



## Herbal Greetings!!

Panel and audience alike enjoyed the information sharing that went on at the June general meeting. Now we all know the secret ingredient to getting Bluebonnets to germinate! Thanks to our panel – Michelle Chaput, Ellen Zimmerman, Cindy Phillips, Betty Stahly and Sandra Holland. If you have a trusty tip to share, please send it to Brenda Davis for the Potpourri. We talked a little bit about poisonous herbs. If you want to know all the poisonous herbs to grow.....or stay away from.....read Witches Bane by Susan Albert Wittig. When it's too hot or too wet to garden, pick up one of Susan's herbal mysteries. You learn so much information about herbal history, uses of herbs, and the plots are suspenseful too!!!

Thank you to Betty Stahly for filling in at the Membership Table. We had four guests and two became new members. Thanks to the Hospitality Committee for an outstanding job on decorations. The color combinations of blue and yellow in the punch, napkins and cups were awesome and all matched the flower arrangement.

If you were not at the Study Group in June, you missed a fun evening. Kim Lehman spoke on Herbal Folklore. She shared wonderful stories about flowers and herbs from many cultures. Kim, a professional storyteller, told personal stories of growing up with flowers. If you have a flower or herb story, please send it to us for the Potpourri.

Our May Board meeting was the annual Board Retreat for Board Members and Committee Chairs. We are decreasing the number of Board meetings to five and hope to select fun activities that you will enjoy and to make the best use of the precious time that you can spend with us.

We have asked all Committee Chairs to have a co-chair. This is a backup for them and it allows new members to learn about the organization without a lot of responsibility. If someone calls you, please say yes. We want to thank the following for stepping up and volunteering as backup to Committee Chairs: Kim Lehman – Speaker's Bureau; Alisin Genfan – Merchandising; Kay Hayward – Spring Symposium; Michele Lofstrom -- Membership Luncheon; and Judith Craft -- Membership Luncheon.

We are seeking committee volunteers for our annual fund-raiser, the AHS Spring Symposium, scheduled for the morning of February 12, 2005. The committee members will have the rewarding opportunity to plan our speaker(s), theme, decorations, refreshments, tabletop displays, volunteer coordination, and media coverage. The Symposium will be at Zilker Botanical Gardens so mark your calendars for an event you will not want to miss.

Thanks to the following for opening their homes and gardens at our fabulous Spring Member Garden Tour: Vee Fowler, Eloise Doherty, Judith Craft, Lucinda Hutson, Gayle Engels, and Julie Crouch. We have great memories of our special May Day!

Co-Presidents,  
Jan Bland and Cindy Boyle  
338-9815 and 924-0708

### Tuesday, July 6

#### General Meeting, 9:30am at Zilker Botanical Gardens

Informal sharing time, "Favorite Picnic Recipes and More." This will be a social event. There will be discussions on herbs, how to use, how/what to grow, etc. Bring your favorite picnic foods and/or finger foods to share. There is a \$3 charge for non-members and guests.

### Thursday, July 8

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

To be announced. For info, contact Vee Fowler at 345-0719 or Eloise Doherty at 927-8478. There is a \$3 charge for non-members and guests.

### Tuesday, July 13

#### 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](mailto:talia@seedling.com).

### Tuesday, July 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](mailto:amh2ouzel@juno.com) or 339-0193. Everyone is welcome!

#### Welcome New Members!

Debra Hyde, 12 Sentinel Hill, Austin 78737, 394-9958

email: [tractorgirl@austin.rr.com](mailto:tractorgirl@austin.rr.com)

Sudie Vassef, 407 W. 55th St, Austin 78751, 323-2483

**Pam needs your garlic!!**

Pam Bell will be using garlic to decorate for the September Membership Luncheon. If you grow garlic, please cut blooms off long and hang to dry. Please contact Pam at 894-0767, if you have any questions or to let her know that you will be able to help out.

**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.

**Upcoming AHS Study Group**

If there is a topic(s) that you are interested in and would love to learn more about it or teach it, please contact Eloise Doherty at 927-8478 with your ideas, suggestions, or recommendations.

**Memorial services were held for Lola Russell**

On Wednesday, June 16, at Remembrance Gardens, Riverbend Baptist Church, memorial services were held for Lola Russell. Lola, a long time member and friend, will be greatly missed. Lola passed away Friday, June 11, of Leukemia. Lola was 85 years old.

Keep the entire family in your prayers and especially her sister and AHS member, Doris Denton. Lola was also a volunteer at the Lady Bird Johnson Wildflower Center, and by suggestion of her family, AHS made a donation in her memory to the Wildflower Center. We will also have a memorial display for Lola at the July general meeting.

If you wish to reach Doris, please contact her at 10801 Old Manchaca Road, Apt. 1702, Austin, Texas 78748, ph: 292-6863

**Summer volunteers are needed 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 day a 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.

**AHS Education Outreach**

Gwen Sederholm and I have been very busy this year with the Education/Outreach Committee. Our goal is to introduce and educate the general public to herbs and their many uses. We focus mainly on school-aged children, but have also done presentations for Garden Clubs and Environmental Clubs. Most people we do presentations for know about rosemary, garlic and a few other common herbs

but have rarely heard of ones such as epazote, borage and yarrow.

Last December Gwen and I started working with Spicewood Elementary School again for the annual UT Science Fun Day event. We met with over 50 students helping them with research, experiments, and learning how to do presentations on many different herbs. The students worked for three months on this project, and Gwen and I were up there every other week enjoying their enthusiasm and smiles. Next year, it would be nice to see a few of the AHS members come by the booth to show their support since this is an AHS sponsored event.

On April 22, Gwen Sederholm and I went to T A Brown Elementary School in north Austin. We had a fun day with three, third-grade classes discussing Earth Day. How to recycle, how to save our natural resources, and how plants help the earth's environment were the main topics of discussion.

The students were very inquisitive and amazed at all the uses of the herbs. They had recently planted their own butterfly garden and were amazed at how many herbs the butterflies are attached to. All of the kids were brave enough to try some herbal popcorn and mint punch. Some of them were not thrilled that there were little green things on their popcorn! All and all it was a fun and educational day for all involved.

Have a great summer and keep the aloe handy.

Lydia Noble

Education/Outreach Committee

**"Thank-yous" from just a few of the people Gwen and Lydia have worked with.**

⇒ Thank you, Lydia and Gwen. Victoria had a wonderful time and learned a lot about herbs. *Laura.*

⇒ To The AHS, Ms. Noble & Ms. Sederholm: On behalf of the 40-plus students, their parents and myself at Spicewood Elementary, would like to thank you for all the many hours of your time and efforts. All the children learned so much about the herbs themselves as well as how to research and to come up with a finished presentation. None of this would have been possible without the human resources you both provided. The time commitment alone was a big sacrifice. We here at Spicewood Elementary hope and look forward to working with both of you again next year. The AHS is very lucky to have both of you to work with kids in and around the Austin area. Best regards, *Ms. Bell*

⇒ Hi Lydia & Gwen: Thank you so much for giving the presentation to our kids. It was a great Earth Day event. I checked out the photos and yes, they are Monarchs! We learned so much more from both of you about butterfly gardens and the different herbs that each individual butterfly is attracted to. When I got home, I found two on the milkweed that I have in my backyard, too. *Amy Keane*

## Where can you get fabulous food while strolling amongst beautiful flowers with your friends?

May 22<sup>nd</sup> was our annual Member's Garden Tour and Luncheon. What a beautiful morning to spend with friends. We visited the gardens of Vee Fowler, Eloise Doherty and Judith Craft as well as our AHS garden at Mayfield Park and the grounds of Austin Botanical Council.

Vee's varied and carefully manicured formal gardens were a delightful place to stroll while sharing breakfast and discovering new plants with new friends. Pam Bell, Michele Lofstrom and Judith Craft coordinated a breakfast worth getting up early for on a Saturday morning!!! We formed carpools and we were off to Mayfield Park, where Julie Crouch answered questions about the AHS gardens we maintain at Mayfield. All were proud to see the great work members are doing there. Eloise Doherty gave us insight into Wildscape gardening. This was a new concept for many and a good opportunity to see. Many thanks to Gayle Engels for inviting us onto the grounds of ABC and sharing so much information about their mission and gardens. We saw plants grouped into theme gardens here. All met up again for a tour of Judith Craft's informal garden. What a wide variety of gardens and ideas to consider for our own landscape. Thanks to all participants for the fabulous food lovingly prepared by all and shared at breakfast and lunch. As we ate lunch, many shared ideas for the coming year and others took the time to sit and get to know more about casual acquaintances. One member told me later how she got to sit and really talk to another member for the first time. They found common interests and learned they live near each other. These events are where new friends are made.

But wait – that's not all! After lunch, one of our sponsors that was attending, Lucinda Hutson, invited us all over to visit her garden! That is always a special treat. It's always a party at Lucinda's and this time was no exception. We ended our day by shouting Lucinda's famous "Tequila" as group pictures were taken to remember the event.



Common Burdock  
(*Arctium minus*)

cleanses the blood  
aids kidney, liver, and  
gallbladder function,  
also stimulates  
digestion

## Notes from May 11, 2004, AAGC Board Meeting

from: Margie Malone, AAGC Rep.

Education: School tour numbers have increased by 2000 visitors this year. The Botanical Garden is a favorite place for teachers to bring students, especially during the time older students are testing. Some days there are so many school buses coming and going, we almost need a traffic cop. The tours would not be possible without the docent volunteers. Please sign up for the next training to become a docent volunteer.

Volunteer Coordinator: The 2004 Garden Festival brought in approximately \$41,000. A special thanks was given to all that volunteered and helped make it possible. Now, we need Volunteers for the 2005 Garden Festival. For its success, we must start now. Volunteers are needed to chair the different committees and for a 2005 Chairman. Please contact Joyce Billings at 481-8256 immediately.

The Membership Committee is in need of a volunteer for a committee co-chair(s) for the upcoming year. Please contact Robin Carter at 458-7111 ext. 6923, if you would like to help out.

**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.

## Moroccan Carrot Slaw

from Cindy Boyle

1/2 pounds carrots, peeled, finely grated

1/2 cup raisins

1/2 cup unsalted peanuts

1 teaspoon Dijon-style mustard

2 teaspoons red wine vinegar

1 garlic clove, minced

1/2 teaspoon ground cumin

1/2 teaspoon freshly ground pepper

1/4 teaspoon salt

1/2 cup olive oil

Place the carrots, raisins and peanuts in a large bowl and toss well. Mix remaining ingredients in a separate bowl except for oil. Using a wire whisk, slowly add the oil to form an emulsion. Pour the vinaigrette over the slaw and toss until it is well coated.

# TEXAS SALES TAX RESALE CERTIFICATE

Name of purchasers, firm, or agency

Phone (area code/number)

Address (Street, Number, PO Box, Route number)

City, State, Zip Code

Texas Limited Sales Tax Permit Number (or out-of-state retailer's registration number or date applied for Texas permit)

Tax Number: 17427423961 for Austin Herb Society is a 501(c)(3) Non-profit Organization

I, the purchases named above, claim the right to make non-taxable purchase(s) for resale of the taxable items described below or on the attached order or invoice:

The taxable item(s) described above, or on the attached order or invoice, will be resold, rented or leased by me within the geographical limits of the United State of America, its territories and possessions in its present form or attached to other personal property to be sold.

I understand that if I make any use of the item(s) other than retention, demonstration or display while holding it for sale, lease or rental, I must pay Sales Tax on the item at the time of use based upon either the purchase price or the fair market rental value for the period of time used.

I understand that it is a misdemeanor to give a Resale Certificate to the seller for taxable item(s) which I know, at the time of purchase, are purchased to use rather than for the purpose of resale, lease or rental, and that upon conviction I may be fined not more than \$500.00 per offense.

Purchaser

Title

Date

**sign here:** \_\_\_\_\_

*This certificate should be furnished to the supplier. Do not send the completed certificate to the Comptroller of Public Accounts.*

## Austin Herb Society 2003/2004 Sponsors

### Acupuncture Medical & Research Centre\*\*

1600 W. 38th St., #402, ph: 371-1121

[www.acupunctureaustin.com](http://www.acupunctureaustin.com)

Acupuncture Medical Services 20%-disc

**Andra H. Millian, M.S. L.Ac. C.H.\*\***

5750 Balcones Dr., #117, ph: 892-0288

<http://home.austin.rr.com/onenamilian>

Acupuncture, Nutritional & Herbal Therapy

**Arbonne International Pure Swiss Skin Care**

Anne Wheat, representative

906 Terrace Mountain Drive, ph: 328-6478 or

328-2911 [www.euroskin.myarbonne.com](http://www.euroskin.myarbonne.com)

Skin Care, Nutrition, Color and Aromatherapy

Products

**Barton Springs Nursery Company**

3601 Bee Cave Road, ph: 328-6655

Retail Gardening Center

**Big Red Sun**

1102 E. Cesar Chavez St., ph: 480-0688

[www.bigredsun.com](http://www.bigredsun.com)

Retail Gardening Center

**BodyRitual Herbs\*\***

ph: 567-5206 [www.bodyritualherbs.com](http://www.bodyritualherbs.com)

Herbal Nutritionist: Classes, Consultations and

Body Wraps

**Book People**

603 N. Lamar, ph: 472-5050

[www.bookpeople.com](http://www.bookpeople.com)

Austin's Independent Bookstore

**Book-Woman\*\***

918 W. 12th (at Lamar), ph: 472-2785

[www.ebookwoman.com](http://www.ebookwoman.com)

Everything Woman, Everyone Welcome!

**Chez Zee American Bistro\*\***

5406 Balcones Dr., ph: 454-2666

[www.chez-zee.com](http://www.chez-zee.com)

Cooking 'til Midnight Friday/Saturday

**Cindy Phillips Pottery & Painting Studio\*\***

25008 Pedernales Canyon Trail, ph: 264-2779

Hifire Stoneware Pottery and Paintings

**E&G Design\*\***

6204 Arnold, ph: 927-2913

Naturally Native Landscape & Drainage

Solutions

**EI Interior \*\***

1009 West Lynn St., ph: 474-8680

[www.elinterior.com](http://www.elinterior.com)

Treasures of Mexico

**EZ Herbs/Austin School of Herbal Studies\*\***

8803 Bear Creek Dr., ph: 301-5838

[www.ezherbs.net](http://www.ezherbs.net)

Herbal Consultations, Classes & Handmade

Products

**Fredericksburg Herb Farm**

402 Whitney St., ph: 1-800-259-4372

[www.fredericksburgherbfarm.com](http://www.fredericksburgherbfarm.com)

Herbs, Books, Gifts, Café, B&B

**Gabriel Valley Farms\*\***

440 Old Hwy 29 East, ph: 930-0923

Wholesale Nursery, Retail by Appt

Gardens

1818 W. 35th St., ph: 451-5490

[www.gardens-austin.com](http://www.gardens-austin.com)

Garden Center & Landscape Design

**The Great Outdoors Landscape & Nursery**

2730 S. Congress Ave., ph: 448-2992

[www.gardenadventures.com](http://www.gardenadventures.com)

**Howard Nursery**

111 E. Koenig Lane, ph: 453-3150

[www.howardnursery.citysearch.com](http://www.howardnursery.citysearch.com)

Retail Gardening Center

**It's About Thyme\*\***

11726 Manchaca Rd., ph: 280-1192

[www.itsaboutthyme.com](http://www.itsaboutthyme.com)

Complete Gardening Center: Herbs, Antique

Roses, Perennials

**Lucinda Hutson**

4612 Rosedale Ave., ph: 454-8905

[www.lucindahutson.com](http://www.lucindahutson.com)

Cooking, Gardening, Lifestyle

Author/Consultant

**The Natural Gardener**

8648 Old Bee Caves Road, ph: 288-6113

[www.naturalgardeneraustin.com](http://www.naturalgardeneraustin.com)

Austin's Organic Gardening Headquarters

**ScentGarden\*\***

11726 Manchaca Rd., ph: 280-3544

[www.scentgarden.com](http://www.scentgarden.com)

Fine Essential Oils & Aromatherapy to Enhance

Your Health

**SOL Reflections**

107 RR 620 S, #105, ph: 263-6990

Your Local Health/Vitality Center

**Sun Harvest (south store)**

4006 S. Lamar, #400, ph: 444-3079

[www.wildoats.com](http://www.wildoats.com)

Discover the World of Natural and Organic™

**Sun Harvest (north store)**

2917 W. Anderson Lane, ph: 451-0669

[www.wildoats.com](http://www.wildoats.com)

Discover the World of Natural and Organic™

**Texas Medicinals**

1203 E. 7th St., ph: 476-8422

[www.texasmedicinals.com](http://www.texasmedicinals.com)

Organic Herbal Teas and Native Plant

Medicines

**Valymyst Herb Farm\*\***

13221 Wire Road, ph: 267-4479

[www.valymyst.com](http://www.valymyst.com)

Fine Culinary Herbs, delectably preserved and

packaged

**West Lynn Café (vegetarian)**

1110 West Lynn St., ph: 482-0950

International Earthly Delights

**Wheatsville Food Co-op**

3101 Guadalupe, ph: 478-2667

[www.wheatsville.com](http://www.wheatsville.com)

Austin's Community Grocery Since 1976

**Wildflower Organics\*\***

908 N. Lamar, ph: 320-0449

[www.wildflowerorganics.com](http://www.wildflowerorganics.com)

Natural Linens, Fabrics & Furnishings

**\*\*10% Discount for AHS members.** Be sure to thank our sponsors when you visit their establishments this year, check [www.austinherbsociety.org](http://www.austinherbsociety.org) for news and updates in our sponsor listings.

**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](http://www.austinherbsociety.org)