



Herbal Greetings!!

This is just a short announcement that there will be no general meetings or study groups for July or August. After a short Summer break, we will get back to our regular routine on September 5, our annual membership luncheon. The board is currently working on preparing the general meetings and study groups for 2006-2007 year. We are still in need of someone to take over the field trips position. So if anyone would like to volunteer for this fun and important position, please contact co-presidents Cindy Phillips at cindyphillips@imagic.com or Andra Millian at tcmamillian@austin.rr.com.

I also want to let everyone know that I have enjoyed being the AHS Potpourri Editor for these last three years and thank you so much for letting me do so. Gayle Engles will be our new Editor, so please send your announcements, requests, herbal ideas, recipes, etc. to her.

Thank you,

Brenda Davis

ex-Editor of the Potpourri

July Field Trip, to be announced

Tuesday, July 11 and 18

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 or Michelle Chaput at 343-7677.

Tuesday, July 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!

VFHerb Garden Workdays. Everyone is invited!

Please note that the workdays have changed at our new herb garden. Over this past Wednesday and Thursday Judith Craft and I managed to put in the new paths to complete the new garden. So this means that our requested extra workdays this week (Friday and Saturday mornings) have been canceled. Our regular Sunday workday has also been canceled due to the amount of completion.

So it's time to celebrate our new garden and we hope you take time to come and take a walk through the garden and enjoy the new plants, water feature and sculpture.

In the near future we will be adding trim around the water feature and the new sign for the garden will be hung. The Parks Dept. (Darla) will be hanging our sign on strong supports, high out of the reach.

We do want you to come to our regular workday on Tuesday mornings to help weed and put in a few new plants. Judith has actually expanded our project and added peripheral beds around the new garden that still need watering during the hot months. Extra help with a small amount of watering would be greatly appreciated! If you can help please contact Judith at 944-2787 or Michelle Chaput at 343-7677 or michellechaput@yahoo.com. Happy Gardening, Michelle and Judith

Co-Chairs Vee Fowler Native Texas Herb Garden

Culinary Group, 3rd Friday of the month, July 21, 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.

New Member, Renewing members and updates

Babette Stevenson, 4428 Sacred Arrow, Austin 78735, ph: 892-8783

Gardening News! Vee Fowler Native Texas Herb Garden

We have finally finished the new herb garden. It's June 8th and everything is thriving even in this heat and looking especially beautiful in the entire herb garden too since we have in place for the 1st time a complete and automatic watering system.

During this past week Judith Craft and my assistant, Juan Gomez, and his son, Juan Jr., and myself worked on the paths by leveling and contouring the ground, putting down weed barrier and then topping it with decomposed granite. We used a compactor too and really secured it in place. The edges of the paths were trimmed in the old brick that was donated to us, which will makes the whole garden visually exciting when balanced against the beautiful white native limestone walls that were built by Glen Cooper's company, The Groundskeeper.

The metal sculpture by Claudia Goldman, 'Cattails' has achieved its beautiful patina and is a lovely addition to the landscape of the entire garden.

It's taken over two years to complete all this work but with the beautiful outcome it was worth every drop of sweat and the hundreds of hours of work all the volunteers put in. I love the water feature and the sound of running water to complement the serenity of the new garden. I also want to thank both the Master Gardeners and the American Botanical Council for the donated plants that are thriving beautifully, along with and the wonderful soil donated by Bill Fowler. The lovely new sign was donated by Dean Caswell, a close friend of Vee Fowler. The sign will be hung by the Parks Dept. Judith and I recently talked with Darla Evans and she will have it hung from a metal support that will complement the wrought iron bracket that supports the new sign.

With the completion of the 'bones' of the garden comes time to do the investigative part, which is to document the plants we are intertwining into this new environment. We currently have a list of all the plants we hope to have in the garden, but work needs to be done to document their uses as herbs. The permanent signs need to be made along with a brochure so that information can be placed in the garden for visitors, school children, and their teachers. My hope is that this new garden will have outreaching facets. And hope that people will find beauty, peace, and knowledge in our herb garden, which they will always find it an inviting place to just be.

Happy Gardening,

Michelle Chaput

Co-chair Vee Fowler Native Texas Herb Garden

LOVE-IN at SOL Reflections (rescheduled due to rain)

Sunday, July 16, 2006. 12:00noon to 6:00p.m.

620 Center, 107 RR 620 (Lakeway), Austin 78734

Live music by Shake Russell, Pat McCann & Steve Berstein. Holistic Fair with arts/crafts, palm reading, angel card readings, etc. Silent Auction benefitting battered women and

children. Store-wide sale. VENDORS call to reserve a booth. Contact Samantha or Robin at 263-6990 for more info. email: solreflections@earthlink.net web: www.solreflections.com

What To Do in July for your Garden

Let the landscape rest. We are entering our least productive season for planting here in Central Texas, except for the following tough summer vegetables. Accordingly, the planting recommendations are slim this month. Your best bet is to survive through the heat while you plan for the fall garden.

Prepare and plant beds for the fall vegetable garden. Plant vegetable seeds. Chard, sweet corn, cucumber, okra, black-eyed peas, pumpkin, salsify, New Zealand spinach, summer and winter squash, and watermelon. In early July plant Eggplant and in Late July plant beans and cantaloupe. Plant pumpkin seeds around the 4th of July to get jack o' lanterns for Halloween!

Plant vegetable plants such as pepper and tomato. Plant herbs such as basil, oregano, thyme. Plant annuals such as blue daze, portulaca, purslane, and zinnia. Plant perennial such as Black-eyed Susan, ornamental grasses, and Mexican bush sage and desert plants such as agave, nolina, sotol, and yucca. Plant cover crops such as cowpeas (black-eyed peas) or buckwheat in bare-soil or fallow areas to improve the soil while preventing and crowding out weeds. Till in the cover crop - before it goes to seed - about one to two weeks before planting there again.

Mulch all bare-soil areas. Continue to foliar feed with seaweed or seaweed/fish emulsion combinations. Be sure to spray ONLY early in the morning or late in the evening. Water deeply, and as infrequently as possible. The only time we need to water shallowly and frequently is on newly seeded or sodded areas.

Watering in the morning is best. If you must water in the evening, avoid wetting the leaves. Spruce up the garden. Now is the time to do low-energy activities in the garden, if anything. Prune off dead limbs. Add yard art, a birdbath or feeder, or perhaps a pink flamingo. Watch out for diseases and insect pests, and use the least toxic solution to the problem.

From AHS Sponsor the Natural Gardener

Herbs to Plant to Make you feel Better

Aloe Vera for burns Chamomile to relax; Calendula for cuts and scratches Feverfew for migraines; Garlic to protect your heart Ginger helps with motion sickness; Lavender for stress Mint for upset stomach and digestion; and Valerian for pain.

From AHS Sponsor Fredericksburg Herb Farm

What is a massage?

Massage is an ancient form of healing, used for thousands of years to offer relief from pain, to restore good spirits, provide comfort, boost energy, and to rejuvenate muscles. Massage is a relaxing experience for giver and receiver. Massage uses touch to bring about emotional and physical changes, and to create a feeling of wholeness in the mind and body.

Oils are necessary lubricants to prevent massage strokes from causing friction against the surface of the skin. They contain nutrients that are beneficial to the skin and tissue, and treat physical ailments.

They help rid your body of toxins and impurities and for total physical and spiritual relaxation try this recipe for Massage Oil.

Lavender & Clary Sage Massage Oil

1/3 cup Sweet Almond Oil

1/3 cup Avocado Oil

8 drops of Lavender Essential Oil

8 drops of Clary Sage Essential Oil

Blend oils together and put into bottle. When applying massage oil it is best to warm it in your hands first, then massage onto the body of the recipient.

From AHS Sponsor Fredericksburg Herb Farm

Myrrh

Myrrh (*Commiphora molmol* specifically, but also *C. africana*, *C. erythracea*, *C. madagascariensis*, *C. myrrha*, and *C. schimperi*) in the torchwood family (*Burseraceae*) are perennial trees and shrubs with gray-white bark, native to Northeast Africa and the Arabian Peninsula. The *Commiphora* species exude a resin or gum, also called myrrh, either naturally or from incisions made in the bark, that is collected for medicinal and consumer use.

History and Traditional Use: Myrrh gum has been used in Middle Eastern medicine for treatment of infected wounds and digestive and bronchial complaints for over a thousand years. It was also used as an embalming agent in the Middle East and Africa. It is mentioned in the earliest Jewish and Christian holy texts, and is a primary ingredient in incense used for religious rituals. Myrrh has been used as a

stimulant, antiseptic, to prevent spasms, to induce menstrual flow, and to stimulate digestion. It has been used for many conditions such as cancer, leprosy, ulcers, sore throat, coughs, asthma, foul breath, gum disease, and loose teeth. From the seventh century forward, myrrh has been used in Chinese medicine for bleeding hemorrhoids, menstrual difficulties, sores, tumors, and arthritic pain.

Modern Medicinal Use: The topical use of myrrh is approved by the German Commission E for minor inflammations of the mucous membranes of the mouth and throat. A tincture of myrrh is used in many dental remedies, mouthwashes and ointments. The British Herbal Compendium lists myrrh as beneficial in treating sore throat and tonsillitis, as a mouthwash for ulcers and gum disease, and externally for skin inflammations. It is reported to have antimicrobial activities as well as astringent properties on mucous membranes. In Saudi Arabia and eastern Africa, myrrh is used as an anti-inflammatory and rheumatism treatment. In France, the topical use is approved for nasal congestion caused by the common cold, and infections of the mouth and throat.

Modern Consumer Use: Myrrh is used as an astringent in many mouthwashes and gargles. The oil is a fragrance component in soaps, detergents, perfumes, and creams. Myrrh can be found in balms to treat chapped lips, and in products used externally for wounds, hemorrhoids, and sores. Myrrh is used as a fragrance and fixative in cosmetics, and as a flavoring component in foods and beverages.

From AHS Sponsor American Botanical Council--
Herbalgram.org;

Interesting Note: *Cleopatra declared earthworms sacred, and Egyptians were forbidden to kill them.*

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