



Greetings, Herb Aficionados!!

There are a number of new things to take note of in the Austin Herb Society. Though it is snowing as I write, admittedly a rare event, spring will soon be here. We have already received our allotment of tickets from the Austin Area Garden Council to sell for the Zilker Garden Festival scheduled for March 31 and April 1. Tickets are \$3 presale or \$5 at the gate. A fun thing to do is to buy several and sell or give them as gifts to friends. Then you can all attend together. We will sell them at our February meeting. We are asking every one to take at least 2. Raffle tickets are also available for \$1 each or 6 for \$5. Great prizes! Proceeds from sales benefit the gardens. There is always a great collection of plants and garden art at this event.

Member Judith Craft has been researching AHS records, and has found that we were established in 1983. This makes 2008 our 25th anniversary. If you have ideas how to celebrate, we are interested. Some suggested possibilities – a new cookbook, past handouts published as a book or booklet, another reincarnation of the HerbFest, a special seminar, garden improvements in our two Zilker gardens. Or something else. Of course, any extra thing we do requires extra volunteering from YOU.

It's February, time for love - romantic love or just loving yourself and your friends. Seafood is considered an aphrodisiac since the Goddess of Love, Aphrodite, emerged from the sea. Flavor your fish with basil (dried, this time of year) and tomato, the *love apple*. Roast your vegetables with rosemary for remembrance and abiding affection. If you adhere to the Doctrine of Signatures, through which plants tell us what they are useful for by their appearance, your vegetables might be artichokes, asparagus, carrots, or parsnips, among others. Mustard and onions are said to provoke lust. Cinnamon, cardamom, & ginger are alluring spices. Scent your candles or aromatherapy lamps with ylang ylang, rose, jasmine, or passion flower. For the man in your life, saw palmetto is good for reproductive health. And don't forget all those healthy herbal teas like sage, chamomile, and nettle. Herbs are treats for everyone, so treat yourself and your loved ones.

As this is being written there is SNOW on the ground. When it melts, your plant friends will appreciate extra care in the form of pruning, mulch, and feeding. Let them know that you love them too. May all your plants bear flowers and fruit!

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

Tuesday, February 6, Monthly Meeting, 9:30am-12:00 at Zilker Garden Center

Designing Your Herb Garden

We'll build on what we learned last month when garden designer and San Antonio Herb Society member, **Diane Lewis**, visits us to share lots of design tips just in time to incorporate them into your own spring garden plans

Wednesday, February 14, Study Group, 7pm-9pm at Zilker Garden Center

Valentine's Day Study Group

Is *Theobroma cacao* an herb? We will explore some chocolate history and use and sample various grades of chocolate. Come prepared to share what you know about chocolate and treat your palate. PLEASE NOTE NEW MEETING NIGHT!

Friday, February 16, Culinary Group will meet from 10am until 12 at the American Botanical Council, 6200 Manor Road.

It's a Valentine's Day Tea. You can wear your hat and gloves if you want, but it isn't necessary. In addition to tea, we'll have all the tasty little goodies that go along with it. Call Sandra at 258-4643 for more information.

Tuesday, February 13, Zilker Park Herb Gardening Day is the 2nd Tuesday of the month starting at 9:30am. There's always work to do in the garden especially getting ready for spring. Contact Judith at 944-2787 for more information.

Tuesday, February 27, Mayfield Park Gardening Day is the 4th Tuesday of each month starting at 9:30am. Little green things will be poking through the ground so come out and help them along. 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

Spring Seminar Cancelled

Please remove the AHS Spring Seminar from your calendar and plan on attending Zilker Garden Fest instead. Due to circumstances beyond our control, this event has been cancelled. We are discussing alternatives but have no firm plans yet regarding a replacement event.

Zilker Garden Festival Saturday, March 31 – Sunday, April 1, 2007 10am – 5pm

Support Zilker Botanical Garden and the Austin Area Garden Council by volunteering and/or attending Austin's biggest garden event. AHS will not have a booth but AAGC needs our help so please consider volunteering for a few hours either Saturday or Sunday. If you can't volunteer, buy tickets to attend at the February herb society meeting. You save \$2 per ticket by buying them in advance (\$3 instead of \$5). At that price you can afford to take a friend.

Buy some raffle tickets at the February herb society meeting as well. They are \$1 each or six for \$5. The drawing will be held at 4pm on Sunday and some of the great prizes that have been announced thus far include a chain saw, water fountain, computer & printer, fire pit, mini-barrel barbecue pit, leaf blower, yard treatment and a professional photography session.

And if that's not enough garden festival for you. . .

ABC Spring HerbFest

AHS sponsor and local herb resource, the **American Botanical Council** is having their herbal spring fling on **Saturday, March 31** from 10am until 3pm. They will have speakers, tours, demonstrations, and herbal stuff for sale, including books and plants. So mark your calendar for a day planned around your garden needs. Head over to **6200 Manor Road** to pick up the plants you couldn't find at Zilker. Call 512-926-4900 for more information.

FEBRUARY SPONSOR OF THE- MONTH AUSTIN ONSITE ACUPUNCTURE AND NUTRITION

Remember to stop by and visit our sponsors at the next meeting. They will have featured tables 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.

Austin Onsite Acupuncture and Nutrition is owned and operated by AHS co-president, Andra H. Millian, M.S. L.Ac. C.H. and is located at 401 East 53rd Street, Suite 204, in Austin. From acupuncture to holistic Chinese medicine, Andra provides services designed to refresh, rejuvenate, and restore you to yourself. Her aim is to make you feel great, gain energy, improve your health, and become yourself once again! Be sure to stop by Andra's table.

Winter Container Gardens for Zone 8, Central Texas by Michele Chaput

You can find most of these plants at local garden centers in the fall. You may want to have containers just for herbs or edible plants for your kitchen garden. Having a container just off the kitchen allows you to easily include herbs and fresh produce in your winter dishes. You may also want to have eye-catching containers for the patio. Some ideas are to use just one fantastic plant variety, or use one color but a variety of species, or use contrasting colors of the same species, or use contrasting colors and varieties of plants for texture and interesting combinations.

When the temperatures drop below freezing a towel or sheet over the top of the containers is all it takes to keep them safe. Do not use plastic! Water frequently and feed every 2 weeks with a water-soluble fertilizer.

Herbs and Vegetables:

Flowering kale
Cabbage
Lettuce
Mache
Spinach
Dill

Fennel
Oregano/marjoram
Borage
Cilantro
Garlic chives
Parsley

Rue – if you aren't sensitive to it

Flowers:

Pansies
Snapdragons
Calendula
Poppies

Dianthus
Bluebonnets
Rye grass (from seed)
Nasturtium
Sweetpeas (from seed)
Alyssum
Cyclamen

Brighten Your Holidays with Pomegranates

by Michelle Chaput

[Editor's note: We got this article too late for the December Potpourri but these recipes would work just as well for our February holiday. After all, pomegranate is an aphrodisiac.]

While traveling this past fall in Egypt, the lovely pomegranate was a prominent ingredient in many of the beautifully prepared dishes that we encountered throughout our travels. Morning greeted us with bowls of this lovely fruit, gleaming brightly red and screaming 'Holidays' each time I spied it! Early in the morning, before we ventured to yet another temple or tomb, we added this beautiful fruit to a concoction made of heavy whipping cream and almonds with dried fruit muesli. The cream was slightly sweet and the muesli added crunch and texture that was sinfully delightful made even better with a liberal topping of pomegranate seeds.

Pomegranate seed also accompanied a light vanilla pudding that was topped with shredded fresh coconut and chopped pistachios. With a light sprinkling of the dazzling pomegranate seeds, it made a gorgeous accompaniment to the fresh fruit which was available both morning and evening with dessert! When I saw these wonderful presentations I couldn't help think what a lovely addition either of these dishes would make to any holiday breakfast sideboard.

Pomegranates grow readily in Austin and the variety 'Wonderful' is usually available at AHS sponsor, Barton Springs Nursery. The pomegranate's native habitat extends from Iran to the Himalayas and was cultivated throughout the Mediterranean region of Europe, Asia and Africa. The shrubby tree grows to 20 feet tall with small glossy leaves. In the spring it sprouts red-orange trumpet-shaped flowers which are followed by deep red fruits. There are small varieties that make lovely container plants for the porch and deck. These smaller plants produce flowers and fruits that are inedible but are lovely to see. Deer will eat the smaller varieties to the ground but the larger trees will survive with protection until they're taller and out of reach of the deer.

The best way to seed a pomegranate is to fill a large bowl with water and submerge the pomegranate to peel it. That way when the juice squirts out, it stays in the water instead of all over you. Once you have all the seeds separated, remove the outer and thin papery inner skin and strain the remainder.

For the following recipes, you can seed the pomegranates the day before and store them in the refrigerator. You can also freeze them and store them in the freezer of several months. You might serve the pomegranate seeds in a clear glass bowl and use a lovely old spoon to serve them.

Whipped cream with muesli and pomegranate seeds

1 small container of whipping cream
1 cup muesli with almonds and dried fruits
1 tsp. vanilla extract
2 tsp. sugar (or to taste)
Pomegranate seeds

Whip cream and add in sugar and vanilla if desired. Fold in about 1 cup of muesli cereal. Sprinkle with pomegranate seeds.

Pudding with fresh coconut, pistachios and pomegranate

2 Tbsp. cornstarch
1/2 cup sugar
1 egg
2 cups milk (the instant skim milk works well)
2 Tbsp. butter
1 tsp. vanilla

Stir cornstarch and sugar together in a saucepan. Stir egg into mixture thoroughly. Add milk a little at a time. Add butter and cook over low heat, stirring constantly until thickened and bubbly. If pudding has lumps, beat a few moments with electric mixer. Add vanilla. Cool or serve warm. Before serving, top with shredded coconut and chopped pistachios. Sprinkle with fresh pomegranates seeds.

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
Skincare, color, nutrition, aromatherapy

Austin Onsite Acupuncture and
Nutrition*
Andra H. Millian, M.S. L.Ac. C.H.
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

Designs by Brenda^{new}
201B Bulian Lane
Austin, TX 78746
512-497-2289
bmdtubbs@hotmail.com
Reiki energy healing, jewelry and
metaphysical supplies

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

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.texasherbalbodysolutions.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