



## Green Greetings, Herbies!!

May the New Year bring you growth of all kinds.

Please take note and remember that the Study Group, which has been meeting on the 2nd Thursday of the month will now be changed to the 2nd WEDNESDAY of the month. Mark your calendars for WEDNESDAY January 10 for “Restful, Meditative, and Healing Herbs”, a timely topic after the rush of the holiday season.

Even the most laid back of us probably experienced some tension, got a cold, or picked up a few pounds during the holidays. Now is the time to reclaim time to relax and get back to a healthy routine and diet. Here are a few suggestions:

- Feed your cold with lots of fluids, rest, and immune strengthening herbs. Avoid sugar and dairy products. Contrary to opinion, orange juice, which is acidic, will create more mucous and congestion. Try hot lemonade instead, using maple syrup or honey to sweeten it. Chicken soup (or miso if you're vegetarian) is full of healthy minerals, and the warmth is beneficial. Add your favorite immune strengthening herbs for added benefits.
- If you would like to lose those holiday “love handles”, try a soup made with clear broth and lots of vegetables. A good recipe is the Low Calorie Vegetable Soup on page 38 of “Austin Herb Society Cooks”. It uses cabbage, peppers, turnips, celery, parsley, onions, garlic, thyme, dill, and bay leaves in a tomato and broth base. Very warming and low calorie, makes lots, and smells great cooking.
- Relax with herbs in your bath. Gentle relaxing herbs include chamomile, lavender, rose petals, and comfrey. Steep and pour into your bathwater, or tie it up in a muslin bag and put it into the bathwater directly under the water nozzle. For a shower, tie it to the showerhead to soak; when it is soaked through, use it as a washcloth.
- Remember to get plenty of exercise. You may be more likely to do this if you make a pact with a friend or two. If it is cold, bundle up and go for a walk, then treat yourself to a hot drink.
- Get out all those herb books you have bought and USE THEM. Winter is a great time for experimenting with cooking, crafting, and experiencing the benefits of herbs.

Make this a great year for yourself and others by growing in all the ways you can.

Herbal blessings,  
Cindy Phillips and Andra Millian  
AHS co-presidents

### **Tuesday, January 2, Monthly Meeting, 9:30am-12:00 at Zilker Garden Center**

#### **Growing Herbs in Central Texas**

It's a new year so come get psyched up about planting a new herb garden or rejuvenating an existing one. **Christy Greene**, nursery manager of AHS sponsor **Big Red Sun** will give us pointers and new ideas for herbs that do especially well in our area.

### **Wednesday, January 10, Study Group, 7pm-9pm at Zilker Garden Center**

#### **Restful, Meditative, Healing Herbs**

Join Vee and Robin for an exploration of herbs that will help us all recuperate from the holidays and start the new year off right. PLEASE NOTE NEW MEETING NIGHT!

### **Friday, January 19, Culinary Group will meet from 10am until 12.**

It's January so it *may* be cold outside, so the culinary group will be exploring soups and breads. We will meet at Jane Leedom's house. Call Jane at 263-0071 for more information and directions.

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

Come out and work off some of those holiday pounds. Contact Judith at 944-2787 for more information.

### **Tuesday, January 23, Mayfield Park Gardening Day is the 4th Tuesday of each month starting at 9:30am.**

Was your New Year's resolution to get more exercise? Call Julie at 339-0193 about helping out in the Mayfield Park Garden.

**Your help is desired and needed in both our gardens so come on out and help.**

## AHS Business and Updates

### If you shop at Randalls. . .

Don't forget to tell the checker that you are a member of the Austin Herb Society and that the Good Neighbor number is 8651. That way, AHS gets a small donation from Randall's for your having shopped there.

The last quarter of 2006 the Austin Herb Society received \$27.17 from Safeway/Randalls from members giving our number to the checker when shopping there. It's not a lot but it's money we wouldn't have had otherwise. So write that Good Neighbor number (8651) in your check book and remember to tell them when you shop at Randalls.



**AustinOnsiteAcupuncture** will be featured in *bRilliant* Magazine in the January 2007 issue devoted to Health and Wellness. Owner and AHS co-president, Andra Millian, mentioned AHS when she was

interviewed and we are all hoping the editors decide to keep that part of her interview! Andra will bring some copies to a meeting but you can also pick it up where free magazines are found.

Andra is also offering a 10% New Year discount for AHS members (in addition to their regular 10% discount) for a WEI QI IMMUNE SHIELD treatment. In Traditional Chinese Medicine, the concept of WEI QI is similar to the concept of the immune system in the West. WEI QI protects and defends the body from foreign substances like bacteria, viruses, dust, mold and pollen, that if not cleared can lead to common colds, allergies and flus. TCM treatments usually include some combination of specific WEI QI enhancing herbs, acupuncture, dietary changes and massage therapies that are said to accelerate and enhance the building of the body's WEI QI so that it can best shield itself against these 'foreign invaders'.

## JANUARY SPONSORS OF THE- MONTH GARDENS

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

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The Potpourri Editor apologizes for the itty-bitty newsletter this month but she's on her way to celebrate New Year's at the Texas coast. Look forward to newsier Potpourri's in 2007!

Have a safe and happy New Year!!

## Austin Herb Society 2006/2007 Sponsors

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