



## Herbal Greetings!!

**Saturday, February 25, 2006 9AM til 12PM**  
**Zilker Botanical Garden 2200 Barton Springs Road**  
**Austin, Texas 78746**

The Austin Herb Society invites you to join us for our spring seminar featuring Susan Belsinger noted culinary educator, food writer and photographer for a morning of The Art of Flavor: Using Herbs in Both Savory and Sweet Recipes.

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 senses of smell and taste. Susan will do two demonstrations and tastings: Cooking Under the Influence: Using the Mediterranean Herbs and Not Just Desserts: Sweet Herbal Recipes

Susan's accomplishments include: Frequent contributor to Herb Companion and other magazines and newspapers Teacher at L'Academie de Cuisine, an accredited cooking school in Bethesda, MD for over 20 years Member of Les Dames d'Escoffier International - women of achievement in the culinary, fine beverage, and hospitality professions: Member of Garden Writers Association of America Winner of the International Herb Association's Professional Award for her contributions to the herb industry

### Seminar Info:

AHS Members - \$25; Nonmembers - \$30

Space is limited. Please pre-register to ensure seating. Light refreshments will be provided in addition to the tastings.

Please send a check or money order made out to the Austin Herb Society for \$25 for each AHS member or \$30 for each nonmember who would like to attend the AHS seminar, The Art of Flavor, featuring Susan Belsinger. Include your name, address, phone number, and email address (for confirmation only) to: Taffy Gauger, 11624 Sweet Basil Court, Austin, TX 78726, ph: 512.795.0919. For more information, email [gayleegal@ev1.net](mailto:gayleegal@ev1.net)

**Tuesday, February 7**

**General Meeting, 9:30am at Zilker Botanical Gardens**  
AHS member Ann Wilson will be presenting "Pretty Pellies." For more info call 936-1190 or visit [www.austinherbsociety.org](http://www.austinherbsociety.org). There is a \$3 donation for non-members.

**Thursday, February 9**

**Study Group, 7pm-9pm at Zilker Botanical Gardens**  
"Anti-Aging Supplements and Herbs," 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](http://www.austinherbsociety.org)

**Tuesday, February 14 and 21**

**Zilker Park Herb Gardening Day is the 2nd and 3rd Tuesdays of the month starting at 10:30am.**

Come join us for light gardening with herbs on Tuesdays in the Zilker Botanical Gardens. Judith Craft can be found on most Tuesdays around 10:30 am working on the herb garden so for those of you who would like to learn about herbs and gardening plan to spend an hour or so most Tuesdays with Judith and others at our herb garden. We are currently removing old plants that are overgrown and will be planting herbs for the spring. For more info call Judith Craft at 944-2787

**Tuesday, February 28**

**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!

**February Field Trip, Saturday, February 25**

The field trip for this month will be the AHS Annual Spring Seminar.

**VFHerb Garden Workdays, Sundays as announced**

Soon we will be planting native herbs in the new Vee Fowler Native Texas Herb Garden too. The garden walls are now up and work on the pathways is about to start. We will be working on occasional Sundays until the new garden is finished. These workdays will be announced. All are welcome. For more info please call Michelle Chaput at 343-7677.

**Culinary Group, 3rd Friday of the month, February 17, 10:00am to Noon**

Please join the Culinary Group's monthly meeting at the American Botanical Council located at 6200 Manor Rd. There is a charge for this special interest group and every member will be asked to prepare a presentation and meal. For more info call 926-4900.

## **Interview with Susan Belsinger, AHS Spring Seminar Presenter**

*by Gayle Engels*

I recently spoke with Susan Belsinger about her upcoming trip to Austin to speak at the Austin Herb Society's spring seminar in February, *The Art of Flavor: Using Herbs in Both Savory and Sweet Recipes*. She is very excited to be coming to Austin as she has never been here before and she loves sharing her knowledge about herbs and their uses with other herbal enthusiasts.

When asked how she got started in herbs, Susan replied that her love affair with herbs began more than 30 years ago while she was living on a biodynamic farm in the hills of Tuscany. It was there that she first grew and used fresh herbs and met her co-author of seven books, Carolyn Dille. She and Carolyn decided that, upon their return to the U.S., they wanted to educate Americans on the joys of growing and cooking with fresh herbs. Susan has been doing that ever since.

Knowing that there are always people who are interested in growing and using herbs but who don't know where to begin, I asked Susan what her advice would be for the herbal beginner. "I'd recommend that someone just getting started visit an herb garden nursery," Susan said. "There you can rub and sniff the plants and see what they look like - and find out about their growing habits." She went on to suggest that the beginner start small with 10 or 12 plants that appeal to them the most. Grow them in containers or in a garden. (The nursery personnel can help you with what you'll need to get your plants off to a good start. And you can always join the Austin Herb Society. Herbies love to share!) The next step, as Susan pointed out, is to get to know your plants. "Learning the characteristics of the individual herbs is so much fun and such a sensory experience; look, touch, smell and taste them!"

Susan admitted that it would be hard for her to limit herself to 10 or 12 plants because she likes to work with all of them. The dozen she uses most often though, and would recommend to the beginning culinary herb gardener are garlic, basil, chiles (that's cheating; there are so many of them!), the origanums (specifically oregano and marjoram), rosemary, the mints, parsley, bay, sage, thyme, lemon balm and coriander. At the seminar, she'll be preparing recipes from her cookbooks so you will get lots of tips on growing and using these and other herbs during the presentation. You might even meet someone willing to share cuttings of some of these plants with you.

My last question of Susan was what the most important thing is that she wants seminar attendees to take away with them from the presentation. "Herbs can change your life," she said. "Cultivating herbs is not simply a pleasurable task; it gives you an awareness of the world around you on many other levels. Herbs delight, inform, and inspire. They provide you with visual beauty, fragrance, flavor, and plant medicine. Knowing and growing herbs encourages creativity, a happy heart, well-being and new friends."

Susan is a lot like the herbs she loves so much. She delights, informs and inspires also. Don't miss this premier opportunity to learn about culinary herbs from a master. You might even make a new friend!

## **Sponsor of the Month: The American Botanical Council**

As a new sponsor benefit, the Austin Herb Society invites our sponsors to showcase their businesses at our monthly meetings. For February, we are featuring our newest sponsor, the American Botanical Council (ABC), an independent, nonprofit organization dedicated to educating the world about the science and history of herbs and herbal medicine. And we're proud to say they are headquartered right here in Austin.

As one of the world's most respected herbal authorities, ABC offers a host of resources for educators, healthcare professionals, industry, media, and the general public. ABC is not a trade association. Its educational programs are funded primarily by the support of members, who receive valuable benefits in exchange for their support.

**Publications** ABC publishes the quarterly, peer-reviewed journal *HerbalGram*. Other publications include *The ABC Clinical Guide to Herbs*, *The Complete German Commission E Monographs*, and *Herbal Medicine: Expanded Commission E Monographs*.

**Online Resources** ABC's website, [www.herbalgram.org](http://www.herbalgram.org), contains thousands of articles, critical reviews, monographs, photographs and news items which provide science-based, peer-reviewed information on hundreds of herbs, medicinal plants and ingredients commonly used in cosmetic or body care products.

**Training and Certification** *The ABC Clinical Guide to Herbs* offers continuing education credits for physicians, nurses, pharmacists, naturopaths and dietitians.

ABC offers hands-on internships for students in Pharmacy and Dietetic programs. ABC's online Herbal Information Course provides annual certification as an Herbal Information Specialist for retail employees or others who regularly speak with customers or clients about herbs and dietary supplements.

**Media Education** ABC continually responds to inaccuracies and misrepresentations in the media and provides proactive, science-based information about herbal medicine through press releases, articles and media interviews.

**Consumer Education** Through its Safety Assessment and Educational Online Content Licensing programs, ABC works with government agencies, educational institutions, natural product manufacturers and distributors, health food stores, practitioners and others who produce, sell or recommend herbal products, in an effort to help consumers make informed decisions.

**Herbal Education and Resource Center** ABC's 2.5 acre headquarters in Austin, Texas is home to 24 medicinal demonstration gardens and an extensive library.

### ***American Botanical Council***

6200 Manor Road, or PO Box 144345, Austin, Texas  
78714-4345

800-373-7105 or 512-926-4900

[abc@herbalgram.org](mailto:abc@herbalgram.org) or [www.herbalgram.org](http://www.herbalgram.org)

\*\*For information about the AHS's Sponsor of the Month program, please contact Diana Hyland at 402-9697 or [hylandink@austin.rr.com](mailto:hylandink@austin.rr.com).

### **New Member, Renewing members and updates**

Maxwell Tita (Martha), 7316 Broken Arrow Land, Austin 78745, ph: 912-0117

Debra Hyde, 12 Sentinel Hill, Austin 78737, ph: 394-9958 or 923-1109, [tractorgirl@austin.rr.com](mailto:tractorgirl@austin.rr.com)

Lydia Noble, 13103 Indigo Cove, Austin 78732, ph: 799-1459 or 266-7174, [lyd@austin.rr.com](mailto:lyd@austin.rr.com)

Betty and George Mading, 4604 Cap Rock Dr., Austin 78735, ph: 892-0805, [bjmading@sbcglobal.net](mailto:bjmading@sbcglobal.net)

Mathabela Ernest, 317 Shant Street, Austin 78748, ph: 282-2802 or 282-2802, [ndabamath@yahoo.com](mailto:ndabamath@yahoo.com)

Jan Bland, new phone: 996-9140

Joyce at Zilker Botanical Gardens, email: [info@zilker garden.org](mailto:info@zilker garden.org)

New Sponsor: ABC Botanical Council, contact: Gayle Engels, ph: 926-4900 ext 114, email: [gayle@herbalgram.org](mailto:gayle@herbalgram.org), [www.herbalgram.org](http://www.herbalgram.org)

### **DATE NUT RING**

*by Cindy Phillips*

#### Ingredients:

2 cups minced dates

1 cup chopped walnuts or pecans

1 cup white or brown sugar

2 Tbsp flour

2 tsp. baking powder

2 tsp. vanilla

4 eggs, separated

1/8 tsp. salt

#### Directions:

Grease a tube pan or spring form pan and line with wax paper or parchment. Preheat oven to 325. Sift together flour, sugar, baking powder, and salt. Add dates and nuts stirring to coat. In a separate bowl, beat egg yolks and vanilla together. Add yolks to the date nut mixture. Beat egg whites until stiff; fold them into the batter gently. Bake at 325 for 25-30 minutes until the cake is lightly browned and a toothpick inserted into the middle comes out clean. Serve with whipped cream (optional).

### **Things To Do Around Austin**

**Friday, February 24, 2006 8:30-4:30 (two-day event)**

**2nd Annual Southwest Lavender Conference**

**Inn on Barons Creek Conference Center**

**309 S. Washington, Fredericksburg, TX 78624**

Conference, featuring Dr. Art Tucker and Professor Charles Martin. All day bus tour to local lavender farms with demonstrations, with lunch at Becker Vineyard featuring a cooking demo by Susan Belsinger.

Bus Tour: \$50.00 (Lunch Included). Optional Lunch with Susan Belsinger at Becker Vineyard for anyone not on the bus tour: \$25.00. Conference: \$125.00. To register: [gabrielvalleyfarms.com](http://gabrielvalleyfarms.com). Or call: (512) 930-0923 E-mail: [gvfarms@att.net](mailto:gvfarms@att.net). For more info:

<http://www.gabrielvalleyfarms.com/LavenderConference.html>

**Friday 6-9p.m.** Reception, roundtable discussions, trade displays

Cathy Slaughter

Gabriel Valley Farms

440 Old Hwy. 29 East

Georgetown, TX 78626

(512) 930-0923

**March 24 to 25, 2006**

**Herbal Forum at Round Top**

The 11<sup>th</sup> Annual Herbal Forum at Round Top will be held March 24-25, 2006 at Festival Hill. This year's theme is "A Celebration of Scented Pelargoniums, Herb of the Year, 2006." There will be optional workshops and the Saturday lecture series with featured speaker Sharon Lovejoy, plus plants and herbal related items for sale. To receive a program and registration form, either e-mail Henry at [henryf@festivalhill.org](mailto:henryf@festivalhill.org) or telephone Norma at 979-3129, ext. 11.

\*\*\*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.

**Austin Herb Society 2005/2006 Sponsors**

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[www.acupunctureaustin.com](http://www.acupunctureaustin.com)  
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**American Botanical Council**  
6200 Manor Road,  
ph: 800-373-7105 or 512-926-4900  
[abc@herbalgram.org](mailto:abc@herbalgram.org) or [www.herbalgram.org](http://www.herbalgram.org)

**Andra H. Millian, M.S. L.Ac. C.H.\*\***  
5750 Balcones Dr., #117, ph: 892-0288  
<http://home.austin.tx.com/onenamillian>  
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[www.anasfoods.com](http://www.anasfoods.com)  
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[www.barknpurr.com](http://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](http://www.bigredrun.com)  
*Retail gardening center*

**Cindy Phillips Pottery \*\***  
25008 Pedernales Canyon Trail, ph: 264-2779  
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**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*

**Eastside Cafè**  
2113 Manor Road, ph: 476-5858  
[www.eastsidecafeaustin.com](http://www.eastsidecafeaustin.com)

**Fredericksburg Herb Farm\*\***  
402 Whitney St, Fredericksburg, ph: 800-259-4372  
[www.herb-farm.com](http://www.herb-farm.com)  
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**Gabriel Valley Farms\*\***  
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[www.gabrielvalleyfarms.com](http://www.gabrielvalleyfarms.com)  
*Wholesale nursery, herbs, perennials, natives,  
vegetables*

**Gardens**  
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[www.gardens-austin.com](http://www.gardens-austin.com)  
*Garden Center & Landscape Design*

**The Great Outdoors**  
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*Your dream garden (landscaping and design)*

**The Natural Gardener**  
8648 Old Bee Caves Road, ph: 288-6113  
[www.naturalgardeneraustin.com](http://www.naturalgardeneraustin.com)  
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**Nile Valley Herbs, Inc.**  
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[www.nilevalleyherbs.com](http://www.nilevalleyherbs.com)  
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The 620 Center in Lakeway, 107 S. RR620  
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[www.solreflections.com](http://www.solreflections.com)  
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**Texas Herbal Body Solutions\*\***  
3707 Epperson Trail, ph: 266-8141  
[www.texasherbalbodysolutions.com](http://www.texasherbalbodysolutions.com)  
*Herbal bath and body products, bulk herbs, spices,  
and essential oils*

**Wheatsville Food Co-op**  
3101 Guadalupe, ph: 478-2667  
[www.wheatsville.com](http://www.wheatsville.com)  
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[www.wildwaysstudio.com](http://www.wildwaysstudio.com)  
*Pamper yourself wildly (soap, candles, herbal skin  
care, makeup)*



The Austin Herb Society, Inc  
Zilker Botanical Garden  
2220 Barton Springs Road  
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[www.austinherbsociety.org](http://www.austinherbsociety.org)