



Herbal Greetings!!

October is an extra special month for the Austin Herb Society as we celebrate our second annual October as Herb Awareness Month! There is so much to do in October to spread the word about herbal usage.

Here are some:

- ✿ Promote AHS membership. This is the beginning of our member year. Hand out the program to your friends, neighbors and colleagues.
- ✿ Attend our October 4 program featuring speaker Dick Pierce.
- ✿ Attend HerbFest on October 8 at Sunset Valley Farmers Market. This is a fabulous event!!
- ✿ Don't miss our October study group or field trip!
- ✿ Promote and shop our sponsors, and attend their events! Subscribe to their email list!
- ✿ Attend the many herbal and garden events in Central Texas listed throughout this issue of the Potpourri.
- ✿ Plant winter herbs such as dill, fennel, and cilantro.
- ✿ Plant perennial herbs to be established by the heat of next summer.
- ✿ Learn about a new herb and plant it in your garden.
- ✿ Harvest your basil and oregano to make pesto for holiday gifts!
- ✿ Enjoy the cool breezes!

And we must say that September couldn't have brought us a better beginning to our year. Our luncheon of homemade dishes featuring oregano, the herb of the year, offered a smorgasbord of epic proportions! It was an Olympic feast and won a perfect 10! Thank you to Pam Bell, Doris Manning, and Marsha Paisley for coordinating all the food, providing the handouts, and potted oregano gifts. We give a sincere 'Thank You' to Sara Holland, a master gardener and expert on oregano, for stepping in at the last minute when Gwen and Madalene became too ill to travel. Sara gave us much hands-on knowledge. We honored Diana Hyland as Distinguished Member for last year. Diana revived the HerbFest by fostering a relationship with Sunset Valley Farmers' Market and developed an outstanding sponsorship program which brought AHS a record number of sponsor members.

September started our new season of Study Groups and Field Trips, both of which are good ways to get to know other members in a smaller group.

Looking forward to a great year!

Herbally yours!!

Jan Bland and Cindy Boyle,
Co-Presidents

Tuesday, October 4, 9:30am til Noon General Meeting at Zilker Botanical Gardens

Dick Pierce Traditional American Indian Agriculture - Food & Medicine. The Austin Herb Society presents Dick Pierce, master naturalist, landscape designer, permaculture teacher, gardening enthusiast, and Director of Development at the American Indian Education Program in Colorado. Dick will give homage to the Native American legacy of food and medicine. There is a \$3 donation for non-members.

Tuesday, October 11 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.

Thursday, October 13, 7:00 pm Austin Herb Society, Study Group, 7pm-9pm at Zilker Botanical Gardens

Herbs and Foods to Enhance Your Immune System presented by Gayle Engels of the American Botanical Society, who will provide a host of information to stay healthier. For information, contact Vee Fowler at 345-0719. There is a \$3.00 donation for non-members.

Saturday, October 15 Field Trip: Bella Vista Ranch & Olive & Berry Farm

Contact Sandra Holland at 258-1613, for more info.

Tuesday, September 25 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!

Michelle Chaput Volunteer Of The Year.

On October 8th, the Austin Area Garden Council is celebrating their 50th anniversary. On this night they will honor volunteers. Each AAGC club was asked to nominate a "Volunteer of the Year" for their volunteer efforts on behalf of AAGC and Zilker Botanical Garden. The Austin Herb Society will be honoring Michelle Chaput. Michelle and Jim have spent countless hours on the Vee Fowler Native Texas Herb Garden planning, digging, planting and organizing our volunteers. Thank you Michelle and Jim for everything.

October is Herb Awareness Month

check out these things to do around Austin!!

Saturday, October 1, 10 a.m. to 2 pm.

Westlake Trail of Wildflowers, Barton Springs Nursery, 3601 Bee Cave Rd.

Come make wildflower seedballs to spread across the community and learn how to attract birds and butterflies to your garden. For information: 328-6655. FREE event.

Saturday, October 8, 9:30 a.m. - 1:00 pm

HERBFEST at the Sunset Valley Farmers' Market at Toney Burger Center off of 290

Learn about the many benefits of growing and using herbs. Shop for live plants, herbal teas, tinctures, soaps, candles, pet products, cosmetics, condiments and plant inspired gifts, garden art and jewelry. Music. Kids activities. Fun shopping. Contact Diana Hyland at 402-9697. This is a FREE event.

Go to www.austinherbsociety.org or www.sunsetvalleyfarmersmarket.org for more info.

Saturday, October 8th

A Day of Events at Gardens, 1818 West 35th Street

---3 PM: Book signing. Page Dickey, author of Gardens in the Spirit of Place, will inform and entertain as she takes us on an insider's tour of some of America's most beautiful "reflective gardens." She is a regular contributor to House & Garden and House Beautiful. FREE event.

---4 PM: 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. www.reneesgarden.com FREE event.

---6:30 to 8:30 PM: James David and Gary Peese will host a cocktail party, book signing and tour of their nationally recognized home and garden, which was recently featured in House and Garden Magazine. The event will benefit The Garden Conservancy and the Peckerwood Garden Foundation. Tickets: \$50.00 per person, \$75.00 with a copy of Ms. Dickey's new book. For tickets, contact Jeanne at 467-9934.

Check out their websites:

www.gardenconservancy.com and www.peckerwoodgarden.com.

Tuesday, October 11th 6:30pm - 9:30pm

EZ Herbs/Austin School of Herbal Studies, 8803 Bear Creek Drive

Understanding Basic Plant Chemistry, with Herbalist Carlos Hernandez. Today you will discover the chemical components of the medicinal plants and how they work in the body. By understanding how these chemical constituents work, you will have more of a scientific basis for creating more effective medicinal preparations. This class is geared toward the more advanced herbal student. Handouts and herbal snacks are included. For more info visit www.ezherbs.net or call 301-5838. Cost:\$45.00.

Saturday, October 15, 10 am - 4 p.m.

Festival De Las Plantas, Guerrero Park, 800 Grove Blvd.

The Plantmobile professors will present "Corn the American Grain." Come grind grain, make (and eat) tortillas, create corn husk decorations and engage in other corny projects. For information, contact Dr. Molly Ogorzaly at 329-5212. FREE event.

Saturday & Sunday, October 15 and 16, 10 am - 6 pm
Fall "Art Under the Oaks" The Great Outdoors Garden Center, 2730 South Congress

Family oriented event featuring paintings, sculptures, ceramics, photography, carvings, metal and wood works, jewelry makers, and other mediums. There will be live music on Sunday afternoon. Face-painting, popcorn, balloons and moon-walk. FREE event.

Sunday Oct. 16 and Sunday Oct. 23, 2:30-3:45

Sunday Tea Time Lecture & Demonstration, Balcones Acupuncture Clinic - 5750 Balcones Drive, Suite 117 (north of FM2222)

Andra Millian L.Ac., Doctor of Traditional Chinese Medicine, will present information about herbs for stress, seasonal allergies, colds and flu. Tea will be served. Special discounts. Reservations required: 892-0288 Info at: <http://home.austin.rr.com/onenamillian>. FREE event.

Tuesday, October 18, 6:30pm - 9:30pm

EZ Herbs/Austin School of Herbal Studies, 8803 Bear Creek Drive

Menopause, the Natural Way. Herbalist and psychotherapist Ellen Zimmerman will discuss herbs, natural lifestyle changes, and nutritional factors that help women through menopausal changes. Also exploring issues of self-esteem, relationships, creativity and spiritual practices. Handouts, herbal snacks, herbal teas and camaraderie are included. For more info visit www.ezherbs.net or call 301-5838. Cost:\$45.00.

Saturday, Oct. 22, 2:00pm - 5:00pm

EZ Herbs/Austin School of Herbal Studies, 8803 Bear Creek Drive

Creating Your Own Cosmetics. Learn how to make and experience facial cleansers, astringents, herbal steams, clay masks and "Perfect Cream," a lovely face and body moisturizer. Enjoy a relaxing afternoon of pampering and feeling nourished by our herbal friends. Certified reflexologist Marlene Carroll will be available for foot massages. Handouts, including recipes, take home samples of Miracle Grains and Perfect Cream and herbal snacks are provided. For more info visit www.ezherbs.net or call 301-5838. Cost:\$45.00.

*****A ROUND OF APPRECIATION TO OUR 2005/2006 AHS SPONSORS*****

Please shop these sponsor businesses and tell them you are an Austin Herb Society member. Many offer discounts, but you have to ask! * An asterisk indicates a 10% discount for members.

*Acupuncture Medical & Research Centre

Ana's Foods

*Andra Millian

*Cindy Phillips Pottery Studio

Bark 'N Purr Pet Center (new)

Barton Springs Nursery

The Big Red Sun

*EZ Herbs / Austin School of Herbal Studies

Eastside Café / Pitchforks & Tablespoons (new)

*Fredericksburg Herb Farm

*Gabriel Valley Farms

Gardens

The Great Outdoors

It's About Thyme

The Natural Gardener

The Lodge at Creekside

Michelle's Garden Designs (new)

Nature's Healing Herbs

Nile Valley Herbs

Ronda's Montessori Garden

Scent Garden

*Sol Reflections (new)

*Texas Herbal Body Solutions (new)

Wheatsville Food Co-op

*WildWays (new)

For additional sponsor information, visit our website at www.austinherbsociety.org.

Upcoming Plantmobile Volunteer Opportunities!

Saturday, Oct. 1st, 10 a.m. to 2 p.m.

"Wild About Westlake" at Barton Springs Nursery

We'll be making seedballs which folks will take to spread as they walk or drive the community. Barton Springs is donating the seed, sand, compost and publicity, Smith Sisters (Barb Kaul and Dee Bassett's business) is donating the clay, and we're bringing the Plantmobile and caterpillar displays.

We're hoping to inspire other nurseries to help us replicate this in other parts of town.

Saturday, Oct. 15th, Festival de las Plantas, 800 Grove

Blvd., Guerrero Park. We'll do a reprise of a program Molly put together several years ago on "Corn the American Grain" by bringing out the metate, mill, and other Supermarket Botany equipment so participants can make their own tortillas. We need an air popcorn popper if you can loan us one! Also, we may take on doing corn husk crafts if we have enough volunteers.

Saturday, Oct. 8th and Sunday, Oct. 9th

Native Plant Sale & Fall Festival @ The Wildflower

Center. The Plantmobile was a big hit last year at the Fall Festival at the LadyBird Johnson Wildflower Center. This year, we'll be making Butterfly Seed Starters and letting kids get "upclose" with our caterpillar displays. Come be part of a fun day and take advantage of a great chance to shop for native plants (times TBD).

Sponsor Corner:

We recently received a letter of thanks and appreciation from one of our sponsors, Awad of Nile Valley Tea. He asked that we share his words of appreciation to all who support and buy his product, and is pleased to announce that due to everyone's support he was able to raise enough funds to equip a health clinic for over 17,000 villagers on the Nile.

Nile Valley's Hibiscus Tea and Hibiscus Mint Tea, which are caffeine free and rich in vitamin C, are available locally at Whole Foods, Central Market, Wheatsville and Sun Harvest.

They can also be ordered on the internet: www.nilevalleyherbs.com, or call 442-6907.

"Thanks- and may God bless y'all"

Awad, Nile Valley Tea

AAGC BAZAAR, November 19, 2005

AAGC has asked our club to participate in their Bazaar. They are requesting two ornaments for the tree raffle. Our club can set up a small Christmas tree in the auditorium. We have some old ornaments that need revived or new ones could be prepared. Please let Jan or Cindy know if you would like to be in charge of this.

AAGC has also asked us to have a booth at the Bazaar. All proceeds from the booth would go to AAGC. Please let Jan or Cindy know if you wish to participate or lead this AHS booth.

Here is the schedule for AAGC events and ways you can support AAGC:

Dates

Nov 8 - Decorated Bird House Contest

Nov 18 - Donate 1-2 ornaments to the AAGC tree 9a-3p

Decorate club trees 9a-3p

Set up individual/club booth 9a-3p

Pre Bazaar buying time 3p-6p

AAGC tree auction

Nov 19 - AAGC Bazaar 9a-5p

Silent Auction 9a-5p

Decorated Bird House Contest - bird houses available now for \$5 from Linda Ray 282-2554. Decorate and bring to ZBG on November 8 to the contest that is judged by Capital City Judges Council. You may also sell the birdhouse at the AAGC Bazaar and donate the money to AAGC.

Things we can do to help:

1. Donate 1-2 ornaments for AAGC tree. Give ornaments to Dolores Rumph

2. Sell raffle tickets for the tree

3. Decorate a club tree

4. Buy items from bazaar

5. Set up your individual or club booth to sell homemade items. Can be anything, any season. All proceeds go to AAGC. If you cannot afford to purchase the items to make a big project, you can ask AAGC for a reimbursement.

6. If club does not have a booth they would like for club to donate money to AAGC

Contact: Shirley Albright at 338-8977 or

Nelda Moore at 327-0401.

Hurricane Katrina has us all asking "How can I help?"

It is my pledge to give 5% of all income from the DETOX FOR AUTUMN program to THE AMERICAN RED CROSS and THE AUSTIN AREA HUMANE SOCIETY. You may indicate your preference at the time of your first appointment.

Peace and blessings to all!

Andra Millian, L.Ac. C.H.

5750 Balcones Drive # 117

Austin, TX 78731

(512) 892-0288

Vegetable Soup

submitted by Ronda Dizney of Ronda's Montessori Garden

Preparation time: 1 hour; serves 6.

2 small leeks, white part only

1 large potato, peeled

1 small onion

2 stalks celery

1 medium zucchini

12 green beans

2 medium carrots, peeled

6 tablespoons olive oil

3 tablespoons water

2 quarts chicken stock (or 2 qts water, 4 bouillion cubes, a pinch of thyme, and 1/2 bay leaf)

4 to 6 ripe tomatoes, peeled and seeded

4 medium garlic cloves

30 fresh basil leaves, washed and dried

Salt

1/2 teaspoon freshly ground black pepper

A few drops of Tabasco sauce

Cut the leeks, potato, onion, celery, zucchini, green beans, and carrots into 1/4 inch diced cubes. In a 6-quart stockpot, combine 3 tablespoons of the olive oil with the water. Add the vegetables and sauté over medium-low heat until all the water evaporates. Do not brown the vegetables.

Add the stock and bring to a boil. Cook at a gentle boil for 30 minutes.

Meanwhile, in a food processor fitted with the metal blade, put the tomatoes, basil, garlic, and remaining 3 tablespoons of olive oil. Pulse until pureed.

Stir the puree into the cooked soup. Do not let the soup return to a boil. Season, to taste, with salt, pepper, and a few dashes of Tabasco. Serve the soup hot or cold from a tureen or in individual bowls.

This recipe comes from Wolfgang Puck's mother. It's the best vegetable soup I've ever had.

Note from Wolfgang Puck: His mother only uses water, because her vegetables are peak-of-the-season, just-picked, and therefore full of flavor, but you can use stock if you like. Pistou, the puree of tomatoes, basil, garlic, and olive oil in this recipe, is a traditional French condiment that adds a burst of flavor just before serving.

Austin Herb Society 2005/2006 Sponsors

Acupuncture Medical & Research Centre**

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

8410 Danville Dr., ph: 837-2203
www.anasfoods.com
Ana'sHerbs--Makes good cooks great!!

Bark 'N Purr Pet Center

4604 Burnet Rd, ph: 452-3883
www.barknpurr.com
Whole life products for your pet.

Barton Springs Nursery Company

3601 Bee Cave Road , ph: 328-6655
Your Texas gardening resource

Big Red Sun

1102 E. Cesar Chavez, ph: 480-0688
www.bigredrun.com
Retail gardening center

Cindy Phillips Pottery **

25008 Pedernales 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
Sharing the wisdom of the plants

Eastside Cafè

2113 Manor Road, ph: 476-5858
www.eastsidecafeAustin.com

Fredericksburg Herb Farm**

402 Whitney St, Fredericksburg, ph: 800-259-4372
www.herb-farm.com
Herbs, books, gifts, café, B&B

Gabriel Valley Farms**

440 Old Hwy 29 East, Georgetown, ph: 930-0923
www.gabrielvalleyfarms.com
*Wholesale nursery, herbs, perennials, natives,
vegetables*

Gardens

1818 W. 35th St., ph: 451-5490
www.gardens-austin.com
Garden Center & Landscape Design

The Great Outdoors

2730 S. Congress Ave, ph: 448-2992
www.gardenadventures.com
Landscape and nursery

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>
County B&B

Michelle's Garden Designs

5804 Ginre Cv, Michelle Chaput, ph: 343-7677
Your dream garden (landscaping and design)

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>
Herbs, green tea and green tea foods

Nile Valley Herbs, Inc.

1506 Juliet St, ph: 442-6907
www.nilevalleyherbs.com
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

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*Fine essential oils & botanically based products to
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ph: 263-6990
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and essential oils*

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www.wheatsville.com
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Wild Ways **

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www.wildwaysstudio.com
*Pamper yourself wildly (soap, candles, herbal skin
care, makeup)*



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