



Herbal Greetings!!

The month of February can be dreary but not if you are a member of the Austin Herb Society. Our month began with Ann Wilson's program on pelagoriums, which is the herb of the year. Ann's expertise on pelagoriums gave us insight on the history, the varieties, and many uses of this beautiful and fragrant herb. If you missed Ann's program, you can catch her at the Round Top Herb Fair in March.

The February study group and culinary interest group met as planned. We are sure that those who participated in these functions enjoyed them as Vee Fowler's lectures are always a treat. And what can we say about the culinary group but YUM!!!

This past weekend was our annual AHS seminar, featuring our special guest speaker, Susan Belsinger. Susan's program was informative and delicious! The AHS purchased some of her cookbooks so we can buy them at future AHS meetings. Thank you to Gayle Engels, Karen Hayward, Taffy Gauger and husband, Pam Bell, Betty Stahley, Judith Craft, Ellen Zimmerman, Ann Wilson, Sandra Holland and Michelle Chaput for volunteering to make this event a huge success. It was simply divine!!

We look forward to March and it's many bounties of fabulous AHS activities - March 7 general meeting program, March 9 study group, March 11 field trip, March 14 and 21 gardening day at Zilker, March 17 culinary group, and March 28 gardening day at Mayfield! You can read more about them on this page.

One more event to list on your calendar to attend in March is the annual Zilker Garden Fest, March 25-26. This event is the premier garden event at Zilker and features many of our sponsor members as exhibitors and guest speakers. Tickets in advance are only \$3.00. Plan to purchase your tickets at the AHS March 7 general meeting. Volunteers are needed so please plan to sign-up at the March 7 meeting to spend a few hours at our beloved Zilker Botanical Garden enjoying this fabulous event. See you there!

Herbally yours,
Jan Bland and Cindy Boyle

Tuesday, March 7

General Meeting, 9:30am at Zilker Botanical Gardens
Ellen Zimmermann will present "Designing Your Medicinal Herb Garden." For more info call 936-1190 or visit www.austinherbsociety.org. There is a \$3 donation for non-members.

Thursday, March 9

Study Group, 7pm-9pm at Zilker Botanical Gardens
Cindy Phillips will present "Cooking with the Herbs of Oaxaca." For more info, contact Vee Fowler at 345-0719. There is a \$3 donation for non-members.
www.austinherbsociety.org

March Field Trip, Saturday, March 11

Clay fun at Cindy Phillip's Pottery Studio, Spicewood, Texas. Contact Sandra Holland at 258-4643 for more info.

Tuesday, March 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, March 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!

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. All are welcome. For more info please call Michelle Chaput at 343-7677.

Culinary Group, 3rd Friday of the month, March 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.

Recruiting Gardens for the Members' Garden Tour.

Please contact Sandra Holland at 258-4643 or Cindy Phillips at 264-2779 or email Cindy at cindyphillips@imagic.com if you would like to add your garden to the tour.

New Member, Renewing members and updates

Pat Garland, 858 Central Avenue, Elgin, 78621, 512-281-4170

March Sponsor-of-the-Month:

Fredericksburg Herb Farm!

Bill Varney, owner of the Fredericksburg Herb Farm sends his greetings...

Dear Austin Herb Society Members,

At this time of year we are busy starting seeds and cuttings in our greenhouse, planting hardy herbs and edible flowers in the gardens, and doing the necessary tasks to assure a beautiful Spring! A little more rain and cooler weather would sure be a blessing. This year is the beginning of our 21st year. We have known a number of you that long, back from when we started as a small herb and apothecary shop on Main St., Fredericksburg. Things are much different today, with our enlarged day spa, acres of unique gardens to stroll, use and enjoy, a quaint B&B, two shops, and a very fine restaurant.

As a reminder, we'll soon be presenting our 12th Annual Spring Herb Festival April 21,22 & 23!

We will have lots of unusual vendors, plants, plants, and more plants. Lots of Great Music, wine and beer tastings, and fun for children, including Sunshine the Clown. Visitors can enjoy wonderful speakers, food samplings, a special American Botanical Council Garden Dedication Ceremony, chair massages, Yoga Classes, and lots more.

Our restaurant will be doing a very memorable five-course dinner on Friday evening April 21st and Saturday evening April 22nd. As we do every year, we welcome all of the Austin Herb Society members and hope you will come and participate.

Thank you letter from the Mayfield Park Community Project

Dear Herb Society:

I am so glad to have finally gotten in touch with the proper person to communicate with in the Herb Society. Your club's garden plot is the most popular with the visitors at Mayfield Park. They especially appreciate the labeling of the plants.

I am enclosing the most recent newsletter which was sent out two weeks ago to all of the garden adopters.

Please do not hesitate to contact me if I can be of service in any way.

Sincerely,
Barbara Watt
Volunteer Coordinator

**A big Thank You to Julie Crouch and her volunteers who make AHS look good at Mayfield Park.

Things To Do Around Austin:

March 4, 9am to 2pm, Sunshine Community Gardens Spring Plant Sale and Garden Festival

Early is the name of the game when it comes to growing your own in Austin! At Sunshine Community Gardens (SCG) we are gearing up for Austin's best loved Spring Plant Sale and Garden Festival. Our goal again this year is to be the largest early-bird source for locally raised, heirloom and organic vegetables, culinary herbs, medicinal herbs and ornamentals. As featured last year, our Bag-Your-Own-Compost offering is back again this year allowing our patrons to go home that day with everything they need to get their plants off to a healthy start.

Sunshine Community Gardens is located at 4814 Sunshine Drive just northwest of the intersection of Lamar and 45th Street. Visit our website www.sunshinecommunitygardens.org or call 458-2009 for more information.

Saturday, March 11, 2006, 10am to 1pm

How to make more plants!

\$10 Fee, Class Size Limit 40 Students at Zilker Botanical Gardens, Visitor's Center Auditorium. Call 477-8672 for more info.

Things To Do Around Austin, continued:

Saturday March 18th, 10am to 5pm

Wheatsville Herb Fair 2006

Enjoy the festivities of this wonderful herb fair. Wheatsville is located at 3101 Guadalupe. Lots of native, herbs, and vegetable plants to purchase to get you started on your garden. Also, there will be many wonderful speakers. Check out their website www.wheatsville.com for more info.

March 24 to 25, 2006

Herbal Forum at Round Top

The 11th 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 or telephone Norma at 979-3129, ext. 11.

March 25-26, 2006 • 10 a.m. to 5 p.m.

Zilker Garden Festival

This annual festival heralds the start of the gardening season for many Austin-area gardeners and has something for every member of the family. There are clinics for gardeners, an activity area for children, music and food. Colorful booths with garden-related crafts of all sorts are everywhere; potters, soap makers, jewelers and other craftspeople sell their wares. There are plants of all sorts by the thousands - herbs, orchids, cacti, succulents, annuals, natives, perennials, houseplants, water garden specimens - as well as the tools, soils and best of all, information to grow them.

Gate admission is \$5 per person, free for ages 12 and younger. Advance tickets are available for \$3 at the gift shop so buy your tickets early. All proceeds from the Zilker Garden Festival benefit the activities of the Austin Area Garden Council and Zilker Botanical Garden. Please note that dogs are not allowed on the grounds during the festival.

For additional information, call 477-8672 ext. 10 or email info@zilker garden.org or visit <http://www.zilker garden.org/>.

April 1 Gardening Symposium at Mayfield Park

Everything is about the gardens: the speakers, the plant sale and the blooming garden plots.

April 22 to 23, 2006

Fredericksburg Herb Farm, 12th Annual HerbFest, 10am until 9pm

Join in the cooking lessons, live music, organic/herb gardening lecture, book signings, wine/food tasting, vendor booths, spa services, fine dining, etc. Go to www.fredericksburgherbfarm.com or call 512-713-1012 or 830-456-9667 for more info.

Old Fredericksburg Cheese Spread

1 quart yogurt cheese (recipe follows)
1 8 oz. Package of cream cheese, softened
1 tablespoon chopped fresh marjoram
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh sage
1 tablespoon chopped fresh parley(flat leaf)
1 garlic clove, minced

Yogurt Cheese: Place 1 qt. Plain yogurt on a piece of cheesecloth. Draw all four corners of the material up and tie securely to form a bag. Hang this overnight from the kitchen faucet or anywhere it can drip. The thick mass is the yogurt cheese.

Spread: Place all ingredients in a blender of food processor and blend well and chill. Serve as a dip for vegetables or with crackers.

Herbally yours,

Bill Varney & All The Fredericksburg Herb Farm Family

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

Acupuncture Medical & Research Centre**
1600 W. 38th St., #402, ph: 371-1121
www.acupunctureaustin.com
pain free, professional health care since 1988

American Botanical Council
6200 Manor Road,
ph: 800-373-7105 or 512-926-4900
abc@herbalgram.org or www.herbalgram.org

Andra H. Millian, M.S. L.Ac. C.H.**
5750 Balcones Dr., #117, ph: 892-0288
www.andramillian.com
*Acupuncture, Nutritional & Herbal Therapy,
Qi Gong*

Ana's Foods
8410 Danville Dr., ph: 837-2203
www.anasfoods.com
Ana's Herbs--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

ScentGarden Aromatherapy
Carrie Boyles, ph: 512-554-3668
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
Your local health and vitality center

Texas Herbal Body Solutions**
3707 Epperson Trail, ph: 266-8141
www.texasherbalbodiesolutions.com
*Herbal bath and body products, bulk herbs, spices,
and essential oils*

Wheatsville Food Co-op
3101 Guadalupe, ph: 478-2667
www.wheatsville.com
Austin's community grocery since 1976

Wild Ways **
1440 RR 3014, Tow, ph: 325-379-1392
www.wildwaysstudio.com
*Pamper yourself wildly (soap, candles, herbal skin
care, makeup)*



The Austin Herb Society, Inc
Zilker Botanical Garden
2220 Barton Springs Road
Austin, Texas 78746
www.austinherbsociety.org