



Herbal Greetings

Wow! The AHS 2004-2005 is off to a fabulous start! We thank the following very creative and talented Membership Luncheon Committee members: invitations - Kim Lehman; arrangements/decorations/door prizes - Pam Bell, Michele Lofstrom, and Judith Craft; flowers - Ellen Zimmerman; speaker arrangements - Cindy Phillips; distinguished member certificates - Michelle Chaput. Thank you to everyone who brought vegetables, herbs, garlic, and other giveaways! We all enjoyed the delicious meal provided by Mars Restaurant, which centered around garlic...yum!

A very special thank you to our speaker, Carlos Hernandez Calderoni. Carlos enlightened us with his informative presentation on garlic. To order the brochure he endorsed, please contact the American Botanical Council: www.herbalgram.org or 512/926-4900.

At the luncheon, we had the honor to present the Distinguished Member award to Lydia Noble and Gwen Sederholm, Education and Outreach Committee Co-Chairs. What a fabulous job Lydia and Gwen have done for AHS and outreach education in our community!

Our goal this year is to extend our Outreach through **all** AHS members. We based this philosophy on the following:

- With the retirement of our beloved annual AHS HerbFest at Zilker, we want to take **“herbfest” out to the community**;
- We want to **promote our amazing members with their many talents and herbal expertise**, including both individual and sponsor members;
- We **didn’t want to limit this opportunity to one time during the year** so we want to encourage you, as an individual and sponsor member of AHS, to become involved in outreach when it is convenient for you;
- A **perfect example of an outreach opportunity** is what Diana Hyland and her committee are planning with **Westlake Farmers’ Market HerbFest** on October 2. This kind of event can occur at each of our sponsors and/or

other farmers’ markets and festivals at various times of the year. We encourage you to be involved in these events.

•There are **many wonderful opportunities to be involved**. Speaking on your herbal expertise is always welcome, but you do not have to be that involved. Sometimes attending an event is enough to show your support.

To support the Outreach goal, we placed our beautiful AHS logo on a button that you can wear when you volunteer. It can also adorn your refrigerator, file cabinet or cash register (sponsor idea!) as a beautiful magnet. All members will receive one so plan to pick yours up at the October meeting, if you missed the September luncheon.

During the month of September, we had the pleasure to visit with several sponsors and thanked them for being sponsor members. We gave them AHS buttons, and we invited them to AHS meetings and events. We also invited them to have an herbal related event in October and to consider participating in the WLFM HerbFest on October 2.

This Potpourri includes many wonderful herbal events scheduled in October. AHS-sponsored events are listed on page 5. The Westlake Farmers’ Market HerbFest and many more events are listed on pages 2-4.

We had a large turnout for the September Study Group. It was the first in a series of “herbs for your health” so watch the AHS calendar for future AHS study groups.

The annual AHS brochure will be available in October at the WLFM HerbFest, Zilker Botanical Garden, and at our October 5th member meeting. They will be delivered throughout Austin in early October to all sponsor member locations.

Spread the word, **October is Herb Awareness Month in Austin!**

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

Membership Information:

New Member: Joanie Shelton, 3832 Cologne Ln, Austin, ph: 491-9222; email: joaniesecret@ev1.net

New Email: Susan Farago, faragos@us.ibm.com; Gwen Sederholm, d.sederholm@sbcglobal.net; Taffy Gauger, gauger@austin.rr.com; Jean Bazar, jbazar@austin.rr.com; El Interior, mimi@elinterior.com; Great Outdoors, merr@gardenadventures.com

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OCTOBER AHS EVENTS

Saturday, October 2 – HerbFest (Kick-off Event) A celebration of Herbs at the Westlake Farmers' Market. Visit a host of vendors selling herbal products, plants, produce, crafts, books, gifts, food and more. Plus live music and kid's activities. Burger Center off 290, btw Brodie and Westgate. www.westlakefarmersmarket.com, www.austinherbsociety.org, 9:30am – 1:00pm, Free

Saturday, October 2 – HerbFest Lucinda Hutson, Austin's favorite cookbook author, gardener and lifestyle Diva, has offered to present an informal talk every hour at HerbFest: Lucinda's topic will be Fall Favorites: Herbal Recipes -- Fresh from the Farmer's Market

Sunday, October 3rd, 1:00 pm, at the Natural Gardener, 8648 Old Bee Cave Road. The Natural Gardener presents Lucinda Hutson, author, gardening celebrity, and culinary diva discussing "Fall and Winter in the Herb Garden" Her "Tex-Mex" garden is a fiesta of herbs, flowers, and whimsical folk art. She is the author of The Herb Garden Cookbook and Tequila! Cooking with the Spirit of Mexico. For directions to Natural Gardener go to www.naturalgardeneraustin.com or call 288-6113.

Tuesday, October 5: Herbs and Oils in the Marketplace The Austin Herb Society's monthly meeting presents Tim Blakley, co-author of Medicinal Herbs in the Garden, Field and Marketplace and manager of the National Center for the Preservation of Medicinal Herbs. Also: Garlic cooking contest, tastings, and prizes. www.austinherbsociety.org, Zilker Garden Center, 9:30 – 11:30. \$3 donation for non-members.

Wednesday, October 6, The Lure of Lavender Seminar. Learn of the many different types of lavender to grow in Texas gardens and how to use this beloved herb. Taste ways to use lavender in the kitchen and learn how to utilize the beautiful flowers and foliage all through the year. Round Top, 10am to 3pm. For more info go to www.festivalhill.org

Oct 9 and Oct 14, KLRU--New AHS Herb Garden Extension. Eloise Doherty, E&G Designs and the new herb garden designer, will be the featured speaker 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 4:00p.m. and October 14 at 12:30p.m. In addition, it will air on KLRU 2 (Time Warner cable) on October 9 at 9:00p.m. and October 13 at 10:00p.m. and on KLRN (San Antonio) on October 9 at 11:00a.m.

Saturday, October 9 -- 10th Annual Lampasas Herb & Art Festival. Enjoy a day of shopping on the square in downtown Lampasas, 9am-5pm. Free

Saturday, October 9 – Market Day at It's About Thyme. Vendors, herb and plant sale, live music, fun. 11726 Manchaca Rd., 512-280-1192, www.itsaboutthyme.com, Noon to 6pm. Free

Saturday, October 9 - 10, Lady Bird Johnson Wildflower Center's Fall Plant Sale and Gardening Festival. Fall is the perfect time to plant native plants and seeds. Get expert advice and a great selection for your garden. (Members-only preview sale, October 8).

Tuesday, October 12 -- Medicine Making, 7:00pm – 9:30pm. Learn the art of making herbal preparations that have been used over the centuries -- medicinal infusions and decoctions (teas), healing salves, infused oils and herbal tinctures. Austin School of Herbal Studies, www.ezherbs.net, 512-301-5838 \$35.00

Wednesday, October 13--Herb Day at Festival Hill, Round Top 11am to 2:15pm. Go to www.festivalhill.org for more info.

Thursday, October 14 – Favorite Herbal Holiday Gifts. Vee Fowler demonstrates ideas for holiday gift-giving. Austin Herb Society Evening Study Group, Zilker Garden Center, 7:00pm, \$3 donation for non-members. www.austinherbsociety.org

Friday, October 15, Lady Bird Johnson Wildflower Center. Botanical Research Institute of Texas (BRIT) will offer free lectures at 7:00pm at Lady Bird Johnson Wildflower Center, "Roles of Healers, Plants and Ethnopharmacology in Old Hawaii." Please call 292-4200 or visit www.wildflower.org for more info.

Saturday, October 16 -- San Antonio Herb Market. Vendors from near and far. Aggie Park, 6204 West Ave., off Loop 410 past the airport; featuring GoTexan vendors. Free

Saturday, October 16, Festival de las Plantas, 9am to sunset, free

Come and experience a day of honoring the plants at Roy G. Guerro Colorado River Park. Sponsored partially by the Ladybird Johnson Wildflower Center. (Keynote Talk: The Medicinal Herbs in our Central Texas Gardens at 1:00pm EZ Herbs Booth) Go to this website for more info: <http://www.austinparks.org/> then click on News & Events, and if you click on the WildFlower website, there is a map and more info for this event.

Wednesday, October 20--Herb Day at Festival Hill, Round Top 11am to 2:15pm. Go to www.festivalhill.org for more info.

Saturday, October 23 -- A Day of Nature and Nurture. A day-long retreat at a 5-acre Hill Country botanical sanctuary. Learn and practice ways to reduce stress. Experience chair massage and yoga , learn about herbs for relaxation and take a nature walk. Snacks, lunch, and dinner provided. Austin School of Herbal Studies, www.ezherbs.net, 512-301-5838. 10:00am – 8:00pm, \$137.00.

Tuesday, October 26 --Creating your own Cosmetics, Naturally Learn how to make and experience facial cleansers, astringents, herbal steams, clay masks and ‘Perfect Cream.’ Reflexologist, Marlene Carroll, will be available for Foot Reflexology treatment. Herbal snacks, handouts of recipes and take-home samples. Austin School of Herbal Studies, www.ezherbs.net, 512-301-5838, 6:30pm – 9:30pm \$45.00

Saturday, October 30 -- Fall Herb Gardening 101 Seminar Discover how easy it is to grow and maintain herbs in Texas. 10am to 3pm. For more info go to www.festivalhill.org

Sunday, October 31 -- Using and Enjoying Herbs 101 Seminar Learn how herbs can contribute to a more enjoyable everyday life. 10am to 3pm. For more info go to www.festivalhill.org

Algerita Berberis, Mahonia

The algerita is found throughout the State of Texas and many parts of the US. It is an evergreen bush with thorn covered leaves, so when picking the berries, watch out. In the spring, the bushes are covered with sweet-smelling yellow flowers that later produce small red berries. To avoid the painful thorns, place a cloth on the ground beneath the bush and use a stick to knock the berries off of the branches, which causes the berries to fall onto the cloth. The berries are great for jellies, pies, drinks/wine, and for a different flavor, may be added to your soups or stews.

Algerita roots should be gathered during the winter and cut into small pieces to be dried for later use. Other woody parts can be preserved in the same way. The medicinal parts of the plant are the stem, bark, and root. Use the bright yellow wood to make a tincture as a liver purifier and/or to treat jaundice; the small branches can be made into a cold infusion. The flowers, applied to wounds, help prevent infections.

Algerita roots are laxative in action, and in weaker preparations, they are effective in treating diarrhea caused by bacteria, such as food poisoning. The berry may be used for sore throats and acts as a mild local anesthetic. Berberine is the main active ingredient in algerita, which is found in other healing plants such as goldenseal and Oregon grape. The algerita is also used for chronic indigestion; constipation; eye infections; fever; mouth ulcers; and sore throats. This is a wonderful native plant that has no problems with medicinal or food usage.

The algerita and other barberry bushes are used frequently in landscaping. This plant may be bought at your local nurseries specializing in native plants, or they may be grown from cuttings and/or seeds. The algerita makes large full hedges that are colorful during the spring flowering season and again when laden with its berries.

To make a yellow dye from the algerita bush: Use about three parts by weight of the root to one part by weight of cotton or wool. Gather branches and/or roots of the algerita and chop into small pieces. Place the pieces in a piece of cloth (pillowcase) and tie it closed. Soak this bundle several days in water. Soak fabric and/or yarn for several hours in water, then squeeze out the excess water or as much as you possibly can. Immerse the wet material/wool in the algerita dye solution and, stirring continually, bring this to a boil. Simmer this until it reaches the color or just a little darker than the desired color you are looking for. Rinse the material until the rinse water is clear. In order to not fade your newly dyed material/wood, dry it out of direct sunlight, which may take several days.

For more information regarding native plants of Texas and their uses, please tune in to Central Texas Gardener, a gardening program on KLRU, October 9 at Noon and 4pm, featuring Eloise Doherty of E&G Designs and designer of our new herb garden at Zilker.

submitted by Brenda Davis

DISTINGUISHED MEMBER AWARD

We have a tradition of presenting a Distinguished Member Award. The selection is based on providing outstanding service to the organization. This year we are honored to present the Distinguished Member Award to two people, Lydia Noble and Gwen Sederholm, the Co-Chairs of our Education and Outreach Committee.

For the past few years Lydia and Gwen have been the faces of AHS as they have gone into the educational community and made numerous and varied Herbal related presentations. Their goal has been to introduce and educate the general public to herbs and their many uses. Most of us do not know all of the time these ladies spend preparing and then making the presentation. We would be surprised at where all they have been!

Examples of the venues are area elementary schools, garden clubs, environmental clubs, and the U.T. Science Fun Day.

Thank you Lydia and Gwen from all of us for what you do to fulfill the AHS mission of providing education regarding the benefit of herbs.

Tuesday, October 5

General Meeting, 9:30am at Zilker Botanical Gardens

Tim Blakley will speak on "Herbs and Oils in the Marketplace." Tim is co-author of Medicinal Herbs in the Garden, Field and Marketplace and manager of the National Center for Preservation of Medicinal Herbs. He is also well known as an aromatherapy educator. Also at this meeting, we will have a garlic cooking contest. Bring your best garlic recipe for tasting. We will vote on the winner and you might win a prize! There is a \$3 donation for non-members.

Saturday, October 2, HerbFest Field Trip, 9:30am to 1:00pm

Visit the popular Westlake Farmers' Market HerbFest, a joint project with AHS. Westlake Farmers' Market has a new location at the Burger Center, off 290 btw Brodie and Westgate. Many of our sponsors and members will exhibit and AHS will distribute membership info. For more info on this field trip, please contact Cindy Phillips at 264-2779 or cindyphillips@imagic.com.

Saturday, October 9

Field Trip, Omega at the Crossings

Tour the gardens and facilities of Omega at the Crossings Spa Optional: Day pass entitles you to use the pool, sauna, and attend classes. Lunch available. For more info, please contact Cindy Phillips at 264-2779 or cindyphillips@imagic.com.

Tuesday, October 12

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

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

Thursday, October 14

Study Group, 7:00pm at Zilker Botanical Gardens

AHS members will be teaching us how to prepare herbal liquors, herbal pestos, and other herbal gifts for the upcoming Holiday season. Come to this study group for some wonderful ideas and fun. For more info, contact Vee Fowler at 345-0719 or Eloise Doherty at 927-8478. There is a \$3 donation for non-members.

Tuesday, October 26

Mayfield Park Gardening Day is the 4th Tuesday of each month starting at 9:30am.

Please contact Julie Crouch at amh2ouzel@juno.com or 339-0193. Everyone is welcome!

Here is a note from our Education and Outreach

Committee. Gwen and Lydia are scheduling their school visits for the fall. So far, they are visiting Parmer Elementary on the first of September. They will be working with 20 kindergarteners who mostly do not speak English. Luckily, Ms. West, the kindergarten teacher, will translate. Also in the works is a date with Paragon Prep Middle



School. Gwen and Lydia will work with the 6th, 7th, and 8th graders, which most likely will be a two-day event. Travis Heights Elementary has requested Gwen and Lydia to return this fall where they will be visiting the 2nd and/or 3rd graders. Gwen and Lydia love working with the kids and the children enjoy

having these two awesome ladies come to their schools. They are limited on time and funds, but if you have a school you would like them to visit, please contact Lydia at 266-7174 or Gwen at 345-0720.

The Austin Herb Society, Inc. is a 501(c)(3) non-profit 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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The Austin Herb Society, Inc

Zilker Botanical Garden

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Austin, Texas 78746

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