



Herbal Greetings!!

Presidents' Letter

Green greetings to all you hot herbalists. It is a good thing that we have herbs right now, isn't it? That is about all that is surviving in my [CP's] neck of the woods. The culinary sage, rosemary, lavender, Mexican and Oaxacan oreganos, Mexican mint marigold, sweet and Thai basil, creeping thyme, parsley and lemon grass are all thriving on just a little watering every 3 or 4 days. Everything else is wilting, even hardy natives such as Turk's cap, cedar sage, and lantana. Anything that can grow in this weather is Texas tough.

The hot topic for the Austin Herb Society is our annual kick off luncheon on Tuesday, September 5 2006. Last year's potluck format was really successful, so we are going to continue the trend. Please RSVP to Pam Bell at 512-894 0767 before August 26 and sign up to bring a dish. Last year the food was great, much better than anything we could have had catered, thanks to all of you fabulous cooks. Our guest speaker is Bill Varney, owner of the Fredericksburg Herb Farm. As well as being a sought after speaker, he writes cookbooks, and runs a wonderful complex of herb garden, store, restaurant, and bed & breakfast. You will receive reminders in your email and mail. Send in your \$25 membership fee early and you won't have to bother with it later.

Diana Hyland and Cindy Boyle have been redesigning our website. It should be up soon and I can hardly wait to see it. They are requesting digital pictures of Austin Herb Society members' gardens and activities. If you have some you want to share, email Diana at hylandink@austin.rr.com. They may not be able to use all photos. Send your favorites.

It is still not too late to recruit sponsors. We need them. Sponsorship is only \$85, and gets you great exposure. If you would like to be a sponsor, or know a prospective sponsor, please contact Diana Hyland. Again, her e-address is hylandink@austin.rr.com

That is about all. Everyone stay cool.

Grow and prosper! Cindy Phillips and Andra Millian
AHS co-presidents

Tuesday, September 5, AHS Annual Member Luncheon

Bill Varney, owner of the Fredericksburg Herb Farm will speak on Growing and Cooking with Organic Herbs and Flowers.

He will sample about six recipes and will have some of his products and books for sale. RSVP no later than Aug. 26 with the number attending and dish you will bring. Contact Pam Bell at 894-0767.

Thursday, September 14

Austin Herb Society, Study Group, 7pm-9pm at Zilker Botanical Gardens

Note: NO Study Group in August!

The topic for September is Feed and Nourish Your Face. Our guest speaker will be AHS member and merchandising coordinator, Susan Norwood. Susan is a licensed aesthetician who makes her own products for her company, All Good Things. Join us to learn about great herbal things we can do for our faces. For more info, contact Vee Fowler at 345-0719 or Robin Carter at 288-2296. There is a \$3 donation for non-members.

Tuesday, August 8

Zilker Park Herb Gardening Day is the 2nd Tuesday of the month starting at 9:30am.

Judith Craft and Michele Chaput are leading the gardening group for the new Vee Fowler Native Texas Herb Garden. To volunteer to help with the gardens at Zilker, both old and new, please contact Judith at 944-2787 or Michelle at 343-7677,

Field Trip: There will be no field trip in August.

Friday, August 18

Culinary Group

For more information, call Sara Holland at 847-3335.

Tuesday, September 27

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. Contact Julie Crouch at 339-0193 for more information. Everyone is welcome!

Sponsor Spotlight



Pitchfork & Tablespoons From the folks at Eastside Café, 2113 Manor Road

AHS members have long loved Eastside Café, but now there is more to love. Pitchforks and Tablespoons is Eastside Café's gardening and cooking retail store. This quaint East Austin shop offers gardening books, tools, plants, and even instruction. They also sell cooking utensils, cookbooks, herbs, and spices.

Long-time AHS sponsor and friend, Eastside Café does everything just right. If you have the time, linger over their exquisitely prepared meals, have a lemonade under a shade tree and check out their garden, filled with an abundance of herbs. For reservations, call: (512) 476-5858.

If you're on the run, you can also enjoy the restaurant's homemade soups, entrees, salads and desserts – to go! Or visit them at the Sunset Valley Farmers Market.

Recipe from Eastside Café's cookbook: *Soup Yourself.* Spicy Tomato Tortilla Soup

1/4 cup butter, margarine, or vegetable oil
2 cups onions, diced
2 corn tortillas, torn into pieces

1 10-ounce can Rotel tomatoes
1 teaspoon fresh jalapenos, minced
1 teaspoon garlic
1/4 teaspoon cumin, ground
2 14-1/2 ounce cans whole tomatoes
8 cups water
Add salt and pepper to taste
Garnish: grated cheese and fried tortilla strips

Heat butter, margarine, or vegetable oil in a large soup pot. Sauté onions and corn tortillas over low heat for 15 minutes, until brown. Add Rotel tomatoes, jalapenos, garlic, cumin, tomatoes, and water. Simmer over low heat for 30 minutes. Remove from heat and cool.

Transfer tomato mixture to a blender or food processor, and purée until smooth. Return purée to soup pot and simmer until ready to serve. Salt and pepper to taste. Serve garnished with grated cheese and fried tortilla strips.

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Things to do around Austin!!

August 1-31: Sponsor and co-president Andra Millian is offering AHS members a DOG DAYS FRIENDS AND FAMILY CHILL OUT SPECIAL. Schedule a treatment for you and a friend or family member and receive two for the price of one! Call 892-0288 for more info.

October 14: HerbDay 2006 – Celebrating herbs and herbalism around Austin, the United States and the world with garden tours, open houses, special tours, art shows, discounts and events. Besides being easy to grow in our Central Texas gardens, herbs have so much to offer - in cooking, in health and in their natural beauty. Learn, see and experience it all. For details about Herb Day, visit: www.herbdays.org.

October 21: HerbFest 2006 at the Sunset Valley Farmers Market – located at the Burger Center, 3200 Jones Rd., off 290 between Brodie Ln. and Westgate Blvd. The best plants for Central Texas gardening, herbal condiments, teas and food, herbal beauty products, aromatherapy, tinctures, balms and salves. Plant-inspired pottery and jewelry. Live music. No entrance fee. Free parking. Fun kids activities. Sponsored by the Austin Herb Society. Vendor booths are available by calling HerbFest chair: Diana Hyland (468-9125).

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.

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