



Herbal Greetings!!

It was good to see so many of you at the October General Meeting. We had a great crowd for the informative presentation on traditional American Indian agriculture by Dick Pierce. Many of you commented that you could listen for another hour easily!! Thanks to Diana Hyland who brought a special door prize in the spirit of Herb Awareness Month and HerbFest to add to the already great door prizes Betty Stahley brings each month.

October was Herb Awareness Month. There were so many wonderful herbal events in October. We hope that you have enjoyed them and the beautiful weather! We could not have asked for a more perfect day for HerbFest. A special Thank You to Diana Hyland who chaired the event again this year. Diana worked with Sunset Valley Farmer's Market, sponsors and non-sponsors to offer booth space. A list of vendors that supported AHS is in last month's Potpourri. The turnout this year was phenomenal. Ann Wilson and Sandra Holland had a steady stream of people stopping by to ask questions and learn about the herbs on display. In addition, they picked up our AHS 2005-2006 program and promotional flyer on the February Seminar with Susan Belsinger. Pam Bell and Dephanie Cates were also on hand to assist. Ann and Sandra prepared dill seed packets to give away and an educational handout "Thyme for Herbs in Austin - A Seasonal Guide." The booth was so attractive it really drew people in. I know many more people left that day appreciating herbs and the Austin Herb Society. We more than met our goal of educational outreach to the community at this event!

A member commented "best Study Group ever" after October's presentation Herbs and Foods to Enhance Your Immune System presented by Gayle Engels. Thank you Gayle for sharing your wealth of knowledge with us once again.

We had a great turn out for the field trip to Bella Vista Ranch and Olive & Berry Farm. Owner Jack Dougherty realized that the soil and habitat of the Texas Hill Country were very similar to many areas of the Mediterranean, particularly parts of Spain and Italy. He moved from California to purchase the land and the Ranch was designed to reflect a traditional Italian family farm. The ranch has an olive orchard (800 trees), a frantoio (olive press), a vineyard, a winery, and a "pick your own" berry patch. They even run a herd of Red Brangus. The First Texas Olive Oil Co., producer of fresh pressed Texas Extra Virgin olive oil is headquartered at the ranch. All pressing, milling and bottling operations are performed in a frantoio right on the Ranch. Jack was a great host, historian and storyteller. Several members picnicked on the grounds while some ate and snooped around Wimberly. It was another beautiful day to be outside in the Hill Country. Thank you Sara Holland and Sandra Holland for setting up such a great trip.

Remember to contact us soon if you want to head up

decorating the club tree at Zilker's Bazaar or if you want to have a booth donating the proceeds to Zilker...it's right around the corner! Speaking of, with Thanksgiving this month, we want to give our thanks to each and every one of you for making this club so fantastic!

Herbally yours,
Jan Bland and Cindy Boyle,
Co-Presidents

Tuesday, November 1

General Meeting, 9:30am at Zilker Botanical Gardens

Staying Healthy with Herbs and Food, presented by Vee Fowler. Vee Fowler is well known throughout the herb community for her knowledge of and willingness to share herb information. As a Lifetime Member of the Austin Herb Society, she has inspired many budding herbalists. At this meeting members may bring a photo or token of departed loved ones for our Day of the Dead altar. For more info call 936-1190 or visit www.austinherbsociety.org. There is a \$3 donation for non-members.

**There will be simple Day of the Dead Altar, if you wish to participate

Thursday, November 10

Study Group, 7pm-9pm at Zilker Botanical Gardens

"Herbs to make your Thanksgiving and Christmas fabulous," presented by AHS member Vee Fowler. For more info, contact Vee Fowler at 345-0719. There is a \$3 donation for non-members. www.austinherbsociety.org

Saturday, November 12

Field Trip: Conservation Plaza and Rose Garden in New Braunfels. Contact Sandra Holland at 258-4643, for more info.

Eastview Campus needs our help!

My name is Rachel Robinson and I am a student/employee at the Eastview Campus of Austin Community College. I have been given the responsibility of designing and implementing an herb garden for our culinary department. I know nothing about herbs, much less designing a whole garden of them, which is why I am contacting you. I was wondering if y'all provide any kind of classes, information packets, volunteers, etc. that could possibly help educate me in completing this task to its fullest. I look forward to hearing from you and thank you in advance for any information you can give me. We would be happy to promote the Austin Herb Society in our garden with a plaque or sign as a thank you for any help received.

Much thanks,
Rachel Robinson, Event Coordinator
512-223-5333

Tuesday, November 8

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.

Tuesday, November 24

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!

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 between 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.

HerbFest was a success!

Just wanted to let everyone know that I felt that our booth at Herbfest was a success. We gave out 150 dill seed packets (and I only saw 1 person take 2!) and 130 of the planting guide handouts. I didn't count brochures but I think we probably gave out somewhere between 130 and 150 brochures. We also had a "mark your calendar" flier for the February seminar and people seemed very interested in this. So all in all, it was a success!

Happy Gardening,
Ann Wilson

AHS Holiday Gift Bazaar,

Tuesday, December 6, 9:30am, during AHS General Meeting

Our annual Holiday Gift Bazaar is fast approaching. If you would like to have a booth, please contact Cindy Phillips at 264-2779.

Booth space is free, but you must be a sponsor or member. You will receive one 6-foot table that you may decorate as you wish. Booths are assigned first come first serve at the Zilker Garden Center.

From: Thyme for Herbs in Austin - A Seasonal Guide Prepared by members Sandra Holland and Ann Marie Wilson for outreach to our community. Winter Herbs - plant now!

Arugula - Eruca vesicaria subsp. sativa; A,S or SP,HW,CU (Also known as rocket)

Borage - Borago officinalis; A,S,HW,CU,LS

Calendula (Pot Marigold) - Calendula officinalis; A,S,CU,LS Edible flowers

Chervil - Anthriscus cerefolium; A,S or PS, HW,CU

Cilantro (Coriander) - Coriandrum sativum; A,S,HW,CU

Leaves are cilantro, seeds are coriander

Dill - Anethum graveolens; A,S,HW,CU,WL

Fennel - Foeniculum vulgare; BI,S,HW,CU,WL

Johnny Jump Ups - Viola tricolor; A,S,LS Edible flowers

Parsley - Petroselinum crispum; BI,S,HW,CU,WL

Roman Chamomile - Chamaemelum nobile; A,S,CU,LS

Harvest blooms for tea when petals begin to curl back

Salad Burnet - Sanguisorba minor; P,S or SP,HW,CU May not survive Austin summers

Wild Rocket - Diplotaxis muralis; BI, S,HY,CU

Abbreviation Guide

P--Perennial plant, will survive year round in Austin but may die back in winter

A--Annual plant, only lives one year, normally dies after blooming

BI--Biennial plant, normally blooms in second year and then dies

TP--Tender perennial, is perennial but will not survive Austin winters

S--Grows in full sun SH Grows in deep shade SP Grows in partial shade

HS--Harvest in summer HW Harvest in winter HY Harvest year round

CU--Good for culinary use WL Good for wildlife LS Good landscaping plant

Good Bye to Marsha Paisley

AHS says Good Bye and Thank You to Marsha Paisley who has been serving as co-chair of the Hospitality Committee. Marsha is moving to Dallas. We will miss you Marsha!

Join us in welcoming Jetske Jackson who will join Pam Bell and Doris Manning each first Tuesday on the Hospitality Committee.

SAVE THE DATE! The Art of Flavor: Using Herbs In Both Savory and Sweet Recipes, Saturday, February 25, 2006, 9am until 12noon. Zilker Botanical Garden , 2200 Barton Springs Road

The Austin Herb Society invites you to join us for our spring seminar featuring Susan Belsinger. Susan is a noted culinary educator, food writer and photographer. Susan will double our pleasure by giving two very special presentations, one using herbs in savory dishes and one using them in sweet dishes. She will begin the morning with Cooking Under the Influence: Using the Mediterranean Herbs and finish with Not Just Desserts: Sweet Herbal Recipes.

In addition to being published and featured in numerous regional and national magazines and newspapers and writing award-winning cookbooks, Susan travels North America giving lectures and demonstrations on herbs, edible flowers, chiles, garlic, cooking with kids, gardening, Southwestern, Italian, and vegetarian cooking, as well as using herbs for aromatherapy and a healthy lifestyle. She has taught at L'Academie de Cuisine, an accredited cooking school in Bethesda, MD for over 20 years. Susan is a member of Les Dames d'Escoffier, the Potomac Unit of the Herb Society of America, the Garden Writers Association of America, and has received a Professional Award for her contributions to the herb industry by the International Herb Association. Growing vegetables, herbs, and flowers organically, harvesting them at their peak, and bringing them to the kitchen to create healthy, good-tasting dishes is a way of life for Susan. She is passionate about sharing the joy of gardening and cooking and inspiring others to get in touch with their sense of smell and taste.

Save the date. [Registration information to follow.](#)

Mexican Mint Marigold

The leaves are dried and ground into a powder then used as a tarragon substitute for flavoring soups, sauces etc. They have an anise-like flavor. The dried leaves and flowering tops are also brewed into a pleasant anise-flavored tea

Medicinal Uses: The leaves and whole plant are digestive, diuretic, narcotic, and sedative. Use of the plant depresses the central nervous system and is also used internally in the treatment of diarrhoea, nausea, and indigestion. Externally, it is used to treat scorpion bites and to remove ticks.

Secretions from the roots of growing plants have an insecticidal effect on the soil, effective against nematodes and to some extent against keeled slugs, they also have an effect against some persistent weeds such as couch grass. A yellow dye is obtained from the flowers, with the dried plant is burnt as an incense and to repel insects. Requires a well-drained moderately fertile soil in a sunny position. Grows well in heavy clay soils and in sandy soils. Removing dead flowers before the seed is formed will extend the flowering season. Grows well with tomatoes.

Mexican Mint Marigold Chicken

4 boneless chicken breasts
3 green onions, with tops
2-3 Tbsp fresh Mexican mint marigold, chopped
2 Tbsp butter, softened
salt and pepper to taste
2-3 cloves garlic, minced
3 Tbsp Dijon mustard
2 tsp. honey
1 Tbsp white wine

Slightly flatten chicken breasts and trim excess fat. Sprinkle with salt and pepper. Set aside.

Combine the remaining ingredients to make a thick paste. Place appr. 1 1/2 Tbsp. of the paste on each breast. Roll up tightly. Place seam side down on a lightly oiled baking dish and dot breasts with any remaining herb mixture. Bake in preheated 350 degree oven for about 30 minutes. Slice into medallions to serve.

Herbs de Provence Recipe

3 Tbsp dried marjoram
3 Tbsp dried thyme
3 Tbsp dried savory
1 tsp dried basil
1 tsp dried rosemary
1/2 tsp dried sage
1/2 tsp fennel seeds

Combine all ingredients. Mix well and spoon into a tightly-lidded jar. Store in a cool, dark place up to four months. Use to season chicken, vegetables or meat. Yield: 3/4 cup

Spinach and Fennel Salad

1/4 lb. small spinach leaves raw
1 fennel bulb
2 oz. chopped walnuts or pecans
2 oz. olive oil
1/4 cup wine vinegar
1 tsp. French mustard
1 clove garlic, crushed
1 tsp. honey
salt and pepper

Remove thick stalks from spinach and tear leaves into salad bowl. Trim leaves from fennel and reserve. Slice fennel bulb and add with nuts to the bowl. Put olive oil and remaining ingredients in a jar with a tight-fitting lids. Shake well to blend. Just before serving, pour the dressing over the spinach, fennel, etc. and toss well to coat. Garnish with fennel leaves.

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