



Herbal Greetings!!

Oregano has been announced as Herb of the Year for 2005. Vee Fowler was right on top of this announcement and prepared an in-depth look into this multifunctional herb for the January Study Group. Eloise Dougherty presented to the group and added so much of her personal knowledge as well. Please visit our website for the delicious recipes.

Our February Seminar Committee has been meeting often planning the upcoming event featuring Leslie Taylor, ND. They are providing an amazing array of food tastings, displays, and surprises. This is going to be a fun event! Thanks to all who are helping to hand out flyers and are inviting friends and relatives to attend. And, don't forget that the \$20 rate extends to all friends and relatives of AHS members and all other garden club members...so that includes everyone in central Texas, right?!

Our other focus this month is selling tickets to the Zilker Garden Festival. The festival is April 2nd and 3rd. Buy your tickets at the February general meeting for \$3.00 each. This is a wonderful way to donate to Zilker and attend a fun event at the same time. AHS will NOT be setting up a booth this year. We want our members to volunteer their time directly for Zilker and the AAGC. In February, we will be providing you with the various opportunities available. So, buy your ticket now at a discount! Also, there is free admission if you volunteer for four (4) hours!!

Together the AHS and the Crafty Gardeners provided a beautiful table and food for the January AAGC meeting. A big THANK YOU to those AHS members who prepared food. Many had the February seminar on their mind and prepared dishes incorporating foods from the Rainforest.

AHS was among a small group of nonprofits invited to participate in the City of Austin's 2nd Annual Green Garden Festival February 27th. Sponsor members Lucinda Hutson and John Dromgoole will be featured speakers. Members Ann Wilson and Sandra Holland have taken this on as their outreach project. They will set up a display of spring herbs and I bet they will give out a lot of good herbal gardening information that afternoon also! Add this special event to your calendar to attend!

We look forward to enjoying our upcoming events with you!

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

Tuesday, February 1

Austin Herb Society, General Meeting,

9:30am to Noon at Zilker Botanical Gardens

"Native Plants and the Useful Wild Plant Society," slide show and talk by John Flowers, a board member of USP. John has studied native plants extensively, including taking part in many of the Weedfeed courses offered by USP. There is a \$3 donation for non-members. Details: For more info call 936-1190 or visit www.austinherbsociety.org

Tuesday, February 8

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.

Tuesday, February 10

Austin Herb Society, Study Group, 7pm-9pm

Zilker Botanical Gardens. AHS members Vee Fowler and Eloise Doherty will discuss "Fun Herbal Baths for Comfort and Tension Relief." For more info, contact Vee Fowler at 345-0719 or Eloise Doherty at 927-8478. There is a \$3 donation for non-members. Details: www.austinherbsociety.org

Saturday, February 12

Austin Herb Society February Seminar, 9am to 12:30pm

Health From the Rainforest featuring Leslie Taylor, ND. \$20 rate to all AHS members, their friends and family, and AAGC garden club members!! Deadline is February 7th. For more info, contact Cindy Boyle at 924-0708

Saturday, Feb. 19

Field Trip: Tour the New Braunfels home of famous Texas naturalist Ferdinand Lindheimer and shop at Schumacher's nursery, renowned for their sage collection. Contact Sandra Holland at 258-4643 or Cindy Phillips at 264-2779 for location and time to meet.

Tuesday, February 22

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!

**Don't miss the chance to see Leslie Taylor, ND
on February 12!**



Our speaker is an amazing individual! Ms. Leslie Taylor founded, manages and directs the Raintree group of companies. She is the author of the books, [Herbal Secret's of the Rainforest](#), published September 1998 and [The Healing Power of Rainforest Herbs](#), published in October 2004. Ms Taylor is also the author of the Raintree website and Tropical Plant Database: <http://www.rain-tree.com/>.

As a cancer survivor who survived a rare form of leukemia only because of alternative health and herbal medicine in her mid-20's, Leslie has been researching, studying and documenting alternative healing modalities including herbal medicine for over 15 years. She is a dedicated practicing herbalist and naturopath in spite of her many corporate responsibilities, developing many herbal formulas and remedies for her companies, practitioners and for individuals needing help. While researching alternative AIDS and cancer therapies in Europe, Leslie began researching a medicinal plant from the Peruvian Rainforest called Cat's Claw. This research took her to the Peruvian rainforest for the first time to learn first hand more about this new medicinal plant. Upon her return, Leslie founded the Raintree companies to make this important new medicinal herb available in the United States.

Since that first trip, Ms. Taylor has returned numerous times, continuing to research and document more medicinal plants from the South American rainforests - with over 100 rainforest botanicals now developed and imported from the rainforests by her company. In these endeavors, she works hands on with Indigenous Indian shamans and healers, learning directly about their ancient empirical plant knowledge, and works with Indigenous Tribal communities and other rainforest communities to set up sustainable harvesting and importing of the rainforest botanicals. In addition, Ms. Taylor works directly with phytochemists, botanists, ethnobotanists, researchers, and herbal medicine practitioners to document, research, test and validate medicinal plants. She is committed to continue to make available new and important medicinal plants from the rainforests while trying to make an impact in helping to preserve the rainforests from destruction, which is the core mission of her organizations.

Ms. Taylor will base her presentation on her new book, [The Healing Power of Rainforest Herbs](#), which will be available for sale and signing. The book presents a comprehensive look at 73 Amazonian plants, many of which are growing in popularity in the US market due to their wide variety of uses and relative safety. The book, available at the AHS February Seminar, covers methods of preparing herbal remedies and recipes, properties and actions of rainforest

plants, herbal treatment of specific diseases and disorders, and more. Taylor's presentation will highlight two plants that grow well in Central Texas, kalanchoe (*Kalanchoe pinnata* or *Bryophyllum pinnata*) and scarlet bush (*Hamelia patens*).

The AHS February Seminar is just around the corner! Deadline to register is February 7th so plan to do so at our February 1 general meeting. Don't forget that your family and friends, as well as other AACG garden club members, can attend at the \$20 rate! See you there!

**New Year's Weight Loss Challenge
from AHS Sponsor Andra Millian, L.Ac.**

Looking to change your life in just a few short weeks, well get healthy and get lean with the 12-week therapeutic lifestyle program. Improve your body composition, lose body fat and win up to \$5000 in USD REI fitness and adventure gear and/or Amazon.com shopping spree. It's fun, it's safe, and it's easy! I am also offering an additional prize for the AHS member who does the best on this challenge, providing there are more than three members who sign up for the 12 weeks. So, I encourage all AHS members to buddy-up and join this event.

Enroll by May 31 and receive free personalized consultation and complete contest guidelines. Please contact me today at 892-0288.

Andra Millian, L.Ac. C.H.

<http://home.austin.rr.com/oneamillian>

**EZ Herbs/Austin School of Herbal Studies, Spring 2005
Classes and Events**

There are many wonderful herbal classes offered by AHS Sponsor, Ellen Zimmerman. Classes will include An Introduction to Herbal Medicine; Herbs for Women's Health; Medicinal Plant Walk; A Day to Relax and Feel Beautiful, and much, much more Please visit www.ezherbs.net to find out cost, dates/times and other wonderful classes/happenings that will be offered at Austin School of Herbal Studies. Contact Ellen at 301-5838 or visit <http://www.ezherbs.net/> for more information.

Membership Information

Updated Info: Dick and Nancy Miller, new email: miller208@austin.rr.com; Thu-Thuy Trinh, PO Box 201342, Austin 78720, 249-5443, email: thuy_trinh99@yahoo.com; and Ann Scholtz, 2200 Rundell Pl, Austin 78704, 442-8339, email: scholtzann@aol.com

New Member: Mary Bakatsa, 4000 Moon Shadow Cv., Austin 78735, 899-8520, email: cms@io.com; Catherine Gillespie, 1312 Orlando Rd., Austin 78733, 402-1888, email: none

NOW ON SALE! Please pick up your tickets for **Zilker Garden Festival**. The festival is April 2 and 3, from 10am to 5pm. You will have the opportunity to purchase the tickets at the reduced rate of \$3.00 each. Jan Bland will have the tickets at the February 1, general meeting. Not sure if you will be able to attend that weekend? Buy a ticket anyway to give to your friends/family. Think of this as a donation to our fabulous Zilker Botanical Gardens. Tickets will be \$5.00 at the gate.

See corrections for **Chocolate Ginger Cake--'Vee's Birthday Cake'** printed in the **January Potpourri on AHS website**.

Did you know your dues are tax deductible? When you turn in your tax claims, just use 501.C3, for Non-profit Organizations, like AHS, for your member dues, sponsors dues, and/or donations.

Upcoming events around Austin

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; <http://www.gabrielvalleyfarms.com> or <mailto:gvfarms@att.net>.

Valentines "Spread the Love"

Sunday, February 13, 2005, 2pm to 5pm
AHS members and friends are invited to attend the open house at Balcones Acupuncture Clinic, 5750 Balcones Drive, Suite 117, Austin. Please come enjoy photo exhibit by renowned artist Carol Walls, refreshments, and door prizes, all hosted by AHS sponsor Andra Millian, L.Ac. For more info please contact Andra at 892-0288.

Spring Herb Gardening Seminar

February 26, 2005, Round Top, Texas
Festival Hill garden will teach guests how to begin their spring gardens. You will learn the best herbs to plant including basil, the "queen of Texas herb gardening."
Contact: McAshen Herb Gardens, PO BO 89, Round Top 78954 or visit <http://www.festivalhill.org/>

City of Austin's 2nd Annual Green Garden Festival **February 27, 2005, 1pm to 4:30pm at Zilker Botanical Gardens, Free event**

Indoor Lectures: Lucinda Hutson at 1:30-2:10; Tom Spencer at 2:30-3:10, speaker TBA at 3:30-4:10. *Design Consultation:* Free 10 minute consultations with professional landscape architects and designers about your garden (first come, first served--check in at the info/door prize booth, front of the Garden Center for availability). *City Sponsored Outdoor Demonstrations:* rainwater harvesting, composting, trees, deer resistant plants, organic vegetable gardening, garden maintenance. *Booths:* a select group of nonprofit organizations have been invited to participate. Austin Herb Society will have a display of Spring herbs.

El Interior: Seven Medicines Talk by Susun Weed **March 17, 2005 at 7:00pm**

You will be on the edge of your seat, as Susun Weed takes you right to the essence of healing. Her humor and experiential exercises will clarify your healing options, from homeopathy to acupuncture, from reiki to rolfing, from surgery to salves, from nettles to belladonna. Find out how to heal with the least risk and the lowest cost. Susun will help you understand your choices and empower you to live from the heart. Cost is \$20.00. For more info, contact El Interior at 474-8680 or visit El Interior, 1009 West Lynn Street.

Zilker Garden Festival **April 2 - 3, 2005, 10:00am to 5:00pm**

This annual festival heralds the start of the gardening season for many Austin-area gardeners and has something for every member of the family. There are clinics for gardeners, an activity area for children, music and food. Colorful booths with garden-related crafts of all sorts are everywhere; potters, soap makers, jewelers, and other craftspeople sell their wares. There are plants of all sorts by the thousands--herbs, orchids, cacti, succulents, annuals, natives, perennials, houseplants, water garden specimens - as well as the tools, soils, and best of all, information to grow them. All proceeds from the Zilker Garden Festival benefit the activities of the Austin Area Garden Council and Zilker Botanical Garden. Visit <http://www.zilker garden.org/> or call 477-8672 for more info.

The Rockport Herb & Rose Society Study Group, First Annual Herb Festival

Saturday, April 2, 2005, Free Admission

It will be held at the Rockport-Fulton High School Commons, 1803 Omohundro, Rockport, Texas This Herb Festival will present some very well known herb people from the State of Texas. Some of these are Lucia Betler with Lucia's Garden, Houston, Texas; Cindy Meredith with The Herb Cottage, Hallettsville, Texas; Nancy J. J. Levy with Devonshire Apothecary, Austin, Texas (an AHS sponsor); Ellen Zimmerman (an AHS sponsor) and Jay Moore, Chef of AransaZu Restaurant, Rockport, Texas, to name just a few. More names are being added to the list every day.

This Herb Festival will provide herb programs, herb cooking demonstrations, a food court, herb booths with lots of herb information and products, and an herb plant sale.

Come and learn everything you ever wanted to know about herbs. Did you know that there are over 2,000 herbs and that roses are herbs too? Herbs are used for not only culinary purposes, but also for medicinal and cosmetic purposes, and the historical uses of the herbs will be presented along with tips for successful cultivation. For more info, contact Pam with Rockport Herb & Rose Society Study Group at 361-729-5046.

The Rockport Herb Society is looking for more vendors and guest speakers. Booth rental is free of charge. Please contact Pam at 361-729-5046 if you would like to reserve a booth or give a presentation. Booth items need to consist of anything herbal: soaps, candles, books, plants, food, medicine, salves, clothing and calendars with herbal themes, etc.

The Central Texas Gardener, KLRU

Saturday, April 9th (plus other dates)

Tune in to this very popular gardening show and join Ellen Zimmermann, Certified Herbalist speaking about the medicinal herbs in our Central Texas Gardens. Visit their website for more info, <http://www.klr.org/>.

11th Annual Herbfest, Fredericksburg Herb Farm

April 15 - 17, 2005

Plan to come for a full plate of gardening workshops, food, wine, art and entertainment. Be sure to make your reservations for the Herb Farm's Friday and Saturday night dinners with live entertainment. Vist

<http://www.fredericksburgherbfarm.com/> or call 1-800-259-4372 for more info.

Candlemas

Candlemas, February 2, commemorates the ritual purification of Mary, 40 days after the birth of Jesus. Candlemas is one of the four "cross-quarters" of the year, occurring half-way between the first day of winter (winter solstice) and the first day of spring (spring equinox). Traditionally, it was believe that if Candlemas is sunny, the remaining six weeks of winter would be stormy and cold. But if it rained or snowed on Candlemas, the rest of the winter would be mild. If an animal, like a groundhog, "sees its shadow," it must be sunny, so more cold winter weather is predicted. In the US, Candlemas is more commonly called Groundhog Day. To the pagan Irish is it Brigit after the goddess of smithcraft (fire), healing, and poetry. This day is also called Imbolic the end of winter and the beginning of spring--a day of newborn lambs and where dormant seeds begin to stir within the earth. The promise of the return of light and renewal of life that was made at the winter solstice is now starting to show, to come forth and germinate. It's the dawn of the new planting year, a time for new beginnings.

There is a custom to bring your candles to church to be blessed by the priest on February 2. The candles are then take home where they serve as talismans and protections from all sorts of disasters. This custom is the origin for the name Candles-mass. Actually, this festival was associated with fire. Originally, the fires were built in open places with a lantern being lit from the sacred flames, which would be burned throughout the year. Then eventually the fires were built in church courtyards where people would dance around the flames, jump over them and then would carry home some of the embers to kindle their own fires from the sacred flames. Since Lent sometimes begins as early as February 4, some Candlemas customs became associated with Shrove Tuesday (Mardi Gras) and the beginning of Lent, which is a time of purification.

Candlemas Celebration: The main element of your decorating scheme for this day is obviously candles. Beginning at sundown on Candlemas Eve (Feb 1), gather all the candles in your home into one room and light all of them from one central candle, or place a candle in each window of your home and allow them to continue burning until sunrise (but watch them carefully, don't want any accidents). Or if you have a fireplace, clean out your hearth, then light a new fire. Have your family and friends sit around the fire or candle(s) to share your hopes for the new year, like what you hope to accomplish, what your passions are, what you wish to plant in your new garden, etc. Write these ideas down in a journal and/or piece of paper, to make them concrete so that on August 2, the festival of the first harvest, Lammas, you can look back to see if or what progress you have made. Crepes and pancakes are traditions foods for Candlemas because of their round shape and golden color, which are symbols of the sun--the return of light.

Purification and Renewal: You can give up something frivolous or something serious, but it should be something that you will miss or notice. Folk lore/wisdom says it takes six weeks to establish a new or better habit, so you may end up with a changed or whole new lifestyle. Spring-cleaning is another act of purification and since Candlemas is sometimes considered the beginning of spring, this is a good time to start this, if weather permitting. This is a good time to get rid of your old things, change your air-conditioner filters, open your windows to let in fresh air, and do a good house cleaning to banish the gloom of winter to create a shiny new setting for spring.

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.rr.com/onenamillian>

Acupuncture, Nutritional & Herbal Therapy,

Qi Gong

Anna'sFoods

8410 Danville Dr., ph: 837-2203

Anna'sHerbs--Makes good cooks great!!

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

Hifire Stoneware Pottery and Paintings

Devonshire Apothecary **

2105 Ashby Ave., ph: 442-0019

All Things Herbal, from Teas, to Tinctures and

over 300 books

E&G Design**

6204 Arnold, ph: 927-2913

Naturally Native Landscape & Drainage

Solutions

El Interior **

1009 West Lynn St., ph: 474-8680

www.elinterior.com

Treasures of Mexico

EZ Herbs/Austin School of Herbal Studies**

8803 Bear Creek Dr., ph: 301-5838

www.ezherbs.net

Herbal Consultations, Classes & Handmade Products

Fredericksburg Herb Farm

402 Whitney St., Frederickburg ph: 1-800-

259-4372

www.fredericksburgherbfarm.com

Herb Farm, Books, Gifts, Caf , B&B

Gabriel Valley Farms**

440 Old Hwy 29 East, Georgetown

ph: 930-0923

Wholesale Nursery, Retail by Appt

Gardens

1818 W. 35th St., ph: 451-5490

www.gardens-austin.com

Garden Center & Landscape Design

The Great Outdoors Landscape & Nursery

2730 S. Congress Ave., ph: 448-2992

www.gardenadventures.com

An Adventure in Gardening

The Herb Garland

858 Central Ave., Elgin, ph (512) 281-4170

Herb, vegetable & flower grower; Herb craft

and food products

It's About Thyme**

11726 Manchaca Rd., ph: 280-1192

www.itsaboutthyme.com

Complete Gardening Center: Herbs, Antique

Roses, Perennials

The Lodge at Creekside

310 Mill Race Lane, Wimberley

1-800-267-3925

Lucinda Hutson

4612 Rosedale Ave., ph: 454-8905

www.lucindahutson.com

Cookbook author/ Gardening/Decorating

Events Consultant

The Natural Gardener

8648 Old Bee Caves Road, ph: 288-6113

www.naturalgardeneraustin.com

Austin's Organic Gardening Headquarters

Nature's Healing Herbs **

Cindy Burrows--ph: 707-6782

<http://www.herbalagogo.com/>

Unique Green Tea Food Line and Herbal

Infusions

Nile Valley Herbs, Inc.**

1506 Juliet St, ph: 442-6907

Herbal Tea

Ronda's Montessori Garden

4300 Mt. Vernon Dr, ph: 707-8635

It Takes a Garden to Grow a Child

ScentGarden

ph: 292-4024 www.scentgarden.com

Fine Essential Oils & Botanically Based

Products to Enhance Your Health/Well-Being

Thai Herbs & Spices

ph: 280-9130

Cooking with Thai Herbs

Valmyst Herb Farm**

13221 Wire Road, ph: 267-4479

www.valmyst.com

Fine Culinary Herbs, delectably preserved and

packaged

West Lynn Caf  (vegetarian)

1110 West Lynn St., ph: 482-0950

International Earthly Delights

Wheatville Food Co-op

3101 Guadalupe, ph: 478-2667

www.wheatville.com

Austin's Community Grocery Since 1976

****10% Discount for AHS members.** Be sure to thank our sponsors when you visit their establishments this year, check www.austinherbsociety.org for news and updates in our sponsor listings.



The Austin Herb Society, Inc

Zilker Botanical Garden

2220 Barton Springs Road

Austin, Texas 78746

www.austinherbsociety.org