



Herbal Greetings!!

It was good to see so many people back from the summer at the October General Meeting. We had a larger than ever crowd for the lively and informative presentation by Tim Blakley. Thank you to Patricia Huttstedler for assisting Lela at the Membership table. We had 16 guests!

The rain could not dampen the spirits of all the volunteers and vendors who participated in HerbFest 2004. It was so much fun. A list of vendors that supported AHS is on [Page 2](#). A special thank you goes out to Diana Hyland who chaired this event. When Diana heard that the Westlake Farmers' Market was promoting a different non-profit each month, she began contacting the WLFM to let them know about the Austin Herb Society. After much persistence, AHS was selected for the month of October. We only planned to have a presence there and maybe have one or two people on hand to provide information about herbs; however, Diana saw a much bigger event. With her leadership, we were able to revive HerbFest. Once the agreement was made, Diana formed her committee and began organizing an HerbFest on what we thought would be a smaller scale than in the past. We were wrong! Diana offered booth space to our sponsors and 24 participated by selling plants and other herbal products. Many of our members wanted to participate by providing information about AHS, membership, and herbs. Gwen and Lydia were there and Molly Ogorzaly received authorization from AAGC to take the Plantmobile out to do hands-on activities. A special thanks to all the family members who helped as well. Regular vendors of the market also promoted herbal products that week.

Bottom line, we met our goal of promoting herbal awareness in the community. What we got by partnering with WLFM was everything that prohibited us from having HerbFest at Zilker – parking, police, security, electricity, publicity, golf carts and lots of volunteers. All was provided by WLFM at no cost to AHS and they let us keep the booth fees paid by our vendors. They hope that we will have our HerbFest there again next year. Many thanks to Pamela Boyar of WLFM for her vision and support. This was Diana's personal outreach. Thank you Diana for chairing the 2004 HerbFest

Thank you to Betty Stahley, Molly Ogorzaly and son, Diana Hyland, Ellen Zimmerman, Margie Malone, and Joyce Billings of AAGC who joined us to receive the Proclamation from Mayor Will Wynn. Margie took great pictures for our scrapbook and even found someone to video it for us.

We enjoyed the royal treatment from Linda Lehmusvirta of KLRU when we attended the taping of Eloise Doherty's spot on Central Texas Gardener. We were so impressed with Eloise's knowledge and stories she shared with Tom Spencer. Linda said she plans to invite Eloise again so we are thrilled!

There were so many wonderful herbal events in October for Herb Awareness Month. We hope you have enjoyed them and the beautiful weather! We had a great study group sharing ideas on homemade herbal holiday gifts. Those who attended the field trip at the Omega at the Crossings enjoyed the beautiful facility and gardens there. Thank you to Michelle Chaput for leading that event.

Great events await you for November and December. Mark your calendars to attend them! The December bazaar is always a hit so don't miss it! A unique event planned for December is the Holiday Party/field trip, which will take place aboard a luxury bus to see Austin's holiday lights. A sign-up sheet will be available at our November 2 program. We are limited to 49 so plan to sign up and pay your registration of \$8.

2005 is just around the corner so be sure to mark your calendars to attend the AHS Spring Symposium on February 12. Dr. Leslie Taylor will be speaking on rainforest herbs. This is our fundraising event for the AAGC and promises to be a fabulous morning of fun and enlightenment, as well as lovely herbal treats for you and yours!

Herbally yours,
Jan Bland and Cindy Boyle, AHS co-presidents

Tuesday, November 2

General Meeting, 9:30am at Zilker Botanical Gardens
Andra Millian will discuss "Healthy Cooking with Herbs." AHS Sponsor Andra Millian, whose business is acupuncture and nutritional and herbal consultation, will share some of her healthy herbal recipes with us. Some of our refreshments will come from Andra's recipes (please go to [Page 6](#) for recipes). For more info about Andra go to <http://home.austin.r.com/onenamillian> There is a \$3 donation for non-members. **Cindy Phillips will be setting up a simple **Day of the Dead Altar**. Please bring photo(s) or memento(s) of loved ones and a small food or floral offering, if you wish to participate

HERBFEST VENDORS

- 1 *Acupuncture Medical & Research Centre
 - 2 Cindy Phillips Pottery & Painting Studio
 - 3 *EZ Herbs/Austin School of Herbal Studies and
*Valymyst Herb Farm (shared)
 - 4 Gabriel Valley Farms -- Double space
 - 5 *Nile Valley Herbs Inc
 - 6 *Ronda's Montessori Garden
 - 7 *Thai Herbs & Spices -- Double space
 - 8 Twin Creek Studio
 - 9 La Paz Message/Moonlight Mosaics
 - 10 Kara Kroger, Herbalist
 - 11 Farm Fresh Soaps
 - 12 Herbal Home Handbook
 - 13 Designs by Brenda (jewelry) and Kim Leeman
(crafts/candles) (shared)
 - 14 Ginger Webb Herbalist
 - 15 Nature Solutions (Jeanne Hicks)
 - 16 *Devonshire Apothecary -- Double Space
 - 17 Ahh Bath, Body & Soul (Leslee VanWinkle)
 - 18 Le Shards Garden Art, (Angela Hansen & Kay
Wiatrek)
 - 19 Austin Organic Gardeners, Yates Barreda
 - 20 Grazia Forte, Handmade Photo Cards
- Honored Guests: 4 Booths grouped together
- Lucinda Hutson, cookbook author -- Book Signing & Informal Talks
 - Austin Plantmobile Interactive demonstration/craft -- Molly
 - Austin Herb Society Membership and Book Sales – Pam, Diana, Robin, Cindy, and Jan
 - Austin Herb Society Community Outreach – Gwen and Lydia

Saturday, November 6

Field Trip, Grab your garden hats for the Elgin Herb Garden

AHS is off to visit an Elgin Herb Garden! The garden tour at Pat Garland's Herb Garden in Elgin is November 6 at 11:00a.m. and lunch follows at a charming bistro called "Sweeties" from 1:00 to 2:00. If you prefer, you can car pool from Highland Mall. Contact Roberta Showerman at 442-8018 or Pat Lewis at 282-0300 for a location to meet at 9:15a.m. We will have the addresses and directions at the November meeting, but both places are very easy to find.

This is a private garden; however, the owner, Pat Garland, is also going to have some plants and cuttings for sale just for us. The lunch at Sweeties is downtown and the food is wonderful. After that, there are a number of really nice & quaint antique and gifts shops for those who like to shop.

Tuesday, November 9

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, November 11

Study Group, 7:00pm - 9pm at Zilker Botanical Gardens

John Brack and Jeff Schultz of Austin Homebrew will be discussing "Homebrew basics and Flavoring with Herbs." For more info, contact Vee Fowler at 345-0719 or Eloise Doherty at 927-8478. There is a \$3 donation for non-members.

Tuesday, November 23

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 339-0193. Everyone is welcome!

December Holiday Party--Mark Your Calendars Now!

This year the Holiday Party will be on December 17, 2004. We have reserved a 49-passenger motor coach through Star Shuttle to take us on a HOLIDAY LIGHTS BUS TOUR. Our merry band of revelers will be driven around town to view the very best holiday lights displays. As we leave the Sears I-35 parking lot, we will view displays in Circle C, Spicewood/Balcones, walk 37th and Cedar Streets and downtown Austin. Let us know of other great neighborhood displays. We can go anywhere because we set the route!!! Any type of food and drink is allowed – just no glass containers. We'll have fun, fun, fun while singing, laughing and eating our way around Austin.

Reserve your seats NOW -- \$8 per person. **Reservations are needed by December 1st.** Send a check payable to Austin Herb Society to: Jan Bland, 7505 Stonecliff Drive, Austin, Texas 78731.

AHS Holiday Gift Bazaar,

Tuesday, December 7, 9:30am, during AHS General Meeting

Our annual Holiday Gift Bazaar is fast approaching. If you would like to have a booth, please contact Cindy Phillips at 264-2779.

Booth space is free, but you must be a sponsor or member. You will receive one 6-foot table that you may decorate as you wish. Booths are assigned first come first serve at the Zilker Garden Center

Membership Information

Updated Info:

Vicky Kennedy, new email: vkennedy@rjbco.com;

Gayle Engles, new email: gayle@herbalgram.org;

Julie Crouch, new email: jul.c@care2.com

AAGC Board of Directors Meeting

There has been a change in how volunteer hours are reported. Starting October 1, 2004, rather than report individual hours, each club will be responsible for submitting the total monthly hours for their club. These hours must be submitted to the Volunteer coordinator no later than the first week of the following month in which the volunteering took place. Each individual club is encouraged to keep a record of their individual member's hours in all volunteer areas (individual club activities, AAGC and ZBG activities, etc.) **To make it easier for our members, Margie has added a section for AHS volunteer activities to the bottom of the AAGC form. Enter your volunteer hours on the form and submit it to Margie Malone by the first Tuesday of each month.** You can email it, mail it, or bring it to the monthly general meeting. In September of each year, each club will have the opportunity to nominate one of their members to be recognized as Volunteer of the Year. The "special" volunteers will be recognized at the December AAGC luncheon. The form is on the AHS website or you can pick up a copy at any AHS General Meeting.

The VP of Education announced that the Junior Master Gardener program is in need of tools. If anyone has extra garden tools they can donate to this program, please contact: Carol McKenzie (cmckenz@hotmail.com).

Down the Garden Path will no longer be mailed out. In an effort to save money, this newsletter will only be available to read on the AAGC web site:

www.zilkegarden.org

An urgent request was made for club members to volunteer for the Garden Festival. This is AAGC's only fundraiser and it is critical that the Festival committee be formed NOW and start meeting to plan for this important March event.

Molly O. presented a letter to the President of AAGC from the Director of the Wildflower Center, expressing their interest in the plant mobile. This resulted in various discussions as to whether to sell it to them or donate it. Molly suggested AAGC gift the Plantmobile to them so it can be used to fulfill the original intention for its use when the Meadows Foundation and Junior League supported the original purchase. It was decided for the reps to take this information to their clubs and get the clubs' response.

AAGC will hold a Christmas Bazaar December 4, 2004, from 10am – 4pm. Any member can participate by constructing or donating quality items to be sold – with all the proceeds going to AAGC. Contact Delores Rump 836-2190 or Nelda Moore 327-0401

Volunteer Form

The volunteer form is now available on the AHS website: www.austinherbsociety.org. It is available in two formats: MS Word and PDF. It is linked from the home page and also from the membership page. Both formats may be printed and filled out by hand or the MS Word version may be saved, filled in, then emailed. Paula has also modified the PDF version as a fill-in form so that you can type directly into it. Submit your hours to Margie Malone.

Shop our Sponsors for the Holidays

By Diana Hyland

Now that our herbal year is in full swing, we want to thank all our sponsors for their generous support. In turn, we hope that you, our members, will give them your business, shop at their stores, use their services and take the time to tell them that you are an Austin Herb Society member. Many offer a 10% discount, but you have to ask.

And remember, our sponsors are as varied as our members. Some are small businesses just getting started; others are long-established retailers with many years of operations. In each case, they must think carefully about how they allocate their budgets. And while our sponsors genuinely wish to support our goals, they also look to justify their bottom-line. So as you prepare for the holidays, please shop our sponsors' businesses and let them know they are part of a generous herbal community. Sponsors' names and addresses are listed on the back of every Potpourri.

We have several new Sponsors this year, so be sure to check them out.

Happy shopping!

Tim Blakley, guest speaker for October AHS general meeting, mentioned several websites that may be of interests to AHS members. They are www.auracacia.com and www.naha.org and <http://home.frognet.net/~rural8/>, please visit to learn more about essential oils and their uses.

Herb Garden Extension

Michelle has finally received the final approval for the expansion of the herb garden. She can now start accepting donations of plants, limestone rocks, crushed granite, bricks, and good garden soil from our members and sponsors. Please contact Michelle at michellechapat@yahoo.com or 343-7677 to arrange for a drop-off. The donations are need as quickly as possible so that we can get started on this project. ****On Page 5**, you will find a list of herbs that will be need for the garden extension.**

Upcoming events around Austin

El Interior's 25th Anniversary Celebration

For their 25th Anniversary, El Interior will feature a 25% discount on various items every week.

On *November 17* an exhibition titled 'The Aguilar Sisters of Ocotlan Oaxaca, Mexico,' by artist Irene Aguilar. Irene is one of the Great Maestras of Mexican Folk Art. Senora Aguilar will conduct workshops before several cultural groups and at local schools, as well as hold afternoon demonstrations at El Interior through December 4. Irene's work will be complemented with pottery from her famous sisters Concepcion, Guillermina, and Josefina Aguilar through December as well. Contact El Interior located at 1009 West Lynn at 474-8680 for more info.

November 5, 7:00pm Lady Bird Johnson Wildflower Center

Botanical Research Institute of Texas (BRIT) will offer a free lecture at Lady Bird Johnson Wildflower Center. The topic is "The Status of Our Knowledge of Traditional Plant Use in the Forest Paradise of Papua New Guinea, Land of the Unexpected." Please call 292-4200 or visit www.wildflower.org for more info.

Cold Season

It's that time of year. As the days get shorter and the nights chillier, germs get bolder. Use the herb-infused steam bath twice a week during the winter to help keep those germs away.

Fill a large heavy pot 2/3 full with water and add:

3 stalks lemongrass, cut into 3-inch pieces

1 orange, cut in half

1 lemon, cut in half

1 cup ginger, sliced 1/4 inch thick

Cover pot and bring to boil. Remove pot to a table or stool. Place a large towel over your head, covering the pot.

Breathe in the vapor for 5 minutes

submitted by Sandra Holland, from County Home magazine, 10/2003

Vitamin C

Vital for tissue growth and repair, the formation of teeth and bones, wound healing, iron absorption and resistance to infection, Vitamin C plays a part in almost all aspects of our health and well-being. This powerful vitamin also contributes to the production of stress hormones and the neurotransmitter serotonin, which enhances your mood. Vitamin C may help prevent arteriosclerosis by combating abnormal blood clotting, high blood pressure and plaque buildup leading to hardening of the arteries. Because C is an antioxidant which battles damage-causing free radicals, it may also help to prevent cancer. Recently, scientific evidence has indicated that the vitamin works along with Vitamin E in this role: The synergism of the two vitamins produces a greater effect than either vitamin can separately. As a water-soluble vitamin, Vitamin C cannot be stored in usable amounts by the body (unlike oil-soluble vitamins, it must be supplied daily).

Beyond citrus

Vitamin C makes most of us think of citrus--oranges, grapefruits and lemons. This isn't inaccurate, but there are many other foods with plenty of C, some that contain even more than citrus fruits. For example, red, green, and yellow peppers, and such herbs as parsley and basil, contain large amounts of C. Rose hips are among the richest sources of the vitamin. Rose hips can be used to make teas, jams, and jellies.

Therapeutic Effect:

Among its other important roles, vitamin C may play a part in reducing the risk of cancer, especially among people whose dietary intake of C is habitually very low. Research has also shown that vitamin C may help prevent formation of cataracts. The Recommended Dietary Allowance (RDA) of vitamin C is 60 milligrams a day, a bottom-line dosage which is needed to prevent scurvy. Needs vary widely in terms of optimal dosages. So do opinions: Some experts recommend getting a minimum of 500 milligrams per day to reduce the risk of disease. Other, more conservative sources suggest 100-500 milligrams.

Maximizing your Vitamin-C intake

To receive the optimal amount of vitamin C from your foods, the following guidelines may be helpful. Eat fruits and vegetables that are in season and as fresh as possible. Refrigerate produce you are not going to use right away, as vitamin C is extremely perishable. Wait to cut, slice or grate fruits and vegetables until just before cooking or eating. Once they are cut, the foods begin to lose their vitamin-C content. Use a minimal amount of water when cooking vegetables: Rather than boiling them, steam and then use the cooking water in soup stocks. Be sure to avoid using copper utensils, as the metal destroys vitamin C.

Who needs extra C?

Certain injuries and diseases, including burns and fractures, pneumonia and tuberculosis, increase a person's need for vitamin C. Surgery, which heightens risk of infection, will also increase the amount needed. Diet, alcohol intake and smoking can result in C deficiency, as well. A strict macrobiotic diet, for example, limits the intake of fruits and vegetables and relies on buckwheat as a source. Alcohol decreases absorption of C, and smoking depletes it. Smokers need about 200-300 milligrams more of the vitamin than do non-smokers.

Sources of C

*Foods highest in vitamin C include guava, kiwi, cranberries, cauliflower, black currants, persimmons, strawberries, mangoes, red cabbage, oranges, papaya, peppers (red, yellow and green), broccoli and turnip greens.

*Herbs high in C include rose hips, basil, elderberries, parsley and watercress.

*Green tea contains antioxidants in addition to C, so effects are enhanced.

High-C tea

2-cups boiling water; 2-tsp chopped rose hips; 2-tbsp green tea; 1-slice lemon

Pour water over the rose hips and green tea; steep for 5-10min. Strain and add lemon. Drink immediately.

Super-C hummus

2-3 cloves garlic, peeled and crushed; 2 red peppers, sliced; 1-cup cooked chickpeas; 1/2-cup fresh parsley; 1-tsp red-pepper flakes; 1-tbsp olive oil.

Mix all ingredients in a blender. Add lemon to taste. Serve either as a vegetable dip or toast spread.

C-plus smoothie

1 ripe papaya, peeled and cut into chunks; 1-cup orange juice; 1-cup low-fat yogurt

Blend the ingredients in a blender and serve. *submitted by Brenda Davis, from The Complete Guide to Natural Healing

Herbs for Austin Herb Society's Expansion at Zilker Botanical Garden

Common name	True Name	sun	water	native?
Yaupon	<i>Ilex vomitoria</i>	fs-sh	dry-	y
Violets	<i>Viola missouriensis, walteri</i>	fs-sh	moist-	y
Wax Myrtle	<i>Myrica cerifera</i>	fs-sh	moist-	y
Cardinal flower	<i>Lobelia cardinalis</i>	ps	moist	y
Yellow Columbine	<i>Aquilegia chrysantha</i>	ps-sh	dry	y
Red Columbine	<i>Aquilegia canadensis</i>	ps-sh	dry	y
Kidneywood	<i>Eysenhardtia texana</i>	ps-sh	dry-	y
Pleurisy weed	<i>Asclepias tuberosa</i>	s	dry	y
Agarita	<i>Berberis trifoliata</i>	s	dry	y
Mormon tea	<i>Ephedra antisiphilitica</i>	s	dry	y-w
Vervain	<i>Verbena bipinatifida</i>	s	dry	y
Orach	<i>Atriplex hortensis</i>	s	dry-	y-n
Mealy blue Sage	<i>Salvia</i>	s	dry-	y
Prickly Ash	<i>Zanthoxylum hirsutum</i>	s	dry-	y
Lamb's Quarters	<i>Chenopodium album</i>	s	moist	y
Epazote	<i>Chenopodium</i>	s	moist	y
Cumin	<i>Cuminum cyminum</i>	s	moist	y-s
Evening Primrose	<i>Oenothera speciosa</i>	s-ps	dry	y
Clematis	<i>Clematis pitcherii, texensis</i>	s-ps	dry-	y
Horsemint	<i>Monarda citriodora</i>	s-ps	dry-	y
Bee Balm	<i>Monarda spp.</i>	s-ps	dry-	y
Mexican Oregano	<i>Poliomintha longiflora</i>	s-ps	dry-	y
Bouncing Bet(Soapwort)	<i>Saponaria officianlis</i>	s-ps	dry-	y
Desert Willow	<i>Chilopsis linearis</i>	s-ps	dry-wet	y
Datura	<i>Datura wrightii</i>	s-ps	moist	y
Red sage	<i>Salvia Coccinea</i>	s-ps	moist	y
Horehound	<i>Marrubium vulgare</i>	s-ps	moist-	nat
Elderberry	<i>Sambucus spp.</i>	s-ps	moist-	nat
False Indigo	<i>Amorpha fruticosa</i>	s-ps	wet	y
Chile Pequin	<i>Capsicum anuum v.</i>	s-ps	moist-	y
Senna	<i>Senna spp.</i>			y
Blazing Star	<i>Liatris pycnostacha</i>			y
Boneset	<i>Eupatorium perfoliatum</i>			y
Feverfew	<i>Chrysanthemum</i>			y-n
Joe Pye Weed	<i>Eupatorium purpueum</i>			y-n
Wild Onion	<i>Allium spp.</i>			y
Oxalis	<i>Oxalis viola</i>			y
Toothwort	<i>Dentaria lacinata</i>			y
Sassafras	<i>Sasasfras albidum</i>			y

RECIPES by Andra Millian

SMOKED SALMON - WASABI TEA SANDWICHES

Makes 24 / These sandwiches can be made up to two hours ahead. Refrigerate, covered with damp paper towels, to keep

the bread moist. Look for wasabi (horseradish) powder in your market's Asian food section, at Health food stores, Central Market. You can phone the grocer ahead of time.

1Tbsp. wasabi powder
2 tsp. water
8 oz. Neufchatel cream cheese room temperature (no "light" or artificially altered food please)
1Tbsp. fresh lemon juice
1Tbsp. grated lemon zest (from 1-2 lemons)
1Tbsp. capers
12 thin slices dark, course whole grain bread - like pumpnickel, German multigrain, or 7 grain (you can get these in the Deli section at HEB or health food stores)
8oz. thinly sliced smoked salmon
3 Tbsp. chopped fresh basil
3 Tbsp. chopped fresh chives

1. In a medium bowl, mix wasabi powder with water to form a paste (or use pre-mixed wasabi paste like that found accompanying sushi -)

Tip - if you have trouble finding wasabi powder - buy some pre-made sushi at the grocery store and use the green wasabi paste that accompanies the fish - omitting the extra water this recipe calls for - and have a nice sushi lunch while you cook!

2. Add cream cheese, lemon juice, zest and capers. Beat with an electric mixer until well combined.

3. place bread slices on a work surface. Spread each slice with wasabi cream cheese, dividing equally. Top six bread slices with smoked salmon, dividing equally. Sprinkle basil and chives over salmon. Top with remaining bread slices, cheese side down. Cut each sandwich into quarters.

Nutrition Facts Per Serving: calories:72, fat:3, %fat calories: 40, Cholesterol: 10, Carbohydrate: 7, Protein: 4, Dietary Fiber: 1, Sodium: 212, 2g saturated fat

CRANBERRY - BRAISED TEMPEH, serves 8 per batch

A sweet and sour crimson cranberry glaze complements the nut like taste of tempeh in this Autumn main dish. Tempeh is made from whole, cooked soybeans infused with a culture to form a dense, chewy cake.

4 8oz. packages tempeh (buy from health food store or central market)
3 cups fresh cranberries
4 cups unfiltered apple juice
1/2 tsp. sea salt
1 1/2 x 4 piece of orange peel studded with 4 whole cloves
1/4 cup REAL maple syrup
2 Tbsp. fresh grated ginger
1Tbsp Mirin (in Asian section of food store or central market)
1/2 tsp. each ground allspice and cinnamon
1/4 tsp. each ground nutmeg and clove
Pinch of cayenne

Garnish - fresh rosemary sprigs

1.) Cut each block of tempeh crosswise into halves. Slice each half diagonally into two triangles. This will yield 16 triangles. Steam tempeh for 20 minutes in a stovetop steamer or steamer basket.

2.) While the tempeh steams, wash cranberries and place them in a small saucepan with apple juice, sea salt and orange peel. Bring to a boil and cook 15 minutes or until cranberries are soft and break open. Add maple syrup, tamari, ginger, mirin and dried spices to the cranberries. Puree cranberry mixture in a food processor or blend until smooth.

3.) Place tempeh in a casserole or baking dish. Pour cranberry glaze over tempeh. Bake in a 350 degree F. oven for 40 minutes.

4.) To serve - arrange tempeh on a platter, top with cranberry glaze and garnish with sprigs of rosemary.

Nutrition facts per serving: Calories: 319, fat: 6, %fat calories: 19, Cholesterol: 0, Carbohydrate: 45, Dietary Fiber: 10

CHICKEN SOUP WITH DONG QUAI

serves 8 - 10 if eating a full bowl
(this is my favorite herb - called THE WOMEN'S HERB
an a great way to serve it!)

Traditional Chinese Medicine says Chicken broth is warming for the constitution, and helps those with weak digestions. Dong Quai benefits the blood and female reproductive system. I love talking about this soup and would like to get a head count so I can give the ladies a gift of this herb so, I hope we can do it! YOU CAN GET THE HERB WITH A PRESCRIPTION FROM ME - SO CONTACT ME AND I'LL SET IT UP.

Prep time: 15 minutes

COOKING TIME: 1hr. 35 min.

2 pound package of hormone free natural chicken parts
3 quarts water
1 medium onion, chopped
1 cup chopped carrot
1 cup chopped celery
2 Tbsp. chopped fresh dill
1 Tbsp sea salt
1 Tsp. pepper
1 large bay leaf
1 cup sliced celery - (including leaves!)
1 1/2 cups sliced carrot
1 large slice pressed Dong Quai root
1.) Rinse chicken and add to water in a heavy stock pot. Bring to boil. Add the onion, chopped carrot and chopped celery. Cover and reduce heat; simmer for 1 hour.
2.) Remove chicken from broth and discard any skin and shred meat into small pieces. strain broth through a strainer/sieve and pour into the stockpot.
IF YOU WISH AT THIS POINT YOU CAN REFRIGERATE BROTH OVERNIGHT COVERED AND SKIM OFF THE FAT LAYER

THE NEXT MORNING.

**Add sliced carrot and celery, bay leaf, dill, sea salt and pepper. Bring to a boil, cover and reduce heat. Simmer for 25 minutes.

3.) Add chopped chicken meat and Dong Quai root and cook for 10 more minutes. Remove Bay Leaf before serving.

**The medicinal dong quai herb is added last to retain its potency.

Nutrition facts per serving: Calories: 136, Fat: 5, % fat calories: 31, Carbohydrate: 4, Protein: 19

STEAMED ASIAN PEARS WITH CANDIEDGINGER

(for this event, I think serving the pears halved would be better than a whole pear per serving)

This is a remedy for sore throat, and cough with difficult mucus - allergies, colds and flu!

1.) Wash and core Asian pears (you may fill whole pears or half them and fill each core with 1/2 filling) 2. Fill each core with a couple of lumps of candied ginger (Asian section of grocery or world market) 3. add 1 and 1/2 Tbsp. honey

----place in a steamer, cover and steam for 12 - 15 minutes or until pear gives easily when cut with a spoon but does not break apart. Serve warm or at room temperature

GREEN TEA WITH APRICOT OR PEACH

Brew Green Tea and add to it a handful of dried apricots and honey to taste while the tea steeps / OR dissolve Peach or Apricot ALL FRUIT spread into tea to taste.

Austin Herb Society 2004/2005 Sponsors

Acupuncture Medical & Research Centre**

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

www.acupunctureaustin.com

Acupuncture Medical Services

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

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

<http://home.austin.tx.com/onenamillian>

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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

Retail Gardening Center

Cindy Phillips Pottery & Painting Studio**

25008 Pedernales Canyon Trail, ph: 264-2779

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www.gardens-austin.com

Garden Center & Landscape Design

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