



Herbal Greetings!!

It has been so hard to stay inside with all this beautiful Spring weather. I'm sure most of you are getting your beds ready or planting a few things.

We were fortunate in March to have several opportunities to learn about and purchase herbs. We want to send a big Thank You to Cathy Slaughter, sponsor member, for giving us so much valuable information at both our March general meeting and field trip. At the general meeting, everyone was able to practice propagation and walk away with some future plantings for their herb garden. Then we had a great field trip to Gabriel Valley Farms to see a commercial grower and purchase plants. Top that off with hands on experience at Mayfield and Zilker gardens and we had the opportunity to be involved with many aspects of the plant cycle.

We were sorry many of you missed Sandra Holland's presentation at the March study group. Sandra presented a thorough and easily accomplished method of brewing your own compost tea. Thank you Sandra.

Check out our calendar. April is a month full of gardening "things to do" around Austin. See you at Zilker Garden Festival

Jan Bland and Cindy Boyle, AHS co-presidents

Tuesday, April 5

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

AHS member, Dr. Molly Ogorzaly, will discuss 'Poisons, Panaceas and Psychotropic Drugs from Plants,' a brief history of bioactive plants. She is a well-known speaker, educator, and travel guide. There is a \$3 donation for non-members.

Tuesday, April 12

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.

Thursday, April 14

Austin Herb Society, Study Group, 7pm-9pm Zilker Botanical Gardens.

AHS members Vee Fowler and Eloise Doherty will discuss "Food and Herbs, a Natural Solution for Menopause." For more info, contact Vee Fowler at 345-0719 or Eloise Doherty at 927-8478. There is a \$3 donation for non-members.

Saturday, April 23

Field Trip to Fredericksburg

Come tour the Fredericksburg wineries, Wildseed Farms, and AHS Sponsor, Fredericksburg Herb Farm. Contact Cindy Phillips at 264-2779 for location and time to meet. For more info on these two wonderful places go to <http://www.wildseedfarms.com/> and www.fredericksburgherbfarm.com.

Tuesday, April 26

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!

MONEY, FOOD, TRAVEL

There are many fun and interesting ways to get involved in the Austin Herb Society.

One of the more satisfying ways is when you volunteer to serve on the Board or one of the many committees. At the end of May a few of our current volunteers will finish their term.

Now we need you to step forward and get more involved. If you are interested in one of the following positions that begin in June, please call Jan Bland at 338-9815 or Cindy Boyle at 924-0708.

Board

*Secretary - take minutes at 5 or 6 Board meetings during the year

*Treasurer -

*Webmaster - update our website monthly

Committee Co-Chair

*Hospitality - help Pam Bell set up our refreshments each month

*Field Trips - work with others to set up a field trip

Membership Information

Updated Info: The Lodge at Creekside, sponsor, website:
<http://www.acountryinn.com/>

New Members: Joanie Hirsch, 8024 Cobblestone, Austin 78735, ph: 773-8849-day, 288-0680-evening, email: jfhirsch@mindspring.com ; Bebe Morgan, P.O. Box 467, Stonewall 78671, ph: 830-644-2928-day, 713-816-3111-cell, email: morganranch@fbg.net

Vee Fowler Herb Garden Workdays

The weekend of April 9th and 10th will be an official work date for the new herb garden. We (Eloise and Michelle) will be there with hired workmen and machinery. Any help that you can lend us will be greatly appreciated. In addition, we need to link up the new water lines with the existing water system and any help in that direction will be appreciated also. I will keep you advised as I have supplies delivered just before that weekend. This is the first weekend that Eloise will be available to supervise construction due to her job obligations. So come out if you can to lend a hand!!

Thanks to all for your patience,
Michelle Chaput
Austin Herb Society

Herbs to plant in April

April is a good time to plant your herbs, either by seeds or plants. You can pick them up at The Herb Garland Spring Plant Sale on April 16 and April 17, our AHS Sponsors, and of course at the Zilker Garden Festival happening the first weekend in April. Here are a few to get your herb garden started: Anise, basil, bay, catnip, chives, comfrey, costmary, cumin, fennel, fenugreek, scented geranium, germander, horehound, horseradish, lamb's ear, lavender, lemon grass, lemon verbena, Mexican mint marigold, oregano, perilla, rosemary, sage, santolina, summer savory, winter savory, sesame, sorrel, southernwood, tansy, tarragon, thyme, wormwood

Many Thanks!!

Thank you to Cathy Slaughter, Cindy Phillips, and Julie Crouch for donating herbs to the Mayfield Garden. And, also thanks to AHS sponsor It's About Thyme for selling us their own custom soil mix.

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

Sign up at the April meeting to tour the garden. The \$10 fee will need to be collected at the same time. This will be open to members and friends who wish to share in this adventure. For more info, please contact Pat Lewis at 282-0300.

SPONSOR FOCUS:

Ana's Foods -- Add a little spice to your menu



If you haven't tasted Anna's culinary condiments – you're missing something mighty tasty. Ana's Foods, a new sponsor for the 2004/2005 season, is a gourmet food development and marketing company. And yes, "Ana" is a real person.

Anna & Jim Ullrich started the family run business in early 1997 after Anna's former boss at Austin ISD asked her to make four cases of her fresh salsa as Christmas gifts. Anna had been taking her homemade salsa to work for years. While Anna whipped up the batches for her former boss, Jim quickly made a label for the jars, naming it "Ana's Salsa" (going back to the true Hispanic way of spelling "Anna" – with only one "n"), and adding their phone number. By mid-January, people were calling and asking where they could buy "Ana's Salsa." A business was born! Jim made the salsa at his brother-in-law's restaurant, and Anna sold it to friends, neighbors, and co-workers. Now it is made at TexaFrance Food Manufacturers in Round Rock, and is sold in HEB's, Central Markets, Albertsons, Sun Harvests, and other stores.

Ana's Herbs was added to the product line in 1999. Sitting in an Italian restaurant for supper and enjoying the herb mixture and olive oil being served with bread as an appetizer, Anna decided she could create an even better mix. Three months and many trials later, Ana's Herbs was added to the product line. It is a blend of Greek oregano, whole rosemary, imported sweet leaf basil, flat leaf parsley, minced garlic, crushed red pepper, sea salt and black pepper. Plus, it is all natural, contains no MSG, and no preservatives. Ana's Herbs adds flavor to many dishes, but is especially great on pasta, pizza, vegetables, meat, poultry, and fish or used as the basis for a great salad dressing (recipe on Ana's Herbs bottle). Locally, the product is available in Wheatsville Co-op, Central Markets, and HEB's located in Hancock Center and at IH 35/Parmer Lane.

All of Ana's food products have won multiple local and national awards. We are happy to have Jim and Anna as sponsors. More information is available at <http://www.anasfoods.com/> or <mailto:jim.u@anasfoods.com>.
Ana's Foods,
(512) 837-2203 - office

Upcoming events around Austin

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.org/> or call 477-8672 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/>.

Permaculture and Sustainable Living,

Spring 2005--Weekends, April 9 to June 5

The upcoming Permaculture Course will combine 6 days of the Fundamentals Course that was taught last Fall in Clarksville, with 3 days of a Design Course. There will be exciting subjects, exciting activities, and engaging speakers. The schedule is flexible and you can attend all the sessions, or pick and choose as you wish. Please call Selwyn or Dick at 926-7876 with questions and to sign up.

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.

Saturday, April 16 and Sunday, April 17; 9am to 5pm Herb Garland Spring Plant Sale and Herb Garden Tours

There will be free herb garden tours at 10 a.m. and 3 p.m. on both days. Come see the various theme gardens such as potpourri, lemon/lime, zoo, aromatherapy, bath and beauty, everlasting, butterfly, moon, oriental, Italian, French, Mexican, medicinal, and edible flowers. Present your AHS membership card for special discounts on plants, including

vegetables, herbs, and flowers. The Herb Garland is located at 858 Central Ave in Elgin, Texas. Directions: Take Hwy 290 east towards Houston. When you arrive in Elgin, turn into H.E.B. parking lot and go behind the store towards the back entrance, which dead-ends into Central Ave. Turn RIGHT. Look for plant sale sign and white canopy at first house on the right. For more info, contact AHS sponsor Pat Garland, The Herb Garland at (512) 281-4170 or <mailto:pjgarland@sbcglobal.net>

The Wildflower Trail

For wildflower sightings, maps with detailed descriptions for driving routes and other info, try the following websites: <http://www.dot.state.tx.us/> Provided by TxDOT, go to 'travel services,' click on 'road conditions.' Hot line is also available, 800-452-9292. <http://www.traveltexas.com/> Official site of Texas Tourism, search for 'wildflowers.' <http://www.wildflower.org/> Provided by Lady Bird Johnson Wildflower Center. <http://www.wildflowerhaven.com/> Provided by wildflower photographer and writer Rich Olivieri. <http://www.instar.com/wildflowers/> Provided by Ken Biggs, has sightings and other info. <http://www.tex-fest.com/> Site for Hill Country Wildflower Trail. <http://www.dewittwildflowers.org/> Info on DeWitt County wildflower activities. <http://www.brenhamtexas.com/> Look under wildflower watch for sightings. <http://www.wildseedfarms.com/> Site for the nation's largest working wildflower seed farm. <http://www.seedsource.com/> Site for Bill Neiman's Native American Seed company

Susan Wittig Albert's new book Dead Man's Bones

Barnes & Noble in Westlake

Friday, May 6 at 7pm

Susan Wittig Albert will be at Barnes & Noble to sign her new China Bayles mystery, Dead Man's Bones. This is also part of their SCN (Story Circle Network) voucher fundraiser. Pick up your voucher on April 30 to buy Susan's book and Barnes & Noble will contribute a portion of your purchase to SCN. Call 328-3652 or 328-3155 for more info.

Lady Bird Johnson Wildflower Center

Saturday, May 14, 12-3pm

Susan Wittig Albert will be on hand to sign her new China Bayles mystery, Dead Man's Bones. For more info please visit <http://www.wildflower.org/?nd=calendars> or contact Joe Hammer at 292-4300 or <mailto:jhammer@wildflower.org>. The center is located at 4801 La Crosse Ave, Austin 78739. Also, check out killerplants.com/herbal-folklore/20050314.asp for interesting plant lore.

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

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

Freshwater Algae: Spirulina and Chlorella

Packed with protein, nutrients, and chlorophyll that are easy for the body to assimilate, the algae spirulina and chlorella have been extolled as near-perfect foods, gifts from the dawn of life on earth: Algae are among earth's oldest life forms. While they may not be the solution to all nutritional problems, both types of algae do indeed make supplements that address a range of health needs. In particular, because they are such rich sources of protein, they can round out meatless diets. Spirulina, with its additional supply of the B vitamins, essential fatty acids and

carotenoids, has a long history of food use; it was, for example, a staple in the diet of the Aztecs. As a rich source of chlorophyll as well as basic nutrients, chlorella is believed by some to cleanse the blood of toxins, buffer the effects of radiation, boost immunity and even fight cancer. Research has yet to bear these benefits out.

Supplementary green for your health Spirulina and chlorella are available as liquids, tablets, capsules, and powders at health-food stores. Many "green" drinks contain one or both of these algae. One of the most popular uses of these algae is as a breath freshener--the chlorophyll content accounts for this effect. For bad breath, it's suggested that you chew tablets or swish some juice around in your mouth.

Therapeutic Effect: Algae supplies easily digestible, complete protein (protein containing all the essential amino acids) to vegetarians, those who are fasting or dieting and whose who have trouble digesting other forms of protein. The vitamins and minerals algae contain are useful as a supplement in these cases. Algae's protein might, in addition, stabilize blood-sugar levels for diabetics and hypoglycemics.

Components Spirulina, a blue-green alga, contains 70 percent protein: chlorella, about 60 percent. Both are rich in beta-carotene as well as other carotenoids, all antioxidants that may lower cancer risks. They also contain essential fatty acids, including gamma-linolenic acid, which are vital for nerve and brain function and also help relieve eczema and other skin conditions. Calcium, iron, magnesium, and zinc are among the minerals supplied by spirulina, A, D, B₁, B₂, and B₁₂ are among its vitamins. Besides chlorophyll, chlorella contains the vitamin-B complex and vitamins C, and E.

Claims and counterclaims Algae have been found to contain various antiviral and anticancer compounds, at least in lab experiments; other compounds increased immune-cell levels in lab animals. This may prove promising. Claims that spirulina can suppress the appetite and that chlorophyll in algae improves bad breath or other odors have not, however, been supported thus far. *Nutritional Supplements* For added protein and nutrients, take 3-5 tables or 2-3 tsp of powdered spirulina or chlorella 2-3 times daily. Mix the power with fruit or vegetable juice. If you are under unusual stress, you can take up to 12 spirulina or chlorella tables or capsules over the course of 24-hours. Take 100mg. of vitamin C along with every algae pill. Together, the algae and extra vitamin C fortify your immune system--stress tends to weaken your resistance. The high-dosage supplement may also improve your energy level and your ability to concentrate at such times.

Green Smoothie for Energy 1 banana; 1/2 cup plain live-culture yogurt; 1/2 tsp spirulina or chlorella powder; 1/4 tsp vanilla extract; 1 cup apple juice; 1/8 tsp vitamin C powder (500mg) 1 tsp lecithin; 1/8 tsp liquid vitamin B. Combine all the ingredients in a blender, blending well. This smoothie gives you an extra boost of nutrition and energy. It's also an easy, low-calorie way to ensure that your vitamin, mineral, and protein intake is adequate while you are dieting.

Safety Concerns In recent years, there has been concern about algae contaminated by pollution in lakes where they are harvested. As a result, algae products are now subject to more stringent controls.

**submitted by Brenda Davis, from The Complete Guide to Natural Healing*

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