



Herbal Greetings!!

For the shortest month of the year, AHS members know how to pack it in! We began with an informative program by John Flowers of Useful Wild Plants, Inc. An amazing organization based in Austin, see their website for native edible Texas plants as well as fun events such as the 'speedy weed-feed' program: <http://www.usefulwildplants.org>. And thanks to the hospitality committee and all the volunteers for offering us a delicious table of Valentine treats, both healthy and decadent!

Our February study group featured the topic of healthy herbal baths. Vee Fowler provided us information on all sorts of bath goodies such as fizzies, herbal bath teas, and she also made sure that the topic included men's herbal blends.

The next day, our AHS Culinary Special Interest Group hosted their monthly meeting. Diana Hyland and Doris Manning hosted the meeting and delighted those who attended with herbal party foods made with healthy and low-calorie ingredients, while using natural bowls such as cucumber cups and cabbage bowls. What a party it was!

The grand finale of the week was our annual seminar, "Health from the Rainforest," featuring Leslie Taylor, ND. Leslie's expertise about the rainforest and its amazing discoveries can be found in her latest book, [The Healing Power of Rainforest Herbs](#). We greatly appreciate our hard-working and creative seminar committee members, Gayle Engels, Karen Hayward, Molly Orgozaly, and Diane Sandlin. Their expertise and commitment made this event so special. We also thank our many volunteers who assisted with preparation, setup and teardown. And a special thanks to our sponsors: American Botanical Council, The Great Outdoors, Rain-Tree Nutrition, Wheatsville Food Co-Op, and Wisdom Herbs. We loved every minute!

A little rain didn't dampen the enthusiasm for our February field trip to the Lindhauer home and cottage garden. The lucky group also got a surprise tour of the Baetge home and Conservation Plaza before they gathered for lunch.

At the time of this writing, we have an event that AHS has been invited to participate in the Green Garden Festival on February 27. This event is extra special for AHS as we have two of our members speaking, John Dromgoole and Lucinda Hutson. We thank Ann Wilson and Sandra Holland for graciously volunteering to staff our table, which will focus on springtime herb gardening.

Thanks for a fabulous February!!
Jan Bland and Cindy Boyle, AHS co-presidents

Tuesday, March 1

Austin Herb Society, General Meeting, 9:30am to Noon at Zilker Botanical Gardens

"Growing and Propagating Herbs," by AHS Sponsor Cathy Slaughter who has been in the herb business for 25 years, 10 of them operating Gabriel Valley Farms with her husband. She is a member of the Texas Herb Growers Association. Many of Gabriel Valley's fine herbs are in our members' gardens. There is a \$3 donation for non-members.

Tuesday, March 8

Field Trip to Zilker Park Herb Gardening, 9:00am to

11:00am Join us for breakfast and hands-on herb gardening experience in the gardens that AHS maintains. Bring your tools, hats, and sunscreen, we will provide a light breakfast and info, cuttings, and good company. Please contact Sandra Holland at 258-4643 or Cindy Phillips at 264-2779 for more info.

Thursday, March 10

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

Zilker Botanical Gardens. AHS member Sandra Holland will discuss how to 'Assemble and Use Your Home Compost Brewing Station.' For more info, contact Vee Fowler at 345-0719 or Eloise Doherty at 927-8478. There is a \$3.00 donation for non-members

Tuesday, March 22

Mayfield Park Gardening Day, 9:00am to 11:00am.

Join us for breakfast and hands-on herb gardening experience in the gardens that AHS maintains. Bring your tools, hats, and sunscreen, we will provide a light breakfast and info, cuttings, and good company. Please contact Sandra Holland at 258-4643 or Cindy Phillips at 264-2779 for more info.

Saturday, March 26

Field Trip Now that you know how to grow herbs, visit Cathy Slaughter's Gabriel Valley Farms for a look at a commercial venture, and some choice plants to take home. Please contact Sandra Holland at 258-4643 or Cindy Phillips at 264-2779 for more info.

Membership Information

Updated Info: Dick and Nancy Miller, email: Rmiller208@austin.rr.com; Pat Garland, owner of Herb Garland, email: pjgarland@sbcglobal.net

New Members: Mary Wolcott, 412 W. Croslin Street, Austin 78752, ph: 371-3067, email: mewolcott@aol.com; Cynthia Good, 6111 Blarwood, Austin 78745, ph: 475-3993-day, 443-3325-evening, email: cynthiagood@hotmail.com; Mary Holland, 1805 Romford, Austin 78704, ph: 441-1787, email: mhaustex@hotmail.com; Mary Howard, 3607 Greystone Drive #1113, Austin 78731, ph: 338-1441; Judy Price, 4509 Elana Court, Austin 78741, ph: 444-7801
Dephanie Cates, 3601-B Las Colinas Dr., Austin 78731, ph: 371-7336, email: dephanie@austin.rr.com

Welcome new sponsors!!!

by Diana Hyland, VP Sponsorship

Two new sponsors joined us mid-year, and we want to make sure you know who they are. The Herb Garland and The Lodge at Creekside come to us from nearby communities and generously offer a 10% discount to Austin Herb Society Members. Remember, if you want to take advantage of sponsor discounts, you must tell them you are members.

The Herb Garland

858 Central Ave.
Elgin, TX 78621
Phone: (512) 281-4170
Email: pjgarland@sbcglobal.net.

Please welcome The Herb Garland, run by Pat Garland, the host and tour guide of our November 2004 field trip to Elgin. Since her retirement in 1999, Pat has expanded her favorite hobby into a business – growing and selling herbs and other plants, as well as making herb crafts and food products. Pat sells her herbal creations at area farmers' markets and through periodic plant sales at her quiet farm in Elgin. Since she does not maintain regular retail hours, Pat will let members know her schedule this spring. If you would like to pay her a visit, Pat conducts herb garden tours and sells plants by appointment to groups. She is always happy to guide you through her large herb garden, complete with walking paths and many themed areas, such as the zoo garden, potpourri garden, moon garden, various ethnic culinary gardens and much more. Her working greenhouse is very impressive as well. For those who missed the field trip, it's more than worth the short drive.

The Lodge at Creekside

310 Mill Race Lane. Wimberley. Texas. 78676
800.267.3925 Reservations
email: innkeeper@acountryinn.com
www.acountryinn.com

This charming bed and breakfast tucked into the Wimberley landscape sits waiting to be discovered by our herb-loving members. The lodge is owned by Merry Gibson and her daughters. "The Gibson ladies have expanded their lovely creek-side property over the past two years to include several more cottages and a dining facility with a newly equipped commercial kitchen. They host conferences, group meetings, wedding parties, and receptions as well as weary travelers with warm Hill Country hospitality and great food," said Virginia B. Wood of the Austin Chronicle. Stay the weekend or join them for a Saturday evening culinary treat, featuring garden-grown fruits and vegetables, locally-produced organic cheeses, and hand-selected meats and fish. You'll need to check their schedule to confirm times and dates. On Sunday morning, brunch is served creek side for guests and day-trippers. Looking for a weekend getaway? Expect to find cotton linens, a lit fireplace, and a peaceful escape close to home.

Please give our sponsors your support and your business!

Attention AHS Sponsors..

If you would like your business featured in the Potpourri, contact our Sponsorship VP -- Diana Hyland. You are a big part of our herbal community -- and we want our members to give you their business. Though we more than appreciate your financial support -- we want you to have every advantage possible, so your business will grow and prosper.

This is your chance to tell us who you are and how your business is changing. You can reach Diana at 402-9697, or at hylandinc@austin.rr.com. Or, send your write-up directly to our editor -- Brenda Davis at bmdtubbs@hotmail.com.

Sign up to work at the Zilker Garden Festival. The festival is April 2 and 3, from 10am to 5pm. Please sign up to work the festival at the March meeting. Margie Malone will get you signed up for this.

Upcoming events around Austin

Sign up now for the July 16, 2005 Field Trip to Peckerwood Garden

by Pat Lewis

I went to the Peckerwood Garden Conservation Foundation, Hempstead, Texas several years ago with the AHS and it was truly a treat. It is a non-profit foundation that is one of America's most unique garden environments. The garden is the setting for an expanding collection of rare plants native to a wide region of the southern US and to Mexico mingled with their Asian counterparts. The meandering woodland along one bank of a spring fed stream that divides the property forms the heart of the garden. It is flanked on the opposite bank of the stream by a dry garden and by a distinctly regional herbaceous border garden to the south. An expanding arboretum of significant trees for the region brings together superb examples of many different species of Acer, Ilex. Liquidambar, Magnolia, Styrax, Taxus, Quercus, many of which are recent plant discoveries from remote mountain ranges in Mexico. There is also a collection of outdoor sculpture and a collection of folk art from the US & Mexico.

Following the one-hour tour of Peckerwood Garden, we will get to visit the Yucca Do Nursery that is directly next door. They have a variety of exotics and other plants the members will be delighted to see and purchase.

Following both of these, we will merge and go to a recommended tearoom for lunch together.

We will start at the next meeting getting sign ups and collecting the \$ 10.00 each fee to tour the garden. We will open this to members and friends who wish to share in this adventure. For more info, please contact Pat Lewis at 282-0300.

Join the Junior Master Gardeners grow herbs for Meals on Wheels

The Junior Master Gardeners from Redeemer Lutheran School have lots of growings on around their school! This summer they began producing herbs for Meals On Wheels, and it has been such a wonderful connection for them that they are adding an additional 300 s.f. of planting space. That's a lot of empty garden space!

They began some herbs in their greenhouse, but sure could use more sets or seeds. Do any of you have something to share? The coordinator is willing to come and separate, thin, or do whatever is needed to increase their herb stand.

The school is comprised of 400 children ages 2 to the 8th grade. Since 2002 they have become a Nat. Schoolyard Habitat from the Nat. Wildlife Foundation, received a few awards and some grants to help build their hands-on, garden-based outdoor classrooms. Contact: Danna Keyburn (PreK teacher and garden coordinator) work # 459-3015; home # 836-8802

Susan Wittig Albert

Thursday, March 3, at 3pm

Location: Dr. Eugene Clark Library, 217 S Main St, Lockhart TX.

Program: Afternoon tea, book talk, book sale/signing for Dead Man's Bones, Cost of tea \$10, reservations required. Tickets available at the library: 512-398-3223 until sold out. (Hats and white gloves fun but optional!) Event benefits the children's program at the library: Summer Reading Program. For more info, visit mysterypartners.com/Newsletters/050201.html

Sunshine Community Gardens' Annual Plant Sale Saturday, March 5, 9am to 2pm, Free Admission

Jump-start your spring garden: featuring thousands of unique organic heirloom vegetable and herb plants, soil mix, great music, children's entertainment, gardening tutorials and much more. Sunshine Community Gardens is located at 4814 Sunshine Drive (northwest of 45th and Lamar), visit <http://www.main.org/sunshine/> for more info
Cheryl Farmer, Sunshine Gardener

Wheatsville, Herb Fair, 2005

Saturday, March 12, 10am to 5pm

Wheatsville Co-op welcomes Spring by hosting the Wheatsville Herb Fair, located at 3101 Guadalupe, just north of the UT campus. Growers from all over the state will have a wide variety of herbs, garden plants, native plants, vegetable starts, flowers, yard art, bird houses/bird baths, etc. Local speakers will make presentations throughout the day addressing such topics as: landscaping with herbs and natives, using medicinal herbs, gardening basics, xeriscaping, soil preparation, composing, and much more. Visit www.wheatsville.com for more information.

Susan Weed at American Botanical Council

Tuesday, March 15, 2005, 10am to 2pm

This half-day seminar hosted by the American Botanical Council at its headquarters, the Case Mill Homestead, will present: 1) Susan's unique Wise Woman perspective and teaching style regarding plants that you can grow in central Texas 2) Hands-on outdoor opportunity to experience an organoleptic approach to herbs in ABC's medicinal theme gardens (If it rains, we'll bring the gardens indoors!) 3) An opportunity to purchase Susan's books and some of the plants she discusses

Herbal tea and snacks (Feel free to bring a sack lunch if you require heartier vittles.) Space is limited so register now: \$30 for members of ABC, \$40 for nonmembers. Contact American Botanical Council, 6200 Manor Road at 926-4900 or visit <http://herbalgram.org/> to download [registration form](#).

Upcoming events around Austin-- contd.

**El Interior: Seven Medicines Talk by Susun Weed
Thursday, March 17, 2005 at 7pm to 9pm**

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.

**Austin School of Herbal Studies/EZ Herbs--Open House
Saturday, March 26, 2005, 2pm to 5pm**

Please join us for an afternoon garden stroll, a cup of herbal tea and some delicious herbal goodies. Meet Ellen Zimmermann, Certified Herbalist and Kristi Johnson, Yoga Instructor and Massage Therapist. Learn about the various programs offered this spring. EZ Herb products will be available for purchase as well as low cost reflexology treatments by Marlene Carroll, Certified Reflexologist. Please visit <http://www.ezherbs.net/> or contact Ellen at 301-5838 for more information.

Zilker Garden Festival

Saturday/Sunday, April 2 - 3, 2005, 10am to 5pm

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. Please visit

<http://www.rockportherbs.com/> for full list of speakers, vendors, etc. 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. For more info, contact Pam with Rockport Herb & Rose Society Study Group at 361-729-5046, or Linda Collins at email: ltcollins_1@charter.net, or visit www.rockportherbs.com for more info.

The Central Texas Gardener, KLRU

Saturday, April 9th at Noon and 4pm (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

Friday-Sunday, 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. Visit

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

Fudge Fondue

by Cindy Boyle

- 1 - 24 oz package dark chocolate chips
- 1 - 16oz box of confectioners sugar (powdered sugar)
- 1 can evaporated milk
- 1 stick butter

Place ingredients in electric fondue pot on low temperature. Cook slowly for at least 2 hours stirring occasionally.

Rainforest Seminar cooking contest recipes

1st Place

Cappy's Restaurant Mango Salad

by Pam Bell

2 - 3 oz. pkgs. lemon gelatin

2 C boiling water

1 - 15 oz. can mangos, undrained

4 oz. cream cheese

Combine water and jello. Let cool a little bit but not start to set. Combine jello, mangos with juice and cream cheese in blender and blend till smooth. Pour into molds or a pretty crystal bowl. Chill well. (mangos are readily available at oriental markets, if you have trouble finding them)

2nd Place

Mango Creme

by Vee Fowler

1 - 12 ounce canned Mangos

1 - can sweetened condensed milk

4 oz. fresh lemon juice

Drain mangos. Process mangos in blender until smooth, add milk and blend, add lemon juice until well mixed. Pour into serving dish. Chill overnight (can freeze, if desired).

Before serving, top with dabs of whip cream or cook whip. May sprinkle with cinnamon or toasted pecans if desired. Best when made a day head.

3rd Place

Brownie Pizza

by Cindy Boyle

1 box brownie mix

6 oz white chocolate - grated in curls

Mixture of fruits and nuts

Pour and spread brownie mix in well buttered pizza pan. Because it is much thinner than a normal brownie, cook it 2/3rds the time listed on the box. A toothpick should come out dry. Place sliced fruit around pizza. Fruit suggestions can be tropical: banana, kiwi, mango, pineapple, papaya, or any soft fruits such as peaches and berries. The more colorful, the better. Top off with any nuts or coconut. Final touch is to sprinkle grated white chocolate, grated to look like cheese.

Kalanchoe - from The Healing Power of Rainforest Herbs

by Leslie Taylor

Kalanchoe is a succulent perennial plant that grows 3-5 feet tall. Commonly known as 'air plant,' it has tall hollow stems, fleshy dark green leaves that are distinctively scalloped and trimmed in red, and bell-like pendulous flowers. Kalanchoe is botanically classified with two main Latin names which refer to the same plant: Bryophyllum pinnatum and Kalanchoe pinnatum (as well as various

synonyms of both). This is the only Kalanchoe species found in South America; however, 200 other species of Kalanchoe are found in Africa, Madagascar, China and Java. A number of species are cultivated as ornamentals here in the U.S. and they are becoming popular tropical house plants. In Brazil the plant goes by the common names of saião or coirama and in Peru it is called hoja del aire (air plant) or kalanchoe.

TRIBAL AND HERBAL MEDICINE USES

Kalanchoe is somewhat of a panacea to the indigenous peoples of the Amazon; they employ it for many different purposes. The Creoles use the lightly roasted leaves for cancer and inflammations, and a leaf infusion is a popular remedy for fevers. The Palikur mix the leaf juice with coconut oil or andiroba oil and then rub it on the forehead for migraines and headaches. To the Siona indigenous peoples, kalanchoe is known as 'boil medicine' and they heat the leaves and apply them topically to boils and skin ulcers. Along the Rio Pastaza in Ecuador, natives use a leaf infusion for broken bones and internal bruises. In Peru, indigenous tribes mix the leaf with aguardiente (sugar cane rum) and apply the mixture to the temples for headaches; they soak the leaves and stems overnight in cold water and then drink it for heartburn, urethritis, and fevers. The root is also prepared as an infusion and used for epilepsy. Other tribes in the Amazon squeeze the juice from fresh leaves and mix it with mother's milk for earaches. Throughout South America kalanchoe has had a long history of use. It is commonly called the 'miracle leaf' and 'life leaf' for its remarkable healing properties. In Brazil the plant is considered a sedative, wound-healer, diuretic, anti-inflammatory and cough suppressant. It is used for all sorts of respiratory conditions-from asthma and coughs to bronchitis. It is also employed for kidney stones, gastric ulcers, skin disorders and edema of the legs. Externally a leaf infusion or the leaf juice is used for headaches, toothaches, earaches, eye infections, wounds, ulcers, boils, burns and insect bites. In Peru the plant is employed for the same uses. In Mexico and Nicaragua kalanchoe is used for similar purposes and also to promote menstruation and assist in childbirth.

PLANT CHEMICALS

Kalanchoe is rich in alkaloids, triterpenes, glycosides, flavonoids, steroids and lipids. The leaves contain a group of chemicals called bufadienolides which are very active and have sparked the interest of scientists. They are very similar in structure and activity as two other cardiac glycosides, digoxin and digitoxin (drugs used for the clinical treatment of congestive heart failure and related conditions). Kalanchoe's bufadienolides have demonstrated in clinical research to possess antibacterial, antitumorous, cancer preventative, and insecticidal actions.

Austin Herb Society 2004/2005 Sponsors

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The Austin Herb Society, Inc

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