



Herbal Greetings!!

I have found, through years of practice, that people garden in order to make something grow; to interact with nature; to share, to find sanctuary, to heal, to honor the earth, to leave a mark. Through gardening, we feel whole as we make our personal work of art upon our land.

Julie Moir Messervy, *The Inward Garden*, 1995, p.19

Tuesday, July 5

Austin Herb Society, General Meeting,

9:30am to Noon at Zilker Botanical Gardens

Bring your favorite cool summertime snacks, desserts, and drinks. There will not be a general meeting in August. Enjoy your summer.

Tuesday, June 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.

Saturday, July 16, 2005

Field Trip to Peckerwood Garden and Yucca Do Nursery

This month's field trip will be to Peckerwood Garden and Yucca Do Nursery with lunch at a recommended tearoom. For more info, please contact Pat Lewis at 282-0300.

Tuesday, June 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 Grows on Trees

A tree that lives for fifty years generates \$11,778.00 worth of oxygen; recycles \$14,222.00 worth of soil fertility; and facilitates \$14,222.00 worth of soil erosion control. A tree creates \$23,333.00 worth of air pollution control and provides \$11,778.00 worth of shelter for birds and animals. Besides all of this, it also provides flowers, fruits, and shade. So, when a tree falls or is felled, your net loss is worth more than \$73,333.00. Think before you cut a tree.

Changes to Annual September Luncheon

We want as many members to attend the annual September luncheon as possible and we want members to bring guests as potential members. To encourage attendance, our Board voted to make several changes to the annual September Luncheon. This year the luncheon will not be catered and we will not charge for tickets. We will not be mailing out an invitation, but you will receive one via email sometime in July or August.

All attending must RSVP and bring a covered dish to share. The theme will be Oregano, Herb of the Year and we promise to have a great speaker as usual. So, be thinking about your dish and mark your calendar for September 6th (9:30am-12:00). To RSVP with the number attending and dish you will be bringing, contact Pam Bell at 894-0767

Repellex for deer

You can only use on ornamentals. Birds & butterflies can sip from flowers and have no side effects whatsoever. It makes whatever it touches taste horrible, but it is non-toxic. Repellex comes in tab form that you put into the root area when planting (even works in containers) or add to the soil. It is taken up when you water, which makes the plant taste terrible and the systemic effects will last about a year or two. There is a spray form too. Just do not get it on you. And this will last 3 or 4 mos. through rain or shine. Wear plastic gloves while handling the tabs or spraying. It is easy to get it on your skin and you will even taste it. Yuck. I did get a tiny bit on me when I first handled it and I can still taste it. Very Bitter but it works like nothing I've ever tried before. I found it at Red Barn. They tested it out in the field with deer on rose and butterfly bushes for a year before carrying it. Just remember to not use it on anything you want to eat because it will make it taste bitter.

Michelle Chaput

NEIMAN MARCUS COOKIES

submitted by Debbie Hyde

(Recipe may be halved)

2 cups butter
 24 oz. chocolate chips
 4 cups flour
 2 cups brown sugar
 2 tsp. (Bicarb) soda
 1 tsp. salt
 2 cups sugar
 1 -8 oz. Hershey Bar (grated). (Cadbury chocolate for Australians)
 5 cups blended oatmeal
 4 eggs
 2 tsp. baking powder
 2 tsp. vanilla
 3 cups chopped nuts (your choice)

Measure oatmeal, and blend in a blender to a fine powder. Cream the butter and both sugars. Add eggs and vanilla, mix together with flour, oatmeal, salt, baking powder, and Bicarb (soda). Add chocolate chips, Hershey Bar, and nuts. Roll into balls, and place two inches apart on a cookie sheet. Bake for 10 minutes at (180) 375 degrees. The above quantities make 112 cookies.

Lebanese layered salad

by Jetske Jackson

This salad can be made 24 hours in advance – it looks great in a trifle bowl.

1 cup uncooked medium bulgur
 ¾ cup fresh lemon juice (about 6 small lemons)
 2 tbsp. olive oil
 1 ¾ tsp. salt, divided
 3 garlic cloves, minced
 2 cups finely chopped red onion
 5 cups chopped tomato
 ½ cup chopped fresh parsley
 ½ cup chopped fresh mint
 ¼ cup chopped fresh dill
 2 cups chopped seeded peeled cucumber
 1 cup chopped red bell pepper
 ¼ tsp. Freshly ground pepper

Place bulgur in a large bowl (trifle bowl). Combine juice, oil, 1 tsp. salt, and garlic in a small bowl; stir well. Drizzle juice mixture over bulgur. Layer onion, tomato, parsley, mint, dill, cucumber and red pepper evenly over bulgur mixture. Sprinkle with ¼ tsp. salt and black pepper. Cover with plastic wrap. Refrigerate at least 24 hours

Squash and Pickles

by Pat Lewis

8 - 10 cups yellow squash, sliced 1/4 inch thick
 2 cups sliced onions
 1 small jar pimento peppers
 1/2 cup salt
 2 bell peppers
 3 cups sugar
 2 cups white vinegar
 2 T. celery seed
 2 T. mustard seed

Combine the squash, onion, bell peppers, pimentos and salt and cover with ice. Let set about 1 1/2 hours. Meanwhile, combine sugar, and the remaining ingredients (seeds may be tied in a cheesecloth bag) in pot and simmer 5 minutes. Drain and rinse salt off of squash mixture and add to sugar, vinegar and spice mixture. Let come to a boil. Remove from stove and pack into clean, hot jars to within 1/2 inch of top. Cap each jar at once. Process 3 minutes in boiling water bath. Makes 4 pints. Serve chilled.

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>
 Acupuncture, Nutritional & Herbal Therapy.

Qi Gong
 Ana'sFoods
 8410 Danville Dr., ph: 837-2203
 Ana'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

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

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

Valymyst Herb Farm**

13221 Wire Road, ph: 267-4479

www.valymyst.com

Fine Culinary Herbs, delectably preserved and packaged

West Lynn Caf  (vegetarian)

1110 West Lynn St., ph: 482-0950

International Earthly Delights

Wheatsville Food Co-op

3101 Guadalupe, ph: 478-2667

www.wheatsville.com

Austin's Community Grocery Since 1976



The Austin Herb Society, Inc

Zilker Botanical Garden

2220 Barton Springs Road

Austin, Texas 78746

www.austinherbsociety.org