



REMINDER!

Reminder about September meeting - you must have made reservations by August 25 to attend the September meeting and luncheon. September is our annual Membership Luncheon and kick-off meeting. There will be no general seating for the September meeting.

Herbal Greetings!!

An exciting year is being planned for AHS members! We kick the year off with our annual September membership luncheon on Tuesday, September 7. Our speaker, Carlos Hernandez Calderoni, will speak on "The Benefits and Lore of Garlic." He is sure to entertain! We hope to see you there.

The club's outreach and education this year will focus on citywide herb awareness and sponsor participation. We are asking our sponsors to sponsor events and to set up booths at the Westlake Farmers' Market HerbFest. Many herbal events are being planned throughout the month of October and in the fall. Individual members are asked to support our sponsors and the events in their effort to educate our community on herbal usage. For more information on all AHS and Central Texas herbal events, see our calendar on the AHS website: www.austinherbsociety.org

On September 30, Mayor Will Wynn and the Austin City Council, in partnership with the Austin Herb Society, will proclaim the month of October as *Herb Awareness Month*. Our proclamation is on Page 2. We invite all members to attend the City Council meeting at 5:30 p.m. on Thursday, September 30 at the LCRA Hancock Building, 3700 Lake Austin Boulevard. If you are unable to attend, you can view it on Austin Cable channel 6.

We are excited about the Westlake Farmers' Market HerbFest on Saturday, October 2. Don't miss this great opportunity to purchase herbs and herbal products and to promote herbal usage and the Austin Herb Society and to visit with friends and sponsors. It will be a great event for all!

We had hoped to break ground on the Austin Herb Society's extension to the herb garden at Zilker Botanical Garden in October; however, the city has not resolved the right-of-way issues. This gift, worth \$10,000, will promote native herbs to Central Texas and will be located directly to the right of the existing herb garden. We will keep you informed of further developments as the months progress.

In conjunction with the new native herb garden, Michelle Chaput, immediate past-president and chair of the new herb

garden extension, and Eloise Doherty, E&G Designs and new herb garden designer, will be the featured speakers on Central Texas Gardener, a gardening program on KLRU. The topic will be Central Texas native herbs and will feature herbs included in the new garden. The program will air on KLRU October 9 at Noon and 4:00 p.m. and October 14 at 12:30 p.m. In addition, it will air on KLRU 2 (Time Warner cable) on October 9 at 9:00 p.m. and October 13 at 10:00 p.m. and on KLRN (San Antonio) on October 9 at 11:00 a.m.

We look forward to seeing you at the September luncheon!

Herbally yours,

Jan Bland and Cindy Boyle, AHS co-Presidents

Become a Vendor at HerbFest

The AHS in partnership with the Westlake Farmers' Market presents HerbFest 2004 on October 2. Businesses may purchase a 10x10 booth for \$25 or a 10x20 booth for \$50. The Westlake Farmers' Market requires that all vendors make or grow what they sell. (Exceptions include books, gardening accessories, and educational materials.)

Suggested categories include:

- Fresh or dried herbs
- Herbal health and beauty care products, aromatherapy products
- Herbal cooking products, teas, condiments, food (demonstrations and samples)
- Herb-related gift items, jewelry, decorative crafts
- Herb or gardening books and book signings
- Gardening tools, plant markers, fertilizers, trellises, garden art, pots
- Acupuncture, massage or related services

All proceeds, including booth space purchased through the AHS, benefit the Zilker Botanical Garden Center herb garden expansion. You may reserve a booth through advance payment, but space is limited and will be available on a first come first serve basis.

*If you would like to get in on the festivities, contact Diana Hyland at 402-9697 or hylandinc@austin.rr.com.

Proclamation: October as Herb Awareness Month
Date for proclamation reading: September 30, 2004



Whereas, the Austin Herb Society is a nonprofit organization dedicated to the purpose 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.

Whereas, the Austin Herb Society is an active and generous member of the Austin Area Garden Council, actively maintains and supports the herb gardens at both the Mayfield Garden and Zilker Botanical Garden, and whose members individually participate in outreach opportunities throughout the year;

Whereas, the Austin Herb Society is contributing a new native Texas herb garden, extending the current herb garden at Zilker Botanical Garden, a gift worth \$10,000 to the Austin Area Garden Council, the City of Austin, and Zilker Botanical Garden;

Therefore, the Austin Herb Society requests Mayor Will Wynn and the Austin City Council to proclaim October as Herb Awareness Month to celebrate the contribution of the new herb garden and to thank the AHS for its generosity to Austin since its founding in 1983.

Tuesday, September 7

Annual Membership Luncheon from 9:30am - 12:30am

Carlos Hernandez Calderoni will be speaking on "The Benefits and Lore of Garlic." Carlos was nurtured in herbal traditions by his grandfather, apprenticed with Michael Moore, and founded Austin Health Associates as a clinical herbologist. Need to reserve your seat by Aug. 25. For more info, please contact Michele Lofstrom at 231-1224.

Thursday, September 9

Study Group, 7:00pm at Zilker Botanical Gardens

Vee Fowler will be discussing 'Herbs and Foods to Boost Your Brain Power, Calm Your Mind and Raise Your Spirits.' This will be the first in a series called *Fight Back With Herbs and Foods*. For more info, contact Vee Fowler at 345-0719 or Eloise Doherty at 927-8478. There is a \$3 charge for non-members and guests.

Tuesday, September 14

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, Sept. 16

Field Trip to RGK Foundation Ranch with Kelly Prehn to view innovative water catchment and conservation methods that have rejuvenated this once overgrazed 600 acre ranch. For more info, please contact Cindy Phillips at 264-2779, Pat Lewis at 282-0300, or Roberta Showerman at 442-8018.

Tuesday, September 28

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!

****Upcoming events around Austin****

Saturday, Sept. 4-6, 10 a.m. - 4 p.m.

Austin Cactus & Succulent Society

Fall Show & Sale at Zilker Botanical Garden

Saturday, Sept. 11, 9 a.m. - 4 p.m.

Iris Society of Austin

Rhizome Sale at Zilker Botanical Garden, Free admission

The Natural Gardener

September 18th, Saturday, 10am:

Natasha Schave, will present "Herb Gardening 101"

September 25th, Saturday, 10am:

Ellen Zimmerman "Herbal First Aid Kit."

For more info, call 288-6113.

Sept. 25, 29, and 30, Central Texas Gardner

Segment feature on Madalene Hill and Gwen Barclay at Festival Hill. With studio guest Scott Ogden talking on spring bulbs. Airdates: KLRU, Sept.25 at Noon and 4pm and again on Sept.30 at 12:30. KLRU 2 (Time Warner 20), Sept.25 at 9pm and Sept.29 at 10am. KLRN (San Antonio) Sept 25 at 11am.

Saturday, Sept. 25 at 7:30pm, Sol Reflections

Shamanic Healing Circle with Nik Kowalew on Saturday, September 25 at 7:30 pm. "Experience the healing and re-empowerment of the Energetic Body of Light. Revitalization of the physical, emotional, and mental bodies and the power of the Pachakuti Mesa through ancestral healing chants, sacred sound, movement and traditional Andean healing." Suggested donation is \$25. Please pre-register at 263-6990

Sunday, Sept. 26, 2 p.m. to 5 p.m.

Anderson Mill Garden Club Plant Sale and Open House

13974 FM 2769, 1/4 mile west of the intersection of Bullick Hollow and Volente Road. Admission is free. For more info, call 258-6873. Tour Millhouse and pond with the giant waterwheel.

Crane Style Qi Gong Classes and Private Water Massage sessions

Starting in September, Andra Millian will be teaching classes at the Northwest Fitness and Swim Center. AHS members will receive a discount on their first Aquasage/Watsu session. For more info, please contact Andra at 892-0288 or visit <http://home.austin.rr.com/onenamillian>

Thank you to the following members who have stepped up to be on the Board and committees!!

Lela Rinehart - membership co-chair

Betty Stahley - door prizes

Gayle Engles - symposium committee

Molly Ogorzaly - symposium committee

Diane Sandlin - symposium committee

Karen Hayward - symposium committee

Swan Perkins - member badges

Patricia Huffstutler - membership table

Sandra Holland - general assistance

Diana Hyland, Cindy Phillips and Pam Bell - Westlake Farmers' Market Outreach

Update on Membership Information

Jean Bazaar, email address jbazar@austin.rr.com

Robin Carter has changed employers, delete email address

robin.carter@tdh.state.tx.us and use only kgnc@texas.net

Brenda Davis please use email address

bmdtubbs@hotmail.com

Carrie Boyles, 10408 Pinehurst Dr., Austin 78747, ph: 554-3668

Muesli

A cereal made of oats, fruits and nuts, muesli is an ideal breakfast and snack food. It provides energy for all your daily pursuits, fiber for healthy digestion, vitamins for the body's basic biochemical processes and protein for the maintenance of body tissue. Originating in Switzerland—it takes its name from "mush" or "soft food" in German. Muesli is widely available in packaged form, but it is easy to make at home, where you have control over ingredients. Using fresh, organic, uncooked fruits, nuts and grains is important. Fresh fruits, or course, supply the highest-quality vitamins in the largest amounts. Organically grown foods ensure that you don't ingest toxins from the pesticides still commonly used in agriculture. Muesli, with its combination of foods, creates a complete protein, supplying a full complement of essential amino acids the body needs. Together, the basic, humble ingredients in muesli deliver "cost-effective" and thorough nutrition to please the palate.

Complete proteins

A complete protein gives the body all the essential amino acids—those the body cannot manufacture itself. Grains, nuts, fruit and seeds contain only some of these amino acids. When grains are eaten in conjunction with legumes, nuts or dairy products, however, the body receives the full complement of amino acids.

Therapeutic effect

Muesli made with organic, fresh ingredients supplies important vitamins and minerals; carbohydrates and fruit sugars for energy; insoluble fiber for healthy digestion (there may also be a very mild laxative effect); soluble fiber for lowering cholesterol; complete protein; and essential fatty acids. *submitted by Brenda Davis, from *The Complete Guide to Natural Healing*

For every ailment under the sun, there is a remedy, or there is none. If there be one, try to find it; if there be none, never mind it! *Mother Goose Rhyme*

Red Clover

by Ellen Zimmermann

A small herb, **Red Clover**, *Trifolium pratense*, is an often overlooked, underused herb with incredible healing properties. This prolific plant, which lives close to the Earth, is frequently found growing in lawns, in fields and in wild places, mostly in the cooler parts of this country. I have seen it in abundance in Vermont and New York, in Maine and Minnesota. It is not an herb, however, that is happy in our hot, Central Texas climate.

However, just this past winter I bought a 4 inch plant, transplanted it in a shady corner of my garden near my Red Raspberries and waited. Probably because of all the rain we've had this year, my **Red Clover** is thriving and even blossoming. It does not have the true deep purplish flower head of the finest red clover herb, but it does have many pale pink flowers and those lovely little white signs of peace on the leaves. (Let us hope that soon there will be World Peace. Let's ALL get out and vote in the upcoming November election).

Red Clover makes a delicious infusion and is also good in a formula tea blend. I make a very popular, Everywoman's Tea that includes some **Red Clover**. A recently documented use of **Red Clover** suggests that this herb strengthens the heart



muscle of menopausal aged women. **Red Clover** is also high in phytoestrogens, similar to soy products, so it is also beneficial to women in transition.

The herb is also used as an Alterative, which means it is helpful in nourishing and favorably altering the condition of the blood. Alteratives also aid the body in assimilating nutrients and eliminating metabolic waste products. **Red Clover** acts as an expectorant and anti-spasmodic which can assist with coughs and colds. Other medicinal uses of this fantastic herb include drinking the tea to enhance the appetite during convalescence, using it to help with skin diseases such as eczema and psoriasis and it has been known to treat cysts and tumors.

So as you can see, **Red Clover** is not only a sweet, pretty little clover, but a very useful herbal medicine. **Red Clover** does contain coumarins, which have some blood thinning properties. Therefore if you are taking any blood thinning medication, or have any blood disease, or are scheduled for any type of surgical procedure, it would be contra-indicated to use **Red Clover**.

I like to take **Red Clover** either as a tea or tincture. Be informed that it is not the Crimson Clover that grows here in Texas. They are related but the properties I mentioned are specific to *Trifolium pratense*.

So next time you see a little clover blooming in a field, think twice about the existence of this plant and honor it's many valuable traits.

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Acupuncture Medical & Research Centre**

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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



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