diane Sandling, Jim and Michelle Chaput. I want to especially thank Diana Hyland for handling our contribution to the silent auction. Diana had many contributions from members and our sponsors. She made up a beautiful gift to be added to the auction to benefit AAGC. Thanks so much Diana from all of us. *And if you volunteered for AAGC/ZBG at the festival fill out a form and hand it into Joyce Billings at the garden center!*
Michelle Chaput

Big thank you's to all who contributed to the Zilker Fest Silent Auction.

We presented a beautiful assortment of herbal goodies, classes and gardening tools. All of this was packaged in a dramatic rustic herb pot. Though biased, we clearly had the most appealing auction item thanks to all our generous contributors. And all proceeds went to Zilker Garden Center.

AHS Sponsors/Contributors

Austin Herb Society

-Tote Bag

-Cook Book

The Great Outdoors

-Glazed Herb Pot

-Gardening Tool

-Seeds

EZ Herbs

-Calendula Salve

-Naure's Healing Herbs

-Shak'in Greens

-Lavender Green Tea

Cindy Phillips – Artist

-Hanging Ceramic Vase

Designs by Brenda - Jewelry

-Beaded Necklace

Andra H. Millian, L.Ac., C.H.

-Acupuncture, Nutrition, Qi Gong

-Crane Style Qi Gong Classes

-4 Sessions

Gabriel Valley Farms

-Herb Plants – Gift Certificate

Hyland Ink – Writing/PR/Marketing

-Herb and Feng Shui Book

Also, a big thank you to Central Market for Gift Wrap

Diana Hyland

1st VP Sponsors

Things to do around Austin!

Wildflower Center, The Living Garden Performance, May 1 & 2

Watch nature come to life when The Living Garden makes its first appearance. For more information, please call 292-4100 or visit www.wildflower.org.

Nativescape Tour, May 1

The Fredericksburg chapter of the Native Plant Society of Texas will host a garden tour from 10am to 5pm on May 1. Tickets to see these beautiful and diverse Hill Country gardens will be on sale from 9am to 2pm at the Fredericksburg Market Plaza, or at each tour site. Tickets are \$7 for adults, children 12 and under are free. For more info, please call 830-685-3811.

The Great Outdoors, May 8 & 9

South Austin Art in Bloom, May 8 & 9, 9am to 5pm, 30-40 local artists displaying and selling their work, kid's activities, live music.

Wimberley Garden Tour, May 8

Visit gardens in this picturesque Hill Country town from 10am to 4pm on May 8. Call 512-847-2201 for maps, tickets, and more info, the Wimberley Chamber/Visitor Center. Tickets are \$7 for adults, children 12 and under are free.

The Living with Folk Art Series Continues at El Interior, May 13 at 7:30 pm.

Co-sponsored with Austin Friends of Folk Art, Carlos Hernandez will speak on Mexican Curanderos and their tradition. Carlos apprenticed with his grandfather, who had the oldest pharmacy on the border. Carlos attended the College of Pharmacy at the University of Texas, where he had the honor of studying under Dr. Henry Burlage, the highly respected pharmaceutical historian. From the late 60s to the 80s he studied with numerous curanderos and folk herbalists. In 1987 he founded Austin Health Associates, an alternative health center. There will be a small fee for the class, for more info and/or to sign up, please contact El Interior at 474-8680 or www.elinterior.com.

Austin Bonsai Society, May 15 and 16 Zilker Botanical Garden, at 2pm

Bonsai Society's will be having demonstrations, wonderful displays, and selling bonsai plants, please check out this great event.

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.

6th Annual Lavender Festival, May 22 & 23 at

Becker Vineyards, Fredericksburg, 10am –6pm on Saturday and noon-6pm on Sunday. There will be lavender; herbs and plants for sale; demonstrations on use of lavender; cooking demo; view lavender fields; wine tasting/tours, etc. For more info, please contact Becker Vineyards at 830-644-2681 or view www.beckervineyards.com.

Bright Leaf Natural Park Field Trip

The April field trip to Bright Leaf Park was a perfect start to the weekend. The 216 acres of well-preserved forest and native habitat is a rare treasure located in the heart of Austin. Those of us who attended enjoyed a breezy, cool morning hike. We enjoyed identifying native plants and flowers and saw beautiful scenery unique to Central Texas. We were guided by Cindy Phillips and Ann Syptak, who shared their guide books and knowledge. To learn more about Bright Leaf, visit www.tpwd.state.tx.us/park/bright.
Cindy Boyle, Co-President



Yucca Flowers and Moth
(*Yucca filamentosa*)

Bread and Herb Cheese Spread recipes

from Barbara Broering

Hot Cross Buns

Adapted from Shirley Corriher's *Cookwise*

½ c sugar 1 c boiling water

Earl Grey tea bag

½ c raisins

Make a cup of Earl Grey tea, stir in sugar. Add raisins and cover. Let stand an hour or overnight.

next:

1 ½ t dry yeast

1 t brown sugar

½ c warm water (115 degrees)

Stir together in bowl of heavy-duty mixer with paddle blade. Let stand 2 minutes, until it foams.

next:

1 ½ c bread flour

¼ c dark brown sugar

grated zest of 2 oranges

1 t cinnamon, ¼ t nutmeg, 1 t allspice, pinch cloves, pinch ginger

5 oz can evap milk

Beat on low speed 4 minutes to aerate the dough. Let this "sponge" sit for 30 minutes to 2 ½ hours to develop flavor and texture.

next:

1 c bread flour

1 t salt

1 egg yolk

4 T soft butter

With dough hook on mixer, add in these ingredients. Beat 6 minutes. Oil bowl and plastic wrap. Toss dough in oil to cover it and refrigerate dough overnight.

To shape: Let dough warm to room temperature for 30 minutes. Knead a couple of times on the counter. Cover with plastic wrap and let rest for 15 minutes.

next: *drained raisins*

½ c dried cranberries

2 T minced candied ginger

2 T flour

Toss these together to coat with the flour. Press the dough into rectangle 18 by 12 inches. Sprinkle fruit over it and gently knead it in. Slice into 12 pieces and shape them into rolls.

next: *beaten egg*

Place on parchment on a 14 by 11 inch baking sheet. Or into greased muffin pans. Brush with beaten egg. Cover and let rise until doubled, about an hour.

Preheat oven to 450. This might take about 30 minutes if using a baking stone.* Five minutes before baking, place a pan of water on lowest shelf of electric oven and lower temperature to 375. Bake the buns on the stone for 18 minutes or until dark brown. Remove from the baking sheet and cool on a rack.

*Without a baking stone, preheat the oven to 350. Place the buns the shelf in the lower third of the oven, over the pan of hot water. Then turn the oven up to 375.

then: *icing*

½ c powdered sugar, ½ t vanilla, 1 ½ t milk

Stir icing together. When buns have cooled about 20 minutes, spoon the icing in a cross over the buns.

Sesame Simple Whole Wheat Bread

adapted from King Arthur's *Flour 200th Anniversary*

1 package active dry yeast

3 T molasses

1 ½ c warm water

Stir yeast in molasses and water. Let it foam up for 10 minutes.

3 c whole-wheat flour

½ t salt

Stir together for about two minutes. Dough will be sticky and wet. Pour into oiled 9 by 5 inch large bread pan. Be sure the dough touches the ends of the pan. Cover with oiled plastic wrap. Let rise about 45 minutes, until dough comes to ½ inch of top of pan.

In the meantime: heat oven to 400.

next:

1 T sesame seeds

Sprinkle top with seeds and bake loaf for 15 minutes at 400. Drop temperature to 350 and bake until brown and crusty. Test for doneness with instant read thermometer at 200. Remove from pan and cool on rack.

Herb Cheese Spread

8 oz low fat cream cheese

2 T nonfat plain yogurt

4 T Parmesan

3 green onions

1 clove garlic, lots of black pepper, fresh herbs-thyme, parsley, rosemary, marjoram. Mince onion with green tops and garlic. Blend all together. Chill for a couple of hours to meld the flavors.



Black-eyed Susan
(*Rudbeckia hirta*)

Pane Rustico, Tuscan Saltless Bread

Rombauer and Beckers 1997 Joy of Cooking

Starter: (poolish in French or biga in Italian)

2 c lukewarm water (80-90 degrees)

1 c whole-wheat flour

$\frac{3}{4}$ c bread flour

2 t active dry yeast

Mix in large mixing bowl of heavy-duty mixer for one minute. Cover with plastic wrap and let rise at room temperature for 8-12 hours.

next:

2 $\frac{1}{2}$ c to 3 $\frac{1}{2}$ c all purpose flour

Stir in flour as needed to make a soft, slightly sticky dough. The dough will pull away from the bowl and ball up on the beater. (Error on the side of less flour. The dough will be easier to handle after it rises. Too much flour and the bread will be dry. Knead by hand for 15 minutes or use the dough hook on low for 7 minutes. Oil a bowl better than twice the size of the dough. Toss the dough to oil its exterior. Cover with plastic wrap and let rise at room temperature (75-80) until doubled, about two hours.

Punch down and knead a couple of times. Shape into oval by folding and tucking under. Sprinkle cornmeal over parchment on baking sheet and place loaf on that. Cover with oiled plastic wrap and let rise at room temperature until more than doubled, about 1- $\frac{1}{2}$ hours. It's ready to bake when the dough doesn't spring back when poked.

Preheat oven to 425. Set a pan of hot water on the bottom shelf of an electric oven. Set a baking stone on the next shelf. How long does your oven take? When the oven is hot and the bread has risen, slash top of loaf with a sharp knife or razor blade and slip onto stone. Bake about 40 minutes. The loaf is done when it sounds hollow when tapped on the bottom. Cool on rack.



Dandelion (*Taraxacum officinale*)

Schiacciata, Tuscan Roasted Grape Focaccia

(pronounced "Ski ah cha tah") adapted from Dunaway's

No Need to Knead

1 $\frac{1}{2}$ pounds grapes

Wash and pull grapes off stems. Put on baking sheet and roast in 350 oven for 35 minutes, until they give up some of their juice. I've used the large Globe variety. I don't like seeds in grapes but these get crunchy when baked on the bread. Cool.

next:

1 $\frac{1}{2}$ c warm water

1 package active dry yeast

$\frac{1}{4}$ c sugar

1 large egg, beaten

next:

2 $\frac{3}{4}$ to 3 $\frac{1}{2}$ c all purpose flour

$\frac{1}{2}$ c whole wheat flour

$\frac{1}{4}$ c olive oil

2 t salt

In mixer bowl sprinkle yeast over water. Add sugar and egg and beat. Add 3 c of flour, oil, and salt. Beat until dough is smooth and satiny and pulls away from sides of bowl. You might have to add more flour but try to use as little possible. The stickiness will decrease as the dough rises.

roasted grapes

3 T sugar

sprigs of rosemary

Place in an oiled bowl, cover, and refrigerate overnight. Remove from refrigerator and let stand until doubled, about an hour. Dislodge onto oiled large baking sheet, 13-by-18-inch. Stretch it out to fill pan. If dough sticks to your hands, oil them or dip hands in water. Dribble with olive oil. Scatter grapes and rosemary over focaccia. Push them into dough. Finally, sprinkle with coarse sugar. Let rise about 15 minutes.

then:

Heat oven to 500. Bake for 5 minutes, then lower heat to 400 and bake for 20 minutes or until golden brown. Watch that grapes don't burn. Lay a sheet of foil over if they get dark. Transfer to large rack to cool.

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.

*"Wisdom is knowing what to do next; virtue is doing it."
--David Starr Jordan*

May Day

May Day started when people of ancient Rome honored Flora, the goddess of flowers and springtime, with a festival called Floralia. The goddess was represented by a small statue wreathed in garlands. A procession of singers and dancers carried the statue past a sacred blossom-decked tree. Later, festivals of this kind spread to other lands conquered by the Romans. Today May Day is known as the happiest day of the year in Italy. All varieties of flowers are placed in and around places of worship. Boys often serenade their sweethearts on this day.

The festivals begun in Italy reached their height in England during the Middle Ages. The young people went out into the woods on May Day Eve (April 30) and stayed all night, returning in the morning, laden with flowers and green branches. On May Day, the villagers would rise at dawn to go "a-maying," they would roam the countryside gathering blossoming flowers and branches to decorate their homes. Many May Day customs involve flowers and green branches. Flowers are woven into wreaths or garlands to exchange as gifts between lovers or to hang on doors as decoration. Or flowers are placed in baskets and left on doorsteps for the recipients to find when they arise in the morning. Sometimes flowers were given as messages: plum for glum, elder for the surly, thorns for the prickly, pear for the popular. Hawthorn is particularly auspicious or favorable since it begins blooming when the weather is warm enough for planting. Anyone who went out into the woods and found a branch of flowering hawthorn (also called may) would bring it triumphantly into the village (thereby bringing in the May) and announcing the start of planting season. However, there were warnings about bringing hawthorn into the house, since it would invite the fairies in.

The villagers would erect a towering maypole on the village green, this pole, usually made of the trunk of a tall birch tree, was decorated with bright field flowers, fruits, and streamers. The villagers would then dance and sing around the maypole, accompanied by a piper. Usually, this dance was performed by dancers wearing bells on their colorful costumes. Often the fairest maiden of the village was chosen queen of the May and sometimes a May king was also chosen. These two led the village dancers and ruled over the festivities. In Elizabethan times, the king and queen were called Robin Hood and Maid Marian. Maypoles were usually set up for the day in small towns, but in London and the larger towns they were erected permanently. Today in London, children go from house to house bringing flowers in return for pennies. After the pennies are collected, they are thrown into a wishing well. Special wishes are made with hopes they will be granted. The pennies are later collected and given to different charitable organizations.

May Day, which is also called Beltane (Bright Fire) by the Celts and Anglo-Saxons, was considered the first day of summer. May Day was symbolic of a return to life, of the defeat of the hard winter, with new hopes for good planting and rich harvests. Beltane was the time of milk and honey, the primary time of pleasure, of blossoming and blooming, of desire and satisfaction, so the cow and the bee were both significant symbols for this celebration. The cow's miraculous ability to create great amounts of milk and the bee's creation of honey, the sweetest food on earth, were absolutely magical. After blessing the cows with protective bonfire smoke, they were turned out to pasture. Because of the abundance of grass, the milk was of finer quality, the cows yielded much more abundantly, and had to be milked three times each day. So it was in May that the villagers would begin making their cheese. Special May Day sacrifices were offered, even including human beings. The people built great bonfires on hillsides, leaped over flames, or drove cattle through them. Large oatcakes, called bannocks, were eaten as part of the festivities. Traditionally a portion of the cake was burned or marked with ashes. The

unfortunate soul who received the marked piece was sacrificed to the gods. More recently, the recipient simply jumps over a small fire three times instead and the height of the leap is supposed to forecast the height of crops. Beltane especially celebrated love, attraction, courtship and mating--that yearly build-up of desire we know as "spring fever." Long before our current high school prom king and queen, villages elected a young, attractive couple to represent the King and Queen of the May, sometimes also known as John Thomas and Lady Jane. Folks danced around the May pole, the skyward symbol of life; they gathered flowers and spent nights together under the stars in the forest.

Since the French considered the month of May to be sacred to the Virgin Mary, they enshrined young girls as May queens in their churches and May queens led processions in honor of the Virgin. Cows also play important roles in French May Day festivals, and bunches of flowers are tied and draped around their tails as they are led in parades. Everyone tries to touch the cows because it is believed to be good luck. On May Day morning, everyone drinks milk still warm from the milking to assure good luck during the year.

Greek children set out early in the morning to search for the first swallow of spring. When the bird is located, the children go from door to door singing songs of spring. For their efforts, neighbors offer special treats to eat, such as fruits, nuts, and cakes.

In the United States, the Puritans frowned on May Day and brought this attitude with them to the New World, it has never been celebrated with as much enthusiasm as in Great Britain or other parts of the world. But there are some May Day celebrations by dancing and singing around a maypole tied with colorful streamers or ribbons. The dancers twist the streamers around the pole to make a pretty pattern to be enjoyed by all. On college campuses a May queen is often chosen and the old dances are performed around a maypole. Children often gather spring flowers, place them in handmade paper May baskets and hang them on the doorknobs of relatives and friends--they ring the doorbells and run away, leaving their flowers as a surprise. At May Day parties, children select May queens, dance around the maypole, and sing May Day songs. These festivals often occur in parks or schools, such as Eeyore's birthday party in Austin, Texas.

If you can, stay up all night, preferably outdoors. At least go for a walk in the night on May Day Eve (April 30) and listen for the bells that herald the approach of the Fairy Queen. And you can run around, under cover of darkness, leaving May baskets of flowers on doorsteps.

On the first of May, wear your most colorful clothes or dress all in green (the color of the fairies). Consider wearing a flower in your hair. If festivals were associated with decades, May Day would definitely be the 1960's because of its association with sensuality and free love, sweet smells and Nature, flowers and bells.

Make May Day wine by flavoring wine with herbs, berries, fruits or flowers. The traditional May Day wine is white wine flavored with sweet woodruff. Pick sweet woodruff that does not have open blossoms the day before you want to serve the wine. The herb has more flavor when slightly dry. Tie the stems of a bunch with cotton thread and hang it in a bottle of wine so the leaves are covered. After ten or fifteen minutes, remove the woodruff. Some recipes for May Day wine tell you to leave the woodruff in the wine for days, even weeks. However, woodruff contains *coumarin*, a substance similar to coumadin, which is prescribed to thin blood for people suffering from clots. Also, too much woodruff can cause headaches, so it is best to use only enough to flavor the wine. If you don't drink alcohol, woodruff can also be used in the same way to flavor milk or apple juice. Drink a toast to the glory of May and/or you might also use this wine in a love ritual.

—Brenda Davis, Editor

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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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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!

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