



## *Abundant Herbal Blessings for the holiday season and winter months!!*

There are so many things happening in the coming days. Our club will hold its annual Austin Herb Society Holiday Bazaar during our regular Tuesday December 6 meeting. Members will offer their wares for sale; there will be music, and our always outrageous holiday refreshments. Bring your favorite holiday treat as a contribution to the refreshments.

We need members to turn in volunteer hours. PLEASE submit all hours that you have worked since May as well as you can reconstruct. Volunteer hour sheets have been misplaced for some of these months. You can only count hours worked for the AAGC, which for us mostly mean all those hours volunteers worked to design, install, care for and dedicate the existing Herb Garden and the new Vee Fowler garden. Please separate them into categories and months. Turn your hours in to Michael Zitz-Evancih at [mzitzevancih@austin.rr.com](mailto:mzitzevancih@austin.rr.com). We need the garden council to know how hard we are working for them.

Herbs are such a joy to have around this time of year. They are the very essence of our celebrations. This year, take time to use them to the fullest. Inhale them, eat them, share them, rub them on your body, throw them in your bath, use them to keep you healthy and unstressed. Look up the old tales about herbs, and tell them to the children. Try a recipe from "Austin Herb Society Cooks" or another herbal cookbook. Instead of shopping frantically, stay cozily at home and make tussie mussies, smudge sticks, wreaths, swags, potpourri, bath salts, dried herbal seasoning mixes, herbal butters, breads, cookies, and teas. Think of the people you are so busy for and say a little blessing for them. Books and articles will tell you how to do herbal crafts and foods but it is even better to have an "herby" friend over to show you how. Give yourself and your friends the gifts of time, relaxation and good health. Most of all, count your blessings, herbal and otherwise.

All blessings of the season,  
Cindy Phillips and Andra Millian  
AHS co-presidents

**Tuesday, December 5, Monthly Meeting, 9:30am-12:00 at Zilker Garden Center**

**Holiday Bazaar and Member Give-and-Take**

Grab your wallet and come do some shopping at the holiday bazaar. (See ad on second page of this newsletter.) Don't forget to bring recipes, dried herbs, holiday tips or whatever else you have to share. There will be live music to get you in the holiday mood and lots of treats to eat. This event is open to the public so bring a friend!

**There will be no Study Group this month.** See you in January for "Restful, Meditative, Healing Herbs".

**Saturday, December 9, Culinary Group will take a field trip to Round Top for the Festival Institute Annual English Holiday Afternoon Tea at 2pm.**

Everyone is invited but you are responsible for contacting Festival Hill yourself at (979)249-3129 to make your reservations (and reservations are required!) The cost is \$20 per person but the food is plentiful and fabulous. We will have two carpools: the south carpool leaves from the HEB at the Y in Oak Hill at 12:15pm and the north carpool leaves from the Burnet Road side of Northcross Mall at 12:30pm.

**No Zilker Park Herb Gardening Day scheduled for December.** If you have some spare time and want to volunteer in the gardens, check in at the garden center and they will find something for you to do. Judith says have a happy holiday and she hopes to see you in the gardens in the New Year.

**No Mayfield Park Gardening Day this month.** Call Julie Crouch at 339-0193 for information on the next Mayfield Park Gardening Day.

**Your help is desired and needed in both our gardens so make it one of your New Year's resolutions to come out and help. It's great exercise to work off those holiday pounds, you get to socialize at the same time, and you'll probably learn something new!**



# THE AUSTIN HERB SOCIETY PRESENTS A HOLIDAY GIFT BAZAAR

Join us for a day of herbal shopping and inspiration. Austin Herb Society members and local business owners will offer a variety of gift items, from hand-thrown pottery to plants, scented oils, jewelry, crafts, candles, gourmet foods, pampering beauty products, gift certificates and more!

Enjoy a fun pre-holiday shopping experience along with herbal treats and refreshments. Members, guests and newcomers welcome. Bring your checkbook and cash!

*Note: All gardening books will be sold tax-free. Plus, if you are a current AHS member or decide to join that day, you will receive a 35% discount on all book purchases.*

**Tuesday, December 5, 9:30 a.m. - 11:30 a.m.**

**Zilker Garden Center at 2220 Barton Springs Road**

**FREE! Bring a friend...or two.**

**The Austin Herb Society (512) 343-7677  
[www.austinherbsociety.org](http://www.austinherbsociety.org)**

**Give and Take – In the spirit of giving, bring recipes, herb mixes, seeds and herbal tips and lore to share and take home. Bring your best holiday treats for refreshment table.**

## Austin Herb Society 2006/2007 Sponsors

### **Acupuncture Medical & Research Centre\***

11673 Jollyville Road, Suite 201  
Austin, TX 78759  
512-336-7424  
[www.acupunctureaustin.com](http://www.acupunctureaustin.com)  
*Pain free, professional health care since 1988*

### **Alamo Draft House<sup>new</sup>**

1120 S. Lamar Blvd.  
Austin, TX 78704  
512-459-5177  
[www.originalalamo.com](http://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](mailto:abc@herbalgram.org)  
[www.herbalgram.org](http://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](http://www.anasfoods.com)  
*Ana'sHerbs—makes good cooks great!!*

### **Arbonne International<sup>new</sup>**

9257 Scenic Bluff Drive  
Austin, TX 78733  
512-402-0557  
[www.DorisManning.myarbonne.com](http://www.DorisManning.myarbonne.com)  
*Skincare, 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](http://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](http://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<sup>new</sup>**

464 Becker Farms Rd.  
Stonewall, TX 78671  
830-644-2681  
[www.beckervineyards.com](http://www.beckervineyards.com)

### **Big Red Sun**

1102 E. Cesar Chavez  
Austin, TX 78702  
512-480-0688  
[www.bigredsun.com](http://www.bigredsun.com)  
*Retail gardening center*

### **Chez Zee<sup>new</sup>**

5406 Balcones Drive  
Austin, TX 78731  
512-454-2666  
[www.chez-zee.com](http://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](mailto:cindyphillips@imagicmail.com)  
*Hifire stoneware pottery*

### **The Crossings**

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

### **Designs by Brenda<sup>new</sup>**

201B Bulian Lane  
Austin, TX 78746  
512-497-2289  
[bmdtubbs@hotmail.com](mailto:bmdtubbs@hotmail.com)  
*Reiki energy healing, jewelry and metaphysical supplies*

### **Eastside Café**

2113 Manor Road  
Austin, TX 78722  
512-476-5858  
[www.eastsidecafeAustin.com](http://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](http://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](http://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](http://www.gabrielvalleyfarms.com)  
*Wholesale nursery, herbs, perennials, natives, vegetables*

### **Gardens**

1818 W. 35th Street  
Austin, TX 78703  
512-451-5490  
[www.gardens-austin.com](http://www.gardens-austin.com)  
*Garden center & landscape design*

### **Garden Charms<sup>new</sup>**

2110 Avenue O  
Huntsville, TX 77340  
926-295-6841  
[www.garden-charms.com](http://www.garden-charms.com)  
*"Enchant your plants" Terra-cotta garden markers and frog hideouts*

**Geo Growers\***<sup>new</sup>

12002B Hwy 290 West  
Austin, TX 78737  
512-892-2722  
[www.geogrowersinc.com](http://www.geogrowersinc.com)  
*Soil fertility products & services*

**The Great Outdoors**

2730 S. Congress Avenue  
Austin, TX 78704  
512-448-2992  
[www.gardenadventures.com](http://www.gardenadventures.com)  
*Landscape and nursery*

**Herb Shop\***<sup>new</sup>

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](mailto: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](http://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](http://www.nilevalleyherbs.com)  
*Herbal tea—we are building our community*

**R&E Plants**<sup>new</sup>

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](http://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](http://www.wheatsville.com)  
*Austin's community grocery since 1976*

**Whole Foods Market**<sup>new</sup>

525 N. Lamar  
Austin, TX 78703  
512-476-1206  
[www.wholefoods.com](http://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](http://www.austinherbsociety.org)