



## Herbal Greetings!!

What an amazing August! The rain and humidity has brought us an abundance of flowers and lush green flora that is unheard of this time of year. Lilies, coreopsis and other early summer bloomers are lingering on...what beauty they all provide! Looking forward to what September will bring!

Speaking of an abundance, we are excited about the flourish of activity at the Zilker herb gardens as plans for the garden are finally being implemented. While the new garden is being built, the existing garden is receiving some much needed improvements. We have enjoyed working alongside our dedicated chair, Michelle Chaput and her equally dedicated husband, Jim. Both have worked tirelessly on every segment of the garden. We cannot thank them enough for their dedication spending their Sundays in the heat and humidity of August to accomplish this project.

Many hardworking volunteers have leant their time and talents. Holly Plotner, a master gardener, has devoted her expertise on sowing herbs from seed for planting in October among her expert recommendation for planting and weeding. Richard Mims has provided his expertise on the building of the water feature in the new garden...so cool! And, Bill Hyland has devoted his amazing garden talents, high energy level and good nature to the entire process. We have been so impressed with the talent and hard working males who have devoted their Sundays to offer not only their expertise but physical stamina. We could not have accomplished this without you!

We also thank our volunteers who worked in the spring and summer digging trenches, laying water lines, and many other gardening projects along the way. Those individuals are Richard Mims, Jim Chaput, Andra Millian, Cindy Boyle, Mary Wolcott, Marlene Carroll, Michele Lofstrom, Jan Bland, Bill Hyland, and Holly Plotner. And lastly, we thank Eloise Doherty for her expertise in planning the garden.

We have an exciting year planned! The programs, field trips, and study groups are set. The February seminar is being planned and the September lunch will be a delicious one as we all celebrate the herb of the year, oregano. See you on September 6!

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

### September 6, AHS Annual Member Luncheon Madalene Hill and Gwen Barclay; Oregano - Old Favorites and New Friends

(Oregano is the Herb Society of America's 2005 Herb of the Year) Mother/daughter team Madalene Hill and Gwen Barclay are co-authors of Southern Herb Growing. Madalene is curator of the renowned McAshan gardens at Festival Hill in Round Top, and Gwen is Director of Food Services there. Prior to that, they ran Hilltop Herb Farm in Cleveland, Texas for 30 years. Both are dedicated to introducing new plants and new flavors to their friends and followers.

To RSVP, no later than Aug. 30, with the number attending and dish you will be bringing, contact Pam Bell at 894-0767.

### Thursday, September 8 Austin Herb Society, Study Group, 7pm-9pm at Zilker Botanical Gardens

Autumn Herbal Care. Harvesting and planting herbs for Autumn. Learn what plants work best in Austin gardens, what part of your garden would they work best in, or group your plants for optimum use. For more info, contact Vee Fowler at 345-0719. There is a \$3 donation for non-members. [www.austinherbsociety.org](http://www.austinherbsociety.org)

### Tuesday, September 13 Zilker Park Herb Gardening Day is the 2nd Tuesday of the month starting at 9:30am.

Talia Bright is leading the gardening group. To volunteer to help with the garden, please contact Talia at 423-1852.

### Saturday, September 24 Field Trip: The Natural Gardener

"Organics in the Fall Garden" by John Dromgoole  
We will meet at The Natural Gardener at 10:30 to do a self-guided tour of the grounds and shop for herbs. John's lecture begins at 12:00. Please plan to park across the street. For directions go to [www.naturalgardeneraustin.com](http://www.naturalgardeneraustin.com). Contact Sandra Holland at 258-1613, for more info.

### Tuesday, September 27 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!

### **Vee Fowler Native Texas Herb Garden Update:**

For those who have not volunteered over this summer in the new herb garden taking a peek may seem like we haven't made much progress, but it's all underground! Yes, we have a new watering system. With help from Jim Chaput, Richard Mims, Bill Hyland, Mary Wolcott and others we have dug deep trenches and put in waterlines everywhere. We now have soaker hoses in the walls of the old herb garden (Jim drilled) that are on manual-timers which are easy to get to and easy to use. While we were there many of us managed to weed, trim, prune, mulch and install some new herbs so the beds have been re-vitalized. Cindy Boyle, Holly Plotner and others have big ideas on how to improve the existing herb garden. If you have an idea(s), please contact Cindy. Ideas like theme herbs (pizza anyone?) or color coordinated herbs come to mind. As of today (Aug. 19th), I still have rock for the walls to order and the stone benches too. Rock has been hard to come by because of wet fields where it's collected but hopefully I'll be able to get it delivered soon. We had hoped to start the walls on Sunday, Aug. 21 Also, we've managed to install the bones of the re-circulating water feature. A solar pump will power it and the guys have figured out how to mount the panel so we get maximum exposure to the sun for this purpose.

The new herb garden still needs your help to finish and I hope that everyone takes a turn in erecting it. You'll learn about watering systems, rock wall building, path preparation, and installation, and then we'll be planting all the native herbs and shrubs. We have a long way to go but it will eventually be something we all can be proud of and enjoy for many years to come.

Thanks to all who have worked so hard: Jan Bland, Cindy Boyle, Jim Chaput, Bill Hyland, Marlene Carroll, Andra Millian, Mary Wolcott, Richard Mims, Michele Lofstrom and yours truly!

Thanks to the Zilker Botanical Staff who has been very supportive too and Don Freeman, Horticultural chair - AAGC.

Happy Gardening,  
Michelle Chaput  
Chair- VFNTHG

### **Things to do around Austin!!**

#### **EZ Herbs/Austin School of Herbal Studies Fall 2005**

**Schedule of Classes.** Learn about growing and using local medicinal and culinary herbs. Call Ellen Zimmermann, Certified Herbalist, at 512-301-5838 or visit [www.ezherbs.net](http://www.ezherbs.net) for more info on these wonderful classes.

### **September 22, 7:30pm**

#### **The Garden Club of Austin, Zilker Botanical Gardens**

They have invited AHS members to their September 22 meeting. AHS Sponsor, Lucinda Hutson, will be speaking on herbs The club will be selling herbs and Lucinda's book. Pre orders, of \$17.00 per book, can be made by calling Laura Joseph at 444-8765.

### **OPEN HOUSE, Saturday, September 24th 10am – 2pm Austin School of Herbal Studies**

Enjoy a stroll through the garden, a wonderful, complimentary Yoga class with Tonya Riley (11am), and a low-cost reflexology treatment with Marlene Carroll. Purchase EZ Herbs products and learn about the programs available this fall.

Delicious herbal snacks and tea will be provided.

View a map on my website: [www.ezherbs.net](http://www.ezherbs.net)

You may contact Ellen Zimmermann at 512-301-5838 or [Ellen@ezherbs.net](mailto:Ellen@ezherbs.net)

### **October 8, Gardens, 3pm to 9pm**

On Saturday, October 8<sup>th</sup> there will be a full day of fall gardening events at Gardens, located at 1818 West 35<sup>th</sup> Street, followed by a cocktail party and tour of Gary Peese and James David's nationally recognized home and garden which was recently featured in *House and Garden Magazine*.

**\*\*3pm** book signing for author Page Dickey for her most recent book, *Gardens in the Spirit of Place*. She is also a regular contributor to *House & Garden* and *House Beautiful*.

**\*\*4pm**, Renee Shepherd of Renee's Garden Seeds will discuss the incredible world of sweet peas. Ms. Shepherd is widely regarded as a pioneering innovator in introducing international vegetables, flowers and herbs to home gardeners and gourmet restaurants. Visit her website [www.reneesgarden.com](http://www.reneesgarden.com) for additional information about her and her line of seeds.

**\*\*6:30pm to 8:30pm**, James David and Gary Peese will be hosting a cocktail party in their garden to benefit The Garden Conservancy's Open Days Program and the Peckerwood Garden Foundation. Please visit [www.gardenconservancy.com](http://www.gardenconservancy.com) and [www.peckerwoodgarden.com](http://www.peckerwoodgarden.com) for more info.

Tickets for the cocktail party are \$50.00 per person or \$75.00 per person will not only purchase a ticket for the party but also a copy of Ms. Dickey's new book. Tickets for the cocktail party go on sale Saturday, August 27<sup>th</sup>. Attendance for the cocktail party is limited. To purchase tickets or inquire about the day's events call Jeanne at Gardens-467-9934.

Stephanie Gatlin Lind, Plant Buyer, Gardens  
1818 West 35th Street, Austin, Texas 78703  
451-5490 or 467-9934, [www.gardens-austin.com](http://www.gardens-austin.com)

## Things to do around Austin!~, cont'd

### **October 9, Open Day scheduled in Fort Worth**

Six private gardens are open this day including a private estate of landscaped by Robert Zion, a certified wildlife habitat, and garden of indoor-outdoor experiences. Visit [www.gardenconservancy.org/opendays.html](http://www.gardenconservancy.org/opendays.html) for more info.

### **Recipes from AHS June general meeting**

*submitted by Cindy Phillips*

#### **Squash Pickles** from Pat Lewis - for all that summer squash

8-10 cups yellow squash, sliced 1/4 inch thick

2 cups sliced onions

1 small jar pimiento 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, pimientos, and salt and cover with ice. Let set for about 1 1/2 hours. Meanwhile, combine sugar, and the remaining ingredients (seeds may be put into a cheesecloth bag) and simmer 5 minutes. Drain and rinse the salt off 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 the top. Cap each jar at once. Process 3 minutes in boiling water bath. Makes four pints. Serve chilled.

#### **Moo-less Chocolate Pie** from Richard Mims

2 cups chocolate chips

1/3 cup coffee liqueur (Amaretto, Orange, Mint or other

Liqueur of your choice)

1 block silken tofu (I use firm)

1 teaspoon vanilla extract

1 tablespoon honey

1 prepared chocolate wafer crust

Place a small metal bowl over a saucepan with simmering water. Melt the chocolate and liqueur in the bowl. Stir in vanilla. Combine the tofu, chocolate mixture, and honey in the blender jar. Liquify until smooth. Pour the filling into the crust and refrigerate for 2 hours, or until the filling is set. Yield eight servings, Prep Time 2 hours 10 minutes

### **12 Ways to Feel Better with Herbs**

*by Ellen Zimmermann, Sharing the wisdom of the plants*

1. Grow your own herbs for food and medicine. Using fresh, organic plants is a natural, healthier, more nutritious and delicious treat for your palate and your body.
2. Using herbs is far more economical than purchasing over-the-counter or prescription medicines.
3. Learning to make your own herbal teas, tinctures, salves, liniments and soaks, gives you a sense of empowerment, self-confidence and competency.
4. Discovering the medicinal properties of the plants helps you to stay mentally alert while continuing to challenge your mind.
5. Many herbs are used to help you feel a sense of relaxation, calmness and peacefulness. You will sleep better and more soundly, while waking up refreshed.
6. Being out in the garden planting and nurturing your plants is a practice of mindfulness, patience and caring. These qualities help to maintain and develop one's emotional stability.
7. Sharing plants, seeds and herbal products with others helps you to feel a connection with people. People, like plants, live in communities, which facilitates a sense of belonging.
8. Working with plants helps develop a deep spiritual practice as one communes with nature. Experiencing the outside world helps you to feel connected to the plant world, the animal world, the air, water and soil that nourishes all of us.
9. Learning to identify plants and how they are used gives you the ability to find plants in the wild for food and medicine while hiking or being far away from civilization. Knowing how to use the plants allows you to be self-sufficient and independent.
10. Herbs can be used for creating homemade gift items for holidays, weddings and all occasions. You will feel proud of your gift made with herbs and your love. It will be received with great appreciation.
11. Herbs can be used for dying cloth, wool, straw, etc.. You will feel proud as you enhance your creativity by discovering new color combinations for various materials.
12. Your sense of independence and self-care will be enhanced as you use your herbs to ward off a cold, cure a sore throat or heal an infection. We truly can take care of others and ourselves with help from the green world.



**HerbFest 2005 -- at the  
*Sunset Valley Farmers Market*  
Saturday, October 8, 9:30am-1pm**

**October marks Herb Awareness Month with activities throughout the city, including our beloved HerbFest in partnership with the Sunset Valley Farmers Market (previously the Westlake Farmers Market), located at the Burger Center, 3200 Jones Rd., just off 290 between Brodie Lane and Westgate Blvd. Live music. No entrance fee for shoppers.**

**Free parking. Plus, fun kids activities.**

**Vendor Cost: \$30 for a 10x10 booth, or \$60 for 10x20 booth**

The Sunset Valley Farmers Market requires that all vendors make or grow what they sell. (Exceptions include books, gardening accessories and educational materials.) Suggested categories:

- Plants, fresh herbs, dried herbs, seeds
- Herbal health and beauty care products, aromatherapy products
- Herbal cooking products, teas, condiments, food (demonstrations and samples)
- Herb-related gift items, jewelry, decorative crafts
- All types of books on gardening, herbs or cooking, plus book signings
- Gardening tools, plant markers, fertilizers, trellises, garden art, pots
- Acupuncture, massage or related services

Your vendor fee is earmarked as a fundraiser for the herb garden expansion at the Zilker Garden Center and other AHS projects. To reserve a booth, contact Diana Hyland.



Sponsored by the Austin Herb Society, [www.austinherbsociety.org](http://www.austinherbsociety.org)  
Contact Diana Hyland for information.

Phone: (512) 402-9697, Email: [hylandinc@austin.rr.com](mailto:hylandinc@austin.rr.com)

To see photos and WLFM events, visit: [www.sunsetvalleyfarmersmarket.org](http://www.sunsetvalleyfarmersmarket.org)

## Austin Herb Society 2005/2006 Sponsors

### **Acupuncture Medical & Research Centre\*\***

1600 W. 38th St., #402, ph: 371-1121

[www.acupunctureaustin.com](http://www.acupunctureaustin.com)

*pain free, professional health care since 1988*

**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*

### **Ana's Foods**

8410 Danville Dr., ph: 837-2203

*Ana's Herbs--Makes good cooks great!!*

### **Barton Springs Nursery Company**

3601 Bee Cave Road, ph: 328-6655

*Your Texas gardening resource*

### **Cindy Phillips Pottery \*\***

25008 Pedemales Canyon Trail, ph: 264-2779

*Hifire Stoneware Pottery*

### **EZ Herbs/Austin School of Herbal Studies\*\***

8803 Bear Creek Dr., ph: 301-5838

[www.ezherbs.net](http://www.ezherbs.net)

*Sharing the wisdom of the plants*

### **Gabriel Valley Farms\*\***

440 Old Hwy 29 East, Georgetown

ph: 930-0923

*Wholesale nursery, herbs, perennials, natives, vegetables*

### **Gardens**

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

[www.gardens-austin.com](http://www.gardens-austin.com)

*Garden Center & Landscape Design*

### **Fredericksburg Herb Farm**

402 Whitney St., Fredericksburg ph: 1-800-259-4372

[www.fredericksburgherbfarm.com](http://www.fredericksburgherbfarm.com)

*Gardens, herbs, books, gifts, café, B&B*

### **It's About Thyme**

11726 Manchaca Rd., ph: 280-1192

[www.itsaboutthyme.com](http://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/>

### **The Natural Gardener**

8648 Old Bee Caves Road, ph: 288-6113

[www.naturalgardeneraustin.com](http://www.naturalgardeneraustin.com)

*Austin's Organic Gardening Headquarters*

### **Nature's Healing Herbs**

Cindy Burrows--ph: 707-6782

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

*Herbs, green tea and green tea foods*

### **Nile Valley Herbs, Inc.**

1506 Juliet St, ph: 442-6907

*Herbal Tea--We are building our community*

### **Ronda's Montessori Garden**

4300 Mt. Vernon Dr, ph: 707-8635

*It Takes a Garden to Grow a Child*

### **ScentGarden Aromatherapy**

Cindy Boyles, ph: 292-4024 [www.scentgarden.com](http://www.scentgarden.com)

*Fine essential oils & botanically based products to*

*enhance your health/well-being*

### **SOL Reflections**

The 620 Center in Lakeway, 107 S. RR620

ph: 263-6990

[www.solreflections.com](http://www.solreflections.com)

*Your local health and vitality center*

### **Wheatsville Food Co-op**

3101 Guadalupe, ph: 478-2667

[www.wheatsville.com](http://www.wheatsville.com)

*Austin's community grocery since 1976*

### **Wild Ways \*\***

1440 RR 3014, Tow

ph: 325-379-1392

[www.wildwaysstudio.com](http://www.wildwaysstudio.com)

*Pamper yourself wildly (soap, candles, herbal skin care, makeup)*



**The Austin Herb Society, Inc**

Zilker Botanical Garden

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[www.austinherbsociety.org](http://www.austinherbsociety.org)