



Herbal Greetings!!

Webster's says PICNIC is 1.) an excursion or outing with food usually provided by members of the group and eaten in the open 2.) a pleasant or amusingly carefree experience. Both definitions are appropriate for the July General Meeting "Let's Have A Picnic."

It was definitely a carefree gathering. People drifted around to all areas of the room visiting with old and new friends. Cindy Phillips, Program Chair, was reluctant to interrupt the party-like atmosphere, but the time came to have 'the program.' We pushed back the tables, made a BIG circle and shared recipes for easy Summer suppers, herbal tips and events and suggestions for guest speakers and field trips. Some great ideas were shared. The food was light and cool. Many people brought plant cuttings to share. Judith Craft surprised us all by donating two door prizes.

Thank you to Michele Lofstrom and Roberta Showerman for preparing a tabletop memorial to Lola Russell.

Be watching for your invitation to the September Membership Luncheon. It will be mailed out in early August. Seats fill up quickly, so RSVP early to join us for a great luncheon and speaker on September 7th.

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



Beach Rose

Reminder:

There will not be a General Meeting for the month of August

Thursday, August 12

Study Group, 7:00pm at Zilker Botanical Gardens

Cathy Slaughter of Gabriel Valley Farms located in Georgetown, will be our speaker. 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, August 10

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.

Tuesday, August 24

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!

Membership Information

New Member: Jeanette Markel, 3616 Far West Blvd, #117-312, Austin 78731, email: jeamarkel@aol.com

Margie Malone new email: margiemalone@sbcglobal.net

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 events around Austin

Natural Gardner, Saturday classes

Aug 7: Jay Kane "How to Plant/Enjoy Texas Wildflowers"
Aug 14: Trisha Shirey "Tips/Techniques for Gardening for Deer"
Aug 31: Dick Pierce "Intro to Permaculture"
Aug 28: Bill Elzey "Fall/Winter Lawn Care"
check out their website for more info www.naturalgardeneraustin.com

Texas Herb Growers & Marketers Association 18th Annual Conference

For businesses and individuals interested in learning more about herbs.
Nell Pape Center, Waco, Texas
September 10-11, 2004
Friday: Bus Tour
Friday Eve: Registration, Social, Round-Table Discussions
Saturday: Conference
Speakers: Judy Griffin: Aromatherapy for People & Pets
Mary Doebbeling, Our Thyme Garden: Growing a Product for Market
Bob Anderson, Gourmet Garlic Gardens: Garlic, Herb of the Year
Madalene Hill, Gwen Barclay, International Festival
Institute: Harvesting for Flavor & Profit
Bus Tour \$25 Conference \$65 members, \$75 non members
For more info contact Cathy Slaughter (512)930-0923;
info@thgma.com or visit website: <http://www.thgma.org>

Private Water Massage sessions

Please contact Andra Millian at 892-0288 or visit <http://home.austin.tx.com/onenamillian> for more info.



Common Milkweed
(*Asclepias syriaca*)
Cherokee used this plant
for backache, dropsy,
gravel, venereal disease

Simple Bar Cookies

from Barbara Broering

Super simple bar cookie adapted from an old Quaker Oats box. Easy to substitute with whatever fruit and jam you have in the cupboard. My favorites are made with the HEB fruit spread, apricot or raspberry with apple slices. You can easily half the recipe.

Butter and Jam Bars

Heat oven to 375E. Grease a 13x9 baking pan. Crust and topping 2 cups of oats-quick or old fashioned-uncooked
Ingredients: 2 ½ c flour, 1 ¼ c sugar, 2 t baking powder, 1 c butter-2 sticks-melted

Combine oats, flour, sugar, baking powder, and melted butter. Set aside 2 cups for topping. Press the rest into the prepared pan. Bake for 15 minutes.

Filling

3 c thinly sliced apples (I like the peels on.), 2 T flour, 1 c raspberry or apricot jam
Toss the fruit with the flour. Then stir in the jam. Spread over the baked crust. Sprinkle the topping over the fruit mixture and press down slightly. Bake another 30 to 35 minutes until light golden brown. Cool completely and cut into bars. 24 bars.

EZ Summer Meals, from July General Meeting

Chalupa: beans, cheese, tortillas, sour cream, peppers, avocado

Gazpacho: V-8 juice, veggies, olives, garlic, cilantro, olive oil, avocado

French bread slices: tomatoes sliced, basil leaf, drizzle with olive oil, salt/pepper to taste

Vermicelli Salad: 1 pkg vermicelli, cooked; 1 bunch green onions, chopped; 2 small cans chopped black olives; 1 tablespoon mayo; 2 tablespoons olive oil; 3 tablespoons Greek seasoning. Make ahead overnight in fridge.

Pea Salad: canned baby peas; chopped celery; cubed cheese; peanuts; mayo

French Bread: spread butter, top with sliced radishes. Bread can be warm or cold. French use this for picnics in France.

Cool Herbal Tea: 1 handful lemon verbena, 1 handful mint leaves, crush leaves to release flavor, put in glass container (heat proof), pour in boiling water, steep, and strain

All Green Salad: green leaf lettuce, spinach, romaine, cooked and chilled green beans, cooked and chilled broccoli, avocado sliced, basil full leaf, (optional: oregano, thyme, or Mexican mint marigold), combine all ingredients, mix with your favorite dressing.

Cibatta bread: slather with cream cheese, pesto, tomato and cucumber slices, topped with basil leaves

Easy Fumi Salad: 1 green cabbage, shredded; 12-16 green onions, cut; 2 pks Top Ramen noodles--crushed in bag, 8 table spoons toasted slivered or sliced almonds, 8 table spoons toasted sesame seeds; *Dressing*: 1/2 cup sesame oil, tamari or soysauce, maple syrup or sugar (to taste); sesame seeds; rice vinegar; and white pepper.

Cucumber

The cucumber, which is native to Asia, has been cultivated for many thousands of years. In fact, seeds almost 12,000 years old were discovered in southwest Asia. Cucumbers were eaten in Egypt, which is documented in the Bible, and valued as an easily digestible vegetable in ancient Greece and Rome. Members of the gourd, or the Cucurbitaceae family, cucumbers are related to melons and similarly have a very high water content. The watery, fleshy interior remains cool even during the warmest of temperatures--perhaps the origin of the expression "cool as a cucumber." Because they hold large amounts of water, cucumbers have diuretic and cleansing properties that are often used to treat edema and gout, assist weight reduction, cool fevers and help eliminate intestinal worms. In addition, the vegetables astringent and moisturizing qualities make it an effective skin treatment for decreasing wrinkles, soothing sore feet and--best known for all--relieving puffy, tired eyes.

For Weight Loss

Cucumbers consist of 95-percent water and almost no calories or cholesterol. Mildly diuretic, they help to cleanse toxins and waste materials from the body. In addition, they contain lots of vitamins and minerals. Furthermore, cucumber sticks make filling snacks between meals. Instead of using salt, try flavoring them with a little pepper or fresh dill and a few drops of lemon juice or vinegar.

Therapeutic Effect

Cucumbers are very alkaline, diuretic and cooling. They are astringent, anti-inflammatory and moisturizing, and when applied externally, they tighten skin, promote blood flow, soothe tissue and reduce swelling. Also, cucumber has a mild bleaching effect, so dab skin blemishes or age spots with freshly squeezed cucumber juice.

Components

Cucumbers contain high amounts of water and roughage, moderate amounts of potassium and magnesium and small amounts of fat, protein, carbohydrates, sodium, iron and calcium. The trace elements copper, selenium, iodine, zinc, and manganese are also present. Furthermore, cucumbers contain vitamins A, B₁, B₂, B₆, C, E, and K; biotin and niacin; and folic, malic, citric, and pantothenic acids.

For tired, inflamed eyes

Perhaps the most famous medicinal use for the cucumber is putting a cold slice on the eyes after a long day. Its anti-inflammatory and astringent properties help soothe tired, inflamed eyes. Also, a poultice of mashed cucumber placed in cheesecloth can relieve bloodshot and itchy eyes due to hayfever and other allergies.

As a diuretic

Cucumbers have a diuretic action that helps to neutralize and excrete the uric acid buildup in joints plagued by gout. Its diuretic action may also prevent kidney and bladder stones.

For constipation

The enzymes contained in cucumbers support protein metabolism, which helps cleanse and detoxify the intestines. Furthermore, the high water and roughage content in cucumbers can help to counteract constipation.

For insect bites

With their anti-inflammatory, astringent and cooling effects, cucumbers take the sting out of insect bites. Put mashed or sliced cucumber on bites to help reduce the swelling.

For sunburn

3-cucumbers; 3-oz plain yogurt; 1-tsp vinegar. Wash, peel and grate the cucumbers. Mix them in the yogurt and vinegar; chill. Spread the paste on the sunburn, leaving it on until its cooling action stops.

For skin conditioning

2-unpeeled, non-waxed cucumbers; 1-pint whipping cream; 1-tbsp olive oil; 1-tbsp honey; 1-tsp cornstarch; 1-lemon. Supposedly this was Cleopatra's skin-conditioning recipe. Wash the cucumbers, mash them (or place in blender). Add up to 1 pint of the whipping cream to make a smooth, thick paste. Blend in the olive oil, honey and cornstarch; chill. Slice the lemon in half, and rub both halves over your face. Apply the cucumber pastes, and lie down. Wash the paste off after 1 hour.

For internal cleansing

1-lb. cucumbers; 1-cup buttermilk or yogurt; dill or lemon juice to taste. Wash, peel, seed and puree the pulp of the cucumbers in a blender. Blend in the buttermilk or yogurt, and flavor with the dill or lemon juice. Drink one cup daily.

**submitted by Brenda Davis, from The Complete Guide to Natural Healing*

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.

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The Austin Herb Society, Inc

Zilker Botanical Garden

2220 Barton Springs Road

Austin, Texas 78746

www.austinherbsociety.org