



Green greetings on this glorious fall day!!

On October 3, we will dedicate the new Vee Fowler Native Herb Garden. Some of our members may not yet be acquainted with Vee, so here is some information about her. Vee is one of our senior members, though she doesn't look it. She has a fabulous garden that she has shared with us on our annual garden tour several times. She is generous about sharing her cuttings and seeds. Many of our gardens flourish because of her generosity. Vee has chaired our evening Study Group for many years, often giving the programs herself. She is a wonderful cook, the source of many of the recipes in our cookbook, *Austin Herb Society Cooks*. Vee is an interesting and informative speaker, knowledgeable about the various uses of herbs as well as how to grow them. She has another special gift; she makes you feel good just seeing her flower of a smile. No wonder we named our garden after her. She helps us all grow.

This is a good time of year here in central Texas. We have finally cooled down a little, and it is time for all those of us who are gardeners to plant native wildflowers such as bluebonnets (*Lupinus texensis*), firewheels (*Gaillardia pulchella*), beebalm (*Monarda fistulosa*), pink evening primrose (*Oenothera speciosa*) and others. Time too, to harvest seeds responsibly from natives in the wild (that means don't take more than 10% of what is there) and summer herb and vegetable plants to share or save for next year. If you are planting a fall garden, mulch with compost that has decomposed thoroughly to avoid the kind of problem that recently occurred in nationally sold spinach.

We would like to remind you of all the extras at our meetings, please take advantage of them. Ranged around the back walls are the seed and plant exchange (remember to save seeds, cuttings, and dried herbs from your garden to bring), AHS book sale featuring really affordable herb books and our own cookbook, flyers from our sponsors, volunteer sign up sheets, and our library. Check it out.

Herbally yours,
Cindy Phillips and Andra Millian
AHS co-presidents

Tuesday, October 3, Monthly Meeting, 9:30am-12:00 at Zilker Garden Center

Herbs for Winter: Staying and Getting Healthy in Cold and Flu Season

Our scheduled speaker had to cancel due to health issues so Gayle Engels, education coordinator at the American Botanical Council, will step in and provide us information on herbs and herbal products that will help us stave off the winter nasties or evict them if they invade our immune systems. (Presentation will follow the 9:00am dedication of the Vee Fowler Native Herb Garden.)

Thursday, October 12, Study Group, 7pm-9pm at Zilker Garden Center

Samantha Vanderslice: Magical Women's Herbs

Samantha owns a health and vitality center, SOL Reflections. She will talk about the energy and spirituality of herbs and the magic that is all around us. Since ancient times, the wisdom of herbs has been used to enhance and heal our lives. Come hear what Samantha has to say about the magic of herbs.

(Our September study group featuring Susan Norwood was really informative. Susan gave us a wealth of information about our skin and how to care for it. Did you know that as a teenager your skin renews itself every 2-20 days and by the time you are 60 it takes 2-3 months? Yikes! The skin reads botanicals as food, and using products that are gentle and nourishing helps skin to look radiant and healthy.)

Friday, October 20, Culinary Group will meet at Judith Craft's house from 10am until 12.

Judith will explode the myth of bland, rubbery tofu as we learn its many uses, from main dishes to desserts. Tofu is a great way to get protein in your diet, even if you aren't a vegetarian. Come talk tofu and try tasty treats! Everyone is welcome. Call Judith at 944-2787 for directions.

Tuesday, October 10, Zilker Park Herb Gardening Day is the 2nd Tuesday of the month starting at 9:30am.

To volunteer to help with the gardens at Zilker, both old and new, please contact Judith at 944-2787 or Michelle at 343-7677,

Tuesday, October 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!

AHS Business and Updates

A special thank you goes out to long-time sponsor Bill Varney, owner of the **Fredericksburg Herb Farm**, and his right hand herbal expert Bird Mangels, who together made the 1½ hour trek from Fredericksburg, Texas, to speak at our annual luncheon. Bill had us all enthralled (and salivating) while describing many of the herb-inspired dishes he serves at his expanded restaurant and catering business. I guess we'll have to go see and taste for ourselves. Thanks also to Bill for generously providing product samples of his herbal body and spa products. What a wonderful business! Notes from his presentation will soon be posted on the AHS website. To purchase his books and products, or get free online recipes, visit www.fredericksburgherbfarm.com.

Thanks also to **Nile Valley Herbs**. Awad, owner and head tea master at Nile Valley, whipped up a super-sized batch of his famous Hibiscus Mint Tea for the annual luncheon. Thank you Awad! You can pick up your own Nile Valley teas at Peoples Pharmacy, Whole Foods, and also online at www.nilevalleyherbs.com. Make sure to ask restaurants for Nile Valley Hibiscus Mint tea. It is so wonderful you'll never drink Lipton again. (Apologies to anyone who owns stock in Lipton.)

Please note that the AHS web address is www.austinherbsociety.org not .com. If you want to reach the presidents on AHS business, please address your email to president@austinherbsociety.org in order to get a timely reply.

Please support our meetings. The members and guests who give the presentations work hard to put the information together that they present. Let's show our appreciation by showing up and participating.

Save the date! The AHS Culinary Group is inviting everyone on a field trip in December to **An English Holiday Afternoon Tea** at The International Festival Institute in Round Top, Texas on Saturday December 9, 2006 at 3pm. The culinary group decided to do this instead of a regular meeting in December. It will be a little different than a regular field trip in that everyone will be responsible for contacting Festival Hill themselves at (979)249-3129 to make their reservations (and reservations are required!) The cost is \$20 per person but the food is plentiful and fabulous. This is a great excuse to dress up a little (not much, just a bit) and let someone else entertain you for an afternoon. After sampling the trifle, cakes, cookies, finger sandwiches, tea, etc. we'll take a walk through the gardens. If you have never been to the McAshan Gardens at Festival Hill, this will be a lovely day to get introduced to them. We'll remind you again next month and we'll send around a carpool sign-up sheet at the next two meetings.

OCTOBER SPONSORS OF THE- MONTH Geo Growers and Nature's Healing Herbs

Remember to stop by and visit our sponsors at the next meeting. They will have featured booths at the back of the room. Please introduce yourself and find out more about their business. Better yet, lend them your support and become a customer. Our sponsors not only provide financial backing, but are interested in doing business with you.



At **Geo Growers** we sell premier organic soils for all of your gardening needs. We recommend our well-draining specialty mix Thunderdirt for planting herbs with maximum effect. All of our soils are weed-free and seed-free and contain micronutrients to help your plants reach their full potential. We offer a full line of organic fertilizers and soil amendments for every type of gardening challenge. Geo Growers has recently been brewing and offering compost tea through our retail outlet, Thunderhead Market, which is also located at 12002-B Highway 290 West, just 6 miles west of the Y in Oak Hill. We look forward to seeing you all there soon!



Nature's Healing Herbs products are a unique line of rare, unusual teas with edible tea leaves, Organic Herbal Infusions, and the world's only line of Green Tea Foods. We have many original designer teas, beautiful and refreshing, made from scratch with bulk herbs, flowers, roots and rare green teas. All our products are made from organic herbs and teas. Visit our website at www.herbalagogo.com and try some of our good (and good for you) products.



Good Fish, Bad Fish

Fish is a great source of protein and of heart healthy omega 3 fats. Even though fish choices are healthy in general, are they healthy for *you*? The safest sea fare for all, according to Purdue University, is salmon, shrimp, farm raised catfish and trout, tilapia, clams, scallops and crayfish. However a recent study by the Environmental Working Group found that farm raised fish, especially salmon, is high in chemicals, specifically PCBs. This could be from their feed or from synthetic carotenoids used for increasing the pretty peach color in farmed salmon! Besides the chemicals, which by the way stay in your system even beyond your death, the bacterial counts for farm raised is very high, some even higher than E.coli in beef!

The Food and Drug Administration suggests that women who are pregnant or are in their childbearing years should minimize consumption of seafood due to the high mercury content, which will affect newborn growth. Over-fishing and environmental factors have led to dangerous depletions in marine populations. Many have declined by 50% or more in the last 10 years.

There are a number of organizations that help you decide which fish is best for you and how often you can safely eat it. Here are a few links:

<http://www.oceansalive.org> has a pocket seafood guide.
<http://www.mbayaq.org/cr/seafoodwatch.asp>
http://www.checnet.org/healthhouse/education/quicklist-detail.asp?Main_ID=716

Certain fish are still good for you, so please choose responsibly and enjoy! Eating high chlorophyll greens such as cilantro and parsley may help protect you against heavy metal toxicity. And remember: your best choice is still wild fish!

Cindy Burrows
Nature's Healing Herbs
www.herbalagogo.com

围棋

js

Allergy Symptoms and Chinese Herbal Medicine

HISTORY

The Chinese concept of "WEI QI" (pronounced way chee) is similar to the Western concept of the IMMUNE SYSTEM. According to Chinese medical theory, WEI QI functions to protect and defend the body against foreign invaders, such as dust, mold, animal dander, bacteria, viruses, pollen that if not caught, can lead to allergies.

SYMPTOMS AND SIGNS

The symptoms and signs that reflect a Western diagnosis of ALLERGIES relate to imbalances in the bodies WEI QI. When the supply of WEI QI becomes inadequate, health is compromised and signs and symptoms of allergies appear. Underlying imbalances stem from a variety of causes including stress, food intolerances, constitutional weakness, pollutants and environmental toxins.

HOW IT WORKS

Acupuncture and Chinese Medicine supports and strengthens the systems of the body that can be compared to the Western Immune System. By building up the supply of WEI QI, and facilitating the smooth and free flow of it through the body, symptoms and signs related to allergies could be reduced or eliminated.

WHAT YOU CAN EXPECT

At Andra H. Millian Acupuncture and Chinese Medicine, a complete health history and exam will be conducted and a treatment plan that addresses your personal concerns will be addressed. The goals of the treatment plan will be to eliminate visible symptoms and signs of allergies while addressing the underlying imbalances affecting your health.

WHAT YOU CAN DO

Please feel free to contact the office for a free personalized consultation and find out exactly how Chinese Medicine can work for you. Just mention this item in the AHS Potpourri.

Go to www.andramillian.com and make your appointment online or call the office directly at 512 892-0288.

OCTOBER Calendar

The entire month is dedicated to the small yet powerful herb. Celebrate the season and join the herb-loving community at events throughout town

Tuesday, October 10th – Staying Healthy: Herbs for the Immune System

Preventative herbalism is of particular value just as staying healthy is the key to vital well-being. Liver cleansing has become widely popular and should be performed consciously and conservatively. Included are handouts, herbal snacks and tea. Echinacea, garlic, chaparral, yellow dock, burdock root, dandelion root, goldenseal, stinging nettles, ashwagandha, ho shou wu, (\$50.00) Austin School of Herbal Studies. For information: 301-5838, www.ezherbs.net.

Friday, October 13 – Open House & Tea with Andra Millian

Visit Onsite Acupuncture at 401 East 53rd Street, Suite 204 for an informal educational talk about herbal therapy and nutrition. Enjoy an herbal tea tasting and healthy munchies. 892-0288. www.andramillian.com.

Saturday, October 14 – HerbDay 2006

HerbDay is a national program of public educational events celebrating the importance of herbs and herbalism through harmonized, independently planned activities. www.herbdays.org.

Saturday, October 14 – American Botanical Council HerbDay Celebration

Speakers Mark Blumenthal, Will Morris and Charlotte Jernigan will talk about western, Oriental and Ayurvedic herbal medicine. Garden tours will be led by Ginger Webb, Ellen Zimmermann and Carlos Hernandez. Demonstrations of aromatherapy with Kara Kroeger, medicine making with Niki Telkes, and tea making with ABC staff will be ongoing. 10am until 4pm at ABC's headquarters at 6200 Manor Road in Austin. Everything is free so stop by or the whole day. 926-4900, www.herbalgram.org.

Saturday, October 14 – Herb Awareness at Bee Cave Farmers Market

Gather the kids and head out to Bee Cave for cooking tips and artisan-made herbal products, vegies and crafts. Highway 71 between 620 and Hamilton Pool Road. www.beecavefarmersmarket.com.

Saturday, October 14 – Scented Pleasures Herbs & Gifts in Bastrop

Celebrate HerbDay at the Bastrop location of the River Valley Farmers Market (1308 Chestnut Street, Bastrop, Texas) with free herbal recipes and herb growing information handouts. For details, contact Dolores Leeper 512-360-4502, dololeeper@earthlink.net.

Saturday, October 21 – AHS HerbFest

The Austin Herb Society partners with the Sunset Valley Farmers Market to present our beloved HerbFest from 9am til 1pm at the Burger Center, 3200 Jones Rd., off 290 between Brodie Lane. and Westgate Blvd. Live music. Plenty of free parking. Kids activities. Crafts, plants, tinctures, soaps, garden accessories, jewelry, fresh produce, organic meat, fresh baked goods, and lots more. To apply for a booth or get information, contact HerbFest Chair Diana Hyland at 468-9125. www.austinherbsociety.org.

Saturday, October 21 – The Travis County Master Gardener Annual Garden Tour

Visit area gardens from 9am to 4pm. For more information, contact The Extension Office at 512-854-9600.

Tuesday, Oct 24th –The Reproductive System: A study of herbs, foods and lifestyle

Men and women of all ages need to continually care for their reproductive systems, the basis for life. We will discuss adolescence, child-bearing years and the elder years. Included are handouts, herbal snacks and tea. Nettles, red clover, red raspberry, vitex, motherwort, ginger, black cohosh, dong quai, fenugreek, saw palmetto, ginseng. (\$50.00) Austin School of Herbal Studies, 301-5838, www.ezherbs.net

Saturday, October 28 – Halloween at the Fredericksburg Herb Farm

Herbs and fun for the whole family. Located at 405 Whitney Street in Fredericksburg. 800-259-4372. www.herb-farm.com

HERBFEST 2006

Saturday, October 21, 9:00am-1pm

At the Sunset Valley Farmers Market



Herbal Ambassadors WANTED:

Work the booth, do a craft, mingle and have fun! We need about 4-6 volunteers for our HerbFest booth. Last year we had a great crew of herbal ambassadors to represent our organization, and we want to do it again even bigger and better. As the recipient of all booth funds, it's important that we put our best foot forward – not just to impress, but to spread the joy of herbs and herbal awareness, as that's what it's all about.

With enough volunteers we can all take breaks and shop the market. If you haven't been, you are missing out. Not only is the shopping great, but the people are amazingly friendly and appreciate all things green, natural and good. If you can't volunteer, just come and show your support and have a great time. Contact Diana to let her know your availability: 468-9125 or hylandink@austin.rr.com.

Reservations for Vendor Booths are due by Oct.14
Cost: \$30 for a 10x10 booth, or \$60 for 10x20 booth

The Sunset Valley Farmers Market requires that all vendors make or grow what they sell. (Exceptions include books, gardening accessories and educational materials.)

The Farmer's Market generously donates 100% of the vendor fees to the Austin Herb Society. Please give them your business and let Pam Boyar (the director) know how much we all appreciate their support!

Vendors can reserve a booth through advance payment by contacting Diana Hyland: 468-9125 or hylandink@austin.rr.com.

This is a rain or shine event. Sponsored by the Austin Herb Society.

Austin Herb Society 2006/2007 Sponsors

Acupuncture Medical & Research Centre*

11673 Jollyville Road, Suite 201
Austin, TX 78759
512-336-7424
www.acupunctureaustin.com
Pain free, professional health care since 1988

Alamo Draft House^{new}

1120 S. Lamar Blvd.
Austin, TX 78704
512-459-5177
www.originalalamo.com
Movies and Food

American Botanical Council

6200 Manor Road
Austin, TX 78723
800-373-7105 or 512-926-4900
abc@herbalgram.org
www.herbalgram.org
Educating the public on the responsible use of herbal medicine

Ana's Foods

PO Box 141154
Austin, TX 78714-1154
512-837-2203
www.anasfoods.com
Ana'sHerbs—makes good cooks great!!

Arbonne International^{new}

9257 Scenic Bluff Drive
Austin, TX 78733
512-402-0557
www.DorisManning.myarbonne.com
Color, nutrition, aromatherapy

Austin Onsite Acupuncture and Nutrition*

Andra H. Millian, M.S. L.Ac. C.H.
Acupuncture and Nutrition
401 East 53rd Street, Suite 204
Austin, TX 78751
512-892-0288
www.AustinOnsiteAcupuncture.com
Acupuncture, nutritional & herbal therapy, qi gong

Bark 'N Purr Pet Center

4604 Burnet Road
Austin, TX 78756
512-452-3883
www.barknpurr.com
Whole life products for your pet

Barton Springs Nursery Company

3601 Bee Cave Road
Austin, TX 78746-5313
512-328-6655
Your Texas gardening resource

Becker Vineyards^{new}

464 Becker Farms Rd.
Stonewall, TX 78671
830-644-2681
www.beckervineyards.com

Big Red Sun

1102 E. Cesar Chavez
Austin, TX 78702
512-480-0688
www.bigredsun.com
Retail gardening center

Chez Zee^{new}

5406 Balcones Drive
Austin, TX 78731
512-454-2666
www.chez-zee.com
American Bistro, Bar, Dessert Gallery, Private Dining

Cindy Phillips Pottery*

25008 Pedernales Canyon Trail
Spicewood, TX 78669
512-264-2779
cindyphillips@imagicmail.com
Hifire stoneware pottery

The Crossings

13500 FM 2769
Austin, TX 78726
512-225-1075
<http://thecrossingsaustin.com/>
Growth, balance, sanctuary

Eastside Café

2113 Manor Road
Austin, TX 78722
512-476-5858
www.eastsidecafeAustin.com
Eclectic, fresh and fun dining

EZ Herbs/Austin School of Herbal Studies*

8803 Bear Creek Drive
Austin, TX 78737
512-301-5838
www.ezherbs.net
Sharing the wisdom of the plants

Fredericksburg Herb Farm*

402 Whitney Street
Fredericksburg, TX 78624
800-259-4372 or 830-997-8615
www.herb-farm.com
Organic herb farm, day spa, restaurant, nursery, shops & B&B

Gabriel Valley Farms*

440 Old Hwy 29 East
Georgetown, TX 78626
512-930-0923
www.gabrielvalleyfarms.com
Wholesale nursery, herbs, perennials, natives, vegetables

Gaia Women Collection^{new}

201B Bulian Lane
Austin, TX 78746
512-497-2289
<http://gaiawomencollection.tripod.com>
Reiki energy healing, jewelry and metaphysical supplies

Gardens

1818 W. 35th Street
Austin, TX 78703
512-451-5490
www.gardens-austin.com
Garden center & landscape design

Garden Charms^{new}

2110 Avenue O
Huntsville, TX 77340
926-295-6841
www.garden-charms.com
"Enchant your plants" Terra-cotta garden markers and frog hideouts

Geo Growers^{new}

12002B Hwy 290 West
Austin, TX 78737
512-892-2722
www.geogrowersinc.com
Soil fertility products & services

The Great Outdoors

2730 S. Congress Avenue
Austin, TX 78704
512-448-2992
www.gardenadventures.com
Landscape and nursery

Herb Shop^{new}

409 S LBJ Drive
San Marcos, TX 78666
512-754-6771
Medicinal herbs and health services

The Lodge at Creekside

310 Mill Race Lane
Wimberley, TX 78676
800-267-3925
<http://www.acountryinn.com>
Country B&B

Michelle's Garden Designs

5804 Ginre Cove
Austin, TX 78759
512-343-7677
michellechaput@yahoo.com
Your dream garden (landscaping and design)

Natural Gardener

8648 Old Bee Caves Road
Austin, TX 78735
512-288-6113
www.naturalgardeneraustin.com
Austin's organic gardening headquarters

Nature's Healing Herbs

P O Box 500036
Austin, TX 78750
512-707-6782
<http://www.herbalagogo.com>
Herbs, green tea and green tea foods

Nile Valley Herbs, Inc.

1506 Juliet Street
Austin, TX 78704
512-442-6907

www.nilevalleyherbs.com

Herbal tea—we are building our community

R&E Plants^{new}

2601 Mineral Wells Hwy
Weatherford, TX 76088
817-594-4499

The Herb Place

Texas Herbal Body Solutions*

3707 Epperson Trail
Austin, TX 78732
512-266-8141

www.texasherbalbodiesolutions.com

*Herbal bath and body products, bulk herbs,
spices, and essential oils*

Wheatsville Food Co-op

3101 Guadalupe
Austin, TX 78705
512-478-2667

www.wheatsville.com

Austin's community grocery since 1976

Whole Foods Market^{new}

525 N. Lamar
Austin, TX 78703
512-476-1206

www.wholefoods.com

Natural and Organic Foods Supermarket



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