



Herbal Greetings!!

November was an amazing month for AHS! Thank you to our sponsor member, Andra Millian, who presented Healthy Cooking with Herbs and the appropriate foods to eat for the season at our November 2 General Meeting. Andra also offered all attendees a complimentary session with her at her office and gave us all dong quai. The banquet of food prepared by our members was such a feast for the eye and the body. We can truly be thankful this season for good friends, good food, and many opportunities to volunteer or partake of interesting and educational programs at AHS. Thank you to sponsors Marcia Lucas (El Interior) and Cindy Phillips (Pottery and Painting Studio) for setting up the Day of The Dead Altar and Ellen Zimmerman (EZ Herbs) for the beautiful flowers.

Our field trip to Pat Garland's herb garden in Elgin was a real pleasure. Pat gave us great tips on growing herbs and she offered wonderful plants to purchase in addition to two gifts for each in attendance – homemade pesto and a scented geranium. We hope to see Pat at future AHS meetings as she was so impressed with us! Afterwards, many of us treated ourselves to lunch at Sweeties in Elgin and their delicious offerings.

We had a very educational Study Group in November. Two very entertaining representatives from Austin Home Brew provided a worldwide history lesson that covered much more than beers and ales. They also provided wonderful recipes including those with herbs.

Thank you to Margie Malone for donating three ornaments as the AHS donation to the AAGC Christmas Tree raffle. Be sure to remember to contact Margie or Pam Bell to coordinate getting your food to the AAGC Board meeting January, 11, 2005. We do this once a year.

Last summer when we asked you what programs you wanted this year many of you requested garden design, hands on herb planting and propagating, and knowledge of when to plant and where to plant. You can learn all of that and more if you spend some time assisting with the construction and installation of the extension to the Zilker herb garden. Watch the Potpourri and emails for the dates Eloise and Michelle set aside as workdays at the Vee Fowler Native Herb Garden and come ready to learn.

We look forward to seeing you December 7 at our annual Holiday Bazaar. Be prepared to make your holiday purchases with gifts made by our creative members who will be selling their wares. Kim Lehman, an AHS past president,

will provide a short program which we all know will be a real treat. It will be a great gathering so don't miss it!

Have a wonderful holiday season!!

Herbally yours,

Jan Bland and Cindy Boyle, AHS co-presidents

Tuesday, December 7, 9:30am, AHS Holiday Gift Bazaar

Enjoy a short holiday program by AHS member and storyteller, Kim Lehman. Kim always has something interesting and inspiring to share. The Holiday Bazaar is an annual AHS tradition where you will find plants, essential oils, herbal and non-herbal products, and much more. You will be able to purchase gifts for Holiday giving, birthdays, other special occasions and/or for yourself. So save some of your cash for the great gifts to be found here.

Tuesday, December 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.

Saturday, December 17

Field Trip, Annual Holiday Party

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. 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.

Tuesday, December 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 339-0193. Everyone is welcome!

Membership Information

Updated Info:

Gayle Engles, correct email: gayleegal@ev1.net

What's New at the Herb Garden?

For those that weren't at the November meeting you haven't heard that our new herb garden has been officially named the "Vee Fowler Native Texas Herb Garden." It was decided to honor our wonderful and beloved member for all the hours, work, interest, and giving to the Austin Herb Society that makes Vee the absolutely wonderful person she is. I'm sure that all of you join me in celebrating this great lady and honored member.

The other wonderful news is that the AAGC Horticultural Committee gave us their final okay for us to proceed and actually build our new garden. Mel Hinson located the live-electrical cable so Eloise Doherty and I were able to adjust the plans for the garden so as not to interfere with the cable. No mishaps here! Mel Hinson received permission to take down the old redbud tree that will be replaced with a Mexican redbud. Nelda Wells gave us some goldenrod and oxalis from her garden. Molly Plotner, the manager of the Master Gardener's greenhouse, said that the Master Gardener's will be glad to grow as many herbs for us as they can possibly grow. Now can any news be better! We are so blessed with help from so many quarters. In November we planned two workdays at the new garden that only bad weather mildly affected. Hopefully in December we can get a day in too. We are asking for donations of rocks, soil in bags, potted plants from our herb wish-list and your help. Everyone is welcome. If you are unable to do the hard work we still want your participation. I have established a drop-off area in the back for plants and hard materials. Just give me a call and I'll setup a time for you to drop off your gifts. We need your hands, eyes and hearts in this project because it's for each and everyone of you!

On Saturday, Nov. 13, we had a very successful workday at our new herb garden. Eloise Doherty and her husband Greg, Michelle Chaput, Cindy Boyles, Judith Craft, and Jan Bland all lent a hand in lifting and potting numerous blood lilies, fennel, and Chile Piquine and ridding the area of grass and weeds. Ann Scholtz donated about 3/4 of a ton of limestone rock. Sunday was rained out. This is the first of many workdays our club needs to devote to this wonderful project and if you have time, please sign up to help us out. Thanks to all who helped including the staff at the Garden Center for transporting our potted plants and picking up the piles of brush!

Great Gardening,
Michelle Chaput
Past President and Project Manager

AHS Herb Garden Workdays

Since two workdays in our new VF Herb Garden were cancelled due to rain a new weekend is setup for December.

Workdays for December: Saturday, December 11 from 10 am to Noon. and Sunday, December 12 from 1 to 3 pm.

We really need you to come out and help. If each person comes out it makes it very easy to prepare the ground for improvement. Bring your gloves, shovels, tined forks, or favorite garden implements! Please contact me if you intend to help out. For more information or to donate materials contact Michelle Chaput at 343-7677 or email:

michellechaput@yahoo.com

Thanks so much, Michelle

Upcoming events around Austin

Big Red Sun, Nov. 26 to Dec. 4

25-50% off on hand selected plants, succulents, and trees, one of a kind home accessories and your favorite kid's stuff. Big Red Sun is located at 1102 E. Cesar Chavez, ph: 480-0688.

Ellen Zimmerman of EZHerbs will have on-going monthly presentations at The Crossings.

Every Wednesday: 4:30pm to 5:15pm--Tea Time

Every Thursday: 1:15pm - 2:00pm--Native Medicinal Plants-walk. The Crossings ph: 258-7243 for more info.

January 2005, Austin Area Garden Council meeting

Austin Herb Society is hosting the January 2005 Austin Area Garden Council meeting. We will be sharing the responsibility with Crafty Gardeners Club. Our responsibility will be for the food, drinks, paper products, center piece, etc. Since these two clubs are famous for their culinary skills, it should be a wonderful buffet. Not only do we need people to donate food, but we need a couple of volunteers to help set it up. Contact Pam Bell at 894-0767.

Southwest Lavender Conference in Austin

February 4, 2005, 6pm to 9pm and February 5, 2005, 8am to 5pm Learn from experts about growing, harvesting, distilling, cooking, and marketing lavender. Sponsored by Gabriel Valley Farms and the Texas Herb Growers & Marketers Association. For info or to register: contact Gabriel Valley Farms at (512) 930-0923; www.gabrielvalleyfarms.com or e-mail: gvfarms@att.net.

Great holiday recipe from Sponsor Anna's Foods Ana's Herbs with Brie and Oil

With the holiday gatherings coming up, hosts and hostesses need a fantastic tasting appetizer that's quick and easy. This elegant appetizer will impress your family, friends, and co-workers.

☼A section from a wheel of brie (amount depends on number of guests)

☼Ana's Herbs

☼Lite olive oil (an extra virgin olive oil has its own flavor which may compete with the herbs and brie)

☼Water crackers or a bagette, thinly sliced.

Fifteen minutes before serving, take brie from refrigerator and remove top rind. Place on serving plate and let it warm up. When ready to serve, sprinkle or grind Ana's Herbs onto the brie and the plate. Drizzle lite olive oil on and around the brie. Serve with water crackers or thin slices of a bagette.

Let guests cut pieces of brie, swirl in the oil and Ana's Herbs, and spread onto crackers or bread.

Note: Ana's Herbs is a dry mix of eight herbs and spices. It's available at Central Markets, HEB Hancock Center, HEB at Parmer and IH 35, Albertsons in Westlake, and Wheatsville Co-Op.

(One customer of Anna's Foods said that when she served this at a dinner party, her guests asked if they could just eat the brie and forget the meal.)

Jim Ullrich, Vice-President

(512) 837-2203 - office; www.anasfoods.com

The Herbs of Christmas from Jan Bland

Old customs and legends have connected many herbs with Christmas and make them especially appropriate for the Advent and Christmas seasons.

Rosemary – For remembrance, of course, and long associated with Mary.

Thyme – a manger herb signifying the courage and strength of Christ.

Rue – The herb of grace. In Sweden it is associated with St. Lucy and used to make crowns for celebrations of her December 13 saint's day.

Santolina – The herb of fair linen symbolizing swaddling cloth.

Lavender – The symbol of purity, lavender is said to have received its lovely scent when it served as the drying rack for the baby Jesus' swaddling clothes

Pennyroyal – One of the manger herbs. In addition to its pleasant aroma, it repels insects.

Bedstraw – Another manger herb; long used for forage in the Middle East.

Playdough Recipe from Sponsor Ronda's Montessori Garden

Mix together dry ingredients:

8 teaspoons cream of tartar

2 cups flour

1 cup salt

Add 3 tablespoons veg oil

2 cups water

optional: food coloring -at least 15 drops or leave it white-

optional: essential oil

Mix together on med heat. Stir until it forms a ball.

Children like to help and can hold when warm--place in tupperware or large ziplock plastic bag or cut into shapes and put in small bags as gifts.

The essential oils: all oils or spices work well (except for vanilla ugh--it smells like store bought) the children love to smell it and it helps them breathe better. In the Children's House, we make a new batch at least every two weeks. We make shapes out of the old playdough that the children dry and take home, but if they don't like the color they paint it.

Ronda Dizney

Ronda's Montessori Garden

It Takes A Garden To Grow A Child!



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