



Herbal Greetings!!

Thank you for entrusting the Presidency of your club to us. We are both very committed to keeping this club alive and active, thus our request to have a co-presidency. We both have very demanding jobs and lives but we see a way to share the position and make it work. It may be a different model than in the past but the end result will be a club that continues to meet the mission.

AHS Mission Statement: The Austin Herb Society, Inc. has been organized exclusively for the purpose of (1) providing education regarding the benefits of cultivating and using herbs to promote better health and well-being, (2) encouraging the growth and use of herbs for many beneficial purposes, and (3) providing charitable and volunteer support to community gardens, libraries and/or other community projects.

AHS isn't just the meetings, it's the mission of education, the community, the friendships and nurturing we give to one another. We're both very excited about the coming year and look forwarding to working with everyone.

We want to thank Michelle Chaput for her leadership and direction over the past two years. Thanks to Michelle's vision, we are well on our way to having a beautiful extension to the Zilker Herb Garden. Michelle will continue guiding this project.

We are so fortunate to have a wonderful group of board members and committee chairs, many of whom are serving a multi-year term and are incorporating the 'buddy' system. We encourage each of you to be involved and join a committee. We have openings for the September Member Luncheon and Spring Herb Symposium. More information about these programs will be announced at the June membership meeting.

Here is a division of the presidents' basic duties:

Jan: Monitor president@austinherbsociety.org email account; Personnel issues; Chair half of the General Meetings; all Board Meetings

Cindy: Financials; Keeper of timeline/calendar; Chair half of the General Meetings; all Board Meetings

We want to hear from you, call us or email us as needed.

Co-Presidents,

Jan Bland -- ph: 438-5974(w) or 338-9815(h)

Cindy Boyle -- ph: 328-1518(w) or 303-1009(h)

Tuesday, June 1

General Meeting, 9:30am at Zilker Botanical Gardens

AHS Panel, "Herb Growing in Texas." Bring your knowledge and/or questions about herbs to this meeting. A panel of our own herb specialists will tell you "All You Ever Wanted to Know About Herb Growing in Texas." Come early and stroll in our Zilker herb garden to get acquainted with the herbs. There is a \$3 charge for non-members and guests.

Tuesday, June 8

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, June 10

Study Group, 7:00pm at Zilker Botanical Gardens

Kim Lehman, "Herbal Folklore." 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! There is a \$3 charge for non-members and guests.

Saturday, Field Trip: There will be no field trips during the summer months. They will resume in September.

Tuesday, June 29

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!

Welcome New Members!

Mary Layden, 7900 Henry Kinney, Austin 78749, 288-7633

Dr. Molly Ogorzaly, 5309 Petticoat Ln, Austin 78746, 329-5212

Marsha Paisley, 6402 Hopkins Dr, Austin 78734, 266-3236

Upcoming AHS Field Trips

If you have suggestions that would be great places to visit, please contact Cindy Phillips at 264-2779 with your ideas for AHS field trips during 2004-2005.

Summer volunteers are need for Mayfield Herb Garden and Zilker Herb Garden. The hot weather of summer is rapidly approaching. In order to keep Mayfield Herb Garden and Zilker Herb Garden alive this summer, both gardens will need extra watering. If you can give one a day week or one day a month to help out, it will be much appreciated. Please contact Julie Crouch at 339-0193 to help with Mayfield or contact Talia Bright at 423-1852 to help with Zilker, so that they can set up a watering schedule.

Celia Westberry, speaker for AHS May general meeting. Celia was delightfully witty and very informative on staying healthy and young. And for those of us who did not have a chance to purchase Celia's wonderful book Eating Yourself Younger Effortlessly, go to www.eatyounger.com to place your order.

Provence and the Cote d'Azur, Fall 2004 YaYa trip, September 21 to September 30, 2004

This September trip will take you from the French Riviera across Provence while the sunflower, grape, and olive harvests are ripening. You'll see Roman ruins, tour one of the famous fabric factories, clamber around the perched villages, shop in colorful markets and even concoct your own personal scents in the world's perfume capitol.

Unlike large commercial tours, you will not be expected to participate in all that is planned. At each stop of the tour, various options will be explained and there will be opportunities for suggestions that often lead to new discoveries for all participants.

Please contact Dr. Molly Ogorzaly at 329-5212 or mobob@sbcglobal.net for more information.

Orange "Julius" Drink

from Pam Bell (this wonderful refreshment was provided during the May General Meeting)

1 12oz can orange juice concentrate, thawed (try orange-peach-mango or pineapple for a change)

2-1/4 c milk

3/4 c water

1 t vanilla

1/8 c sugar

8 ice cubes

Put all in blender and liquefy. Store in refrigerator.



Sundial Tidbit

June 15 is the ideal day to set your sundial. At noon, simply position it so the shadow falls directly on 12-o'clock. Your sundial is now synchronized.

Gardening Corner

Mayfield Park Herb Garden

The donor of Mayfield Preserve loved Mexico and its plants. We have a nice stand of Mexican Oregano in the AHS garden, and have added Mexican Mint Marigold. Other recent additions to the garden are: Lemongrass, Lemon Basil, Sweet Basil, Rose-scented Geranium, Lemon-scented Geranium, and Spearmint. You are invited to enjoy the Spanish Lavender, Texas Betony, Woolly Apple Mint and Pineapple Sage, which are all blooming now. Blue-grey Gnatcatchers, Northern Parula Warblers, White and Red-eyed Vireos have joined the Chickadees, Titmice, Carolina Wrens, Woodpeckers, and Peacocks in keeping Mayfield gleaned of insects.

I hope you will please sign up for a time to water the garden. Please use the water hose on the west side of the house to water the garden in the front of the parking lot. If I know you are going, I'll give you some of John's Recipe to add to the water to feed the plants.



A big thank you to our sponsors It's About Thyme and Wheatsville Co-op for the hardy herbs, the Natural Gardner for the soil revitalizer and John's Recipe, and also to Ann Wilson for the Geraniums. And thank you so much for the pine needles.

For those of you who missed it, there was a wonderful article about the uniqueness of Mayfield Herb Garden in the April edition of West Austin News.

Julie Crouch

Committee Chair—Mayfield Park

Zilker Botanical Gardens is looking for volunteers to become docents. Your hours will benefit AAGC, which helps keep Zilker operating. Please contact Joyce at 481-8256 for more information.

Things to do around Austin!

Big Red Sun

Head on over every Wednesday, rain or shine, for music and drinks in the garden. For all shows, doors open at 6pm, \$5 cover, music 7pm-9pm, kids are welcome. Please check out their website for more info and weekly specials at www.bigredsun.com.

Wednesday, June 2, 2004

10:00am until 11:30am, American Botanical Council

Please join the American Botanical Council, 6200 Manor Road for a lecture on Herbal Constituents with Lisa Ganora, botanist, herbalist, and educator. You will expand your understanding of the physical aspect of a plant's healing actions with this survey of herbal constituents. Using colorful visual presentations, you will explore the nature and relationships of phytochemicals within the context of the most popular botanical medicines. You'll also look at a few molecular characteristics, which influence the solubility, extraction, and stability of herbal products. There is a \$10 suggested donation. Space is limited so please call 926-4900 to reserve a space. You are invited to stay and tour the gardens and picnic on the grounds. Gayle Engels, Education Coordinator
American Botanical Council

The Natural Gardner, free in-store classes

June 12th, Saturday, 10am Dick Pierce, Ancient American Horticulture.

June 26th, Saturday, 10am Kelly Bender, Texas Parks & Recreation, Wildscaping. Please check out their website for more information www.naturalgardeneraustin.com.

Summer Classes at Sol Reflections

Classes taught by Valorie Patillo for Golden Sun Chi Kung and Elemental Tai Chi will be held on Sundays 9-11. Contact Sol Reflections at 263-6990 for more info.

The Summer Solstice

Also known as Midsummer's Eve or St. John's Eve occurs at dream-time or nightfall (8:57pm) on June 20. Summer Solstice (solstice--Latin for *sun stands still*), is the longest day and shortest night of the year. It is also the journey into the harvest season. From the moment of Summer Solstice, the Sun immediately begins to wane, thus winter will be returning.

Midsummer's Eve is the evening of herbs. The herbs and flowers gathered this night are considered exceptionally potent. St John's wort, burdock, and nettle harvested on Midsummer's Eve are hung on doors and windows and placed around the home for protection. Houses are decorated with fennel, orpine (also know as Sedum; live forever; stone crop), St. John's Wort and birch branches.

Royal Fern (*Osmunda regalis*) seeds, which are gathered on midsummer are said to make the possessor invisible. Those who find Royal Fern blossoms on Midsummer's Eve become wise, lucky, wealthy and an all around happy person.

Women wear braided circlets of clover and flowers, while men wear chaplets of oak leaves and flowers around their heads. In times past livestock were also decorated with garlands made of flowers, foliage, and oak leaves.

Fire is an important aspect to Midsummer celebrations. The balefires, bonfires on hilltops, at crossroads, or any place where folks could gather reaches far back through the progression of time. The fire of Midsummer is traditionally kindled from the friction of two sacred woods, fir and oak. Nine different types of herbs are thrown upon the Midsummer fire. These consist of mistletoe, vervain, St. John's Wort, heartsease, lavender, and a choice of four others chosen from herbs typical of this season such as yarrow. Folks would feast, dance and jump the fire for luck and fertility. The herds were driven through the embers in days long ago to purge disease and illness from them. When the fires had burned down, folks would carry ashes back to their homes to sprinkle on fields, the four corners, and lay embers on the hearth. Ashes bring powers of protection, health and luck.

Water is the other important aspect of Midsummer. In times past folks swam in waters that flowed towards the rising sun as it climbed in Midsummer morning sky. Bathing in springs and rivers on Midsummer brings healing, cleansing and protection. The dew of Midsummer is said to bestow health to whomever drinks of it. Especially powerful is fetching running water of Midsummer morn and mixing it with ashes from the bonfire, sprinkling it around the house, yard and on oneself to bestow protection and luck.

Midsummer is the time when everything is abundant and flourishing. Flowers smell their sweetest, colors are their most vibrant, trees are their greenest, berries are their sweetest, and fairies are most playful, it is the time that nature's lavishness is abundant. It is said that during the full moon on Midsummer's Eve a mortal may witness fairy dances and celebrations. Be sure to leave an offering to them on Midsummer's Eve, so they may think fondly of you and yours.

The moon of Midsummer is called the "Honey Moon," as this is a time when the hives are rich in honey, which is gathered and fermented into mead and customarily consumed during the many marriage ceremonies held on the Summer Solstice. Mead is rumored to be an aphrodisiac; thus, we observe the roots of modern day marriage practices and "honeymoons."

It is reported that whatever is dreamed on this night will come to pass, and certainly Shakespeare acknowledged the magic of this time in 'A Midsummer Night's Dream.'

Blessed Midsummer to you and yours!

Brenda Davis, Editor

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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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