



Spring Greetings, Herb Lovers!!

March, the first month of the Roman calendar was named for Mars, Roman god of war. The weather in March sometimes displays those violent tendencies. Here in Texas we might have big winds, rains (or no rain) and a last freeze. Much of the time it will feel like spring. Sometimes it will be downright hot. In the vegetable garden, it is time to start harvesting the old cold weather crops and replacing them with the herbs and heat loving veggies.

If you are overwhelmed with greens when you harvest, steam or stir fry them with garlic, onion, or ginger. They are great as is or used as an enchilada filling, pasta garnish or stuffing, sauce, soup or casserole addition. Use greens fresh. Most suffer flavor and texture loss if frozen. If you have just Too Much, friends and neighbors who don't have gardens might appreciate a gift of fresh greens. Greens are a great spring tonic, offering vitamins and minerals galore. As an herbalist of our acquaintance said, "Don't eschew the bitter." So chew those plants.

Use your weeds, too. Cleavers tea and dandelion greens are among the local "weeds" that serve as food and medicine. Of course, don't use plants that you cannot identify absolutely, that you are unfamiliar with, or that have been exposed to insecticides. Take a class or read about our native plants, then use them. It is fun and interesting. Teach the children about them while you are learning. A great way to learn about herbs and native plants is to volunteer in our Zilker and Mayfield gardens. See right hand column for contact info.

Don't forget to support our sponsors while you are planning your spring projects. Have you visited all of them? They are a valuable resource. Let them know that you are an Austin Herb Society member when you do, and that you appreciate their support. You'll meet some really great people.

Spring sweetness and successes to all,
Cindy Phillips and Andra Millian
AHS co-presidents

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

The History of Plant Dyes

Molly Ogorzaly has studied plant dyes for a many years and she will share what she has learned with us by way of a lecture and a demonstration of the art of applying plant dyes using eggs as her canvas. If you have them, bring red onion skins, marigolds or calendulas, interesting leaves and pantyhose (legs only).

Saturday, March 17, Study Group, 9:30am-11:30am at Robin Carter's house

The March study group will NOT meet at Zilker on March 14. Instead, study group will meet Saturday March 17, at 9:30 a.m. at Robin Carter's to discuss **Cooking with Exotic Herbs**. We'll talk about the cilantro and oregano mimics, plus a few others. Come prepared to share what you know about exotic herbs. Call 288-2296 or 463-8683 for directions.

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

Come celebrate St. Patty's Day. Some of the food will be Irish and some will be green; after all it's about the herbs, right? Call Sandra at 258-4643 for more information.

Tuesday, March 13, Zilker Park Herb Gardening Day is the 2nd Tuesday of the month starting at 9:30am.

Mmm! We're starting to have some lovely spring mornings so come on out and dig in the dirt. Contact Judith at 944-2787 for more information.

Tuesday, March 27, Mayfield Park Gardening Day is the 4th Tuesday of each month starting at 9:30am.

Spring will be in full swing by the 4th Tuesday so head out to Mayfield Park and see what's coming up. 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, Updates and Related Announcements

The Wheatsville Herb Fair
Saturday, March 17
10am – 5pm

Once again, Wheatsville Co-op will be hosting its annual herb fair. Growers from all over the state will have a wide variety of herbs, natives, vegetables and flowers for sale. It's also a great place to pick up some yard art, bird houses and bird baths, as well as herbal products for the kitchen and bath.

There will be local speakers throughout the day addressing topics such as cooking with the herbs of Thailand, landscaping with herbs and natives, medicinal herbs, xeriscaping, soil preparation, composting and education for novices as well as for the advanced gardener. And it's free admission, folks!

**The 12th Annual Herbal Forum at Round Top:
A Celebration of Lemon-Scented Herbs and Lemon
Balm, Herb of the Year 2007**
Friday, March 23 – Saturday, March 24

The Herbal Forum in Round Top, Texas (about 75 miles east of Austin via Highways 290 or 71) is always a lovely affair, and this year will be no different. Workshops on Friday include Tea Cupping and Blending, Creating Herbal Cheeses, and Enchanting Miniature Gardens. Saturday lectures include A Gathering of Lemon Herbs with Henry Flowers, Garden Director of Festival Hill; Floral Arrangements: From the Garden to the Table; Fiesta in Lucinda's Garden with our own Lucinda Hutson; You Mean Someone Grew My Shirt (all about fiber plants); and Pomegranate Soup with yet another Austin herbie, Sara Moore. There will also be lecture-demonstrations on How to Weave Your Own Basket, Making More: How to Propagate Your Favorite Herbs and Other Plants, and A Birthday Bash for the Bard (a toast to William Shakespeare and his use of plants in his writings). There will be a wonderful luncheon served on Saturday and you can rent a room on the Festival grounds if you want to stay Friday night. The plant sale is absolutely fantastic! There is always a great selection to choose from. They have a great book store hosted by Lucia Bettler from Lucia's Garden in Houston, who also does a blessing of the garden each year. There will also be other fun herb-related items for sale. The total cost for Saturday events, lunch and afternoon refreshments is \$75. Friday optional workshops are \$35-\$45 extra depending on the workshop. For more information, visit http://www.festivalhill.org/index.php?module=pagemaster&PAGE_user_op=view_page&PAGE_id=33&MMN_position=48:48, or to make reservations, call 979.249.3129.

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

It's not too late to volunteer to help out at the Zilker Garden Festival. Zilker Botanical Garden and the Austin Area Garden Council would appreciate the help. 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, ask at the February herb society meeting to see if the advance tickets are still available. You save \$2 per ticket by buying them in advance (\$3 instead of \$5). Take a friend or two with you.

There may still be raffle tickets available at the March 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, garden art from Verna and Susan Grice, bicycle, and Vietnamese pots, yard treatment and a \$500 professional photography session.

And yet another herb and garden event. . .

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 (including John Dromgoole), tours with Ellen Zimmermann, Ginger Webb and Niki Telkes, 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.

A Passion For Plants: An East Austin Garden Fair will be held on March 17, 2007 from 10 a.m. until 4 p.m. at the A.C.C. Riverside Campus in the Horticulture Building at Grove Blvd. and Hogan Street. Events will include hands-on demonstrations and how-to instructions on how to grow plants from seeds, plant trees, grow vegetables and much more! They will also be giving away free plants!

There will be special free activities for the kids. Bring them to meet the "Bug Lady" and some of her special bugs including the giant cave cockroach, one of the largest species of cockroach known to man! (Who could pass that up?)

For more information contact the Travis County Master Gardeners at
512-854-9600

Plants Needed for AHS Gardens

The following lists from Judith Craft are plants needed for addition to the AHS Herb Gardens at Zilker. While you're doing your spring shopping, pick up a few extras and get them to Judith for the gardens. It would really be appreciated.

Natives:

- 1 wild rose – *Rosa foliolosa*
- 1 orach – *Atriplex hortensis*
- 1 false indigo – *Amorpha fruticosa* or *A. texana*
- 3 soapwort – *Saponaria officinalis*
- 1 toothwort – *Dentaria lacinata*
- 6 cardinal flower – *Lobelia cardinalis*
- 1 Joe Pye weed – *Eupatorium purpureum*
- 4 Mormon tea – *Ephedra antisyphilitica*
- 2 pleurisy weed – *Asclepias tuberosa*

Wildflowers:

- 1 wild indigo – *Baptisia leucophaea*
- 6 bird's foot violet – *Viola pedata*
- 4 Lovell violet – *Viola lovelliana*
- 2 flax – *Linum usitatissimum*
- 4 gayfeather – *Liatris mucronata*

For the original herb garden:

- 3 mullein – *Verbascum blattaria*
- 2 sweet woodruff – *Galium odoratum*
- 2 peppermint – *Mentha x piperita*
- 1 cayenne pepper – *Capsicum annuum*
- 2 tarragon – *Artemisia dracuncululus*
- 1 borage – *Borago officinalis*
- 1 vicks plant – *Plectranthus purpuratus*
- 1 clary sage – *Salvia sclarea*
- 4 nasturtium – *Tropaeolum majus*
- 1 lovage – *Levisticum officinale*
- 2 lavender "Thumbalina" ...
- 2 hibiscus "Texas star" – *Hibiscus moscheutos* or *H. coccineus*

She would also like to get a very large, low and wide ceramic. If anyone has an empty on good condition, please contact Judith.

A little farther afield. . .

There will be a **Native and Heirloom Plant Fair** in Stephenville, Texas on April 14, 2007 from 9:00 am until 3:00 pm. It will be held at The Stephenville Museum at 525 E Washington Street. Speakers include Chrissa Nugen on Butterfly Gardens, Jackie Smith on Water Features for the Landscape, Sabino Cortez on Compost for the Garden, and Malcolm Beck on the Garden-Ville Method.

They are also looking for vendors and booth space is free. You can find out more by calling Connie Fox at 254.968.9208, by faxing her at 254.968.9228, by emailing

her at Fox@Tarleton.edu, or by calling Joanne Ball at 254.968.5275.

And even farther afield. . .

The Herb Society of America Educational Conference and Annual Meeting of Members will take place May 3-5, 2007 in Scottsdale, AZ at the Chaparral Suites Hotel. Not a member? You can still welcome! Featured presentations include James A Duke on Green Prescriptions: Natural Strategies and Herbal Recipes for a Healthful Lifestyle; Susan Belsinger on Golden Petals: Calendula, Herb of the year for 2008; Phyllis Hogan on Traditional People, Medicinal Plants: The Legacy of the Winter Sun; and Kirti Mathura on Southwest Native Herbs for your Garden and Landscape. There will also be lectures on rare herbs and ancient seeds of the Southwest, ancient gourd art, holistic skin care, herbs of Mexico, plant photography and promising plants. Two pre-conference tours and one post-conference tour will take attendees to places like the Boyce Arboretum, the Desert Botanical Garden, Papago Park and the Pueblo Grande Museum and Archeology Park. There is a lot to be learned both in and out of the lectures. The herbal marketplace at the conference is outstanding and you will meet a wonderful group of people. For more information, visit <http://www.herbsociety.org/conference-brochure-screen.pdf> or contact Wendy Daugherty at 440.256.0514 (voice, for questions) or 440.2456-0541 (fax) or email: wdaugherty@herbsociety.org

The 'Blue-Collar Gardeners' Return To Radio

Popular garden hosts Drew Demler and Jeff Rodgers return to their radio audience via internet podcast. Formerly known as the morning hosts of the Red Barn Garden Hour on KWNX, the local garden gurus left the radio scene in 2003 to further their landscape careers. After a long hiatus and much demand, the two have decided to once again join forces to bring their unique brand of fun and factual garden advice to the Austin area.

Sometimes referred to as 'Click and Clack' for gardeners, Drew and Jeff are known for expert advice and excellent garden knowledge delivered with their tongues firmly planted in their cheeks. This dynamic duo specializes in practical advice for the average homeowner. They firmly believe that the homeowner is the most important part of any landscape and their everyday answers offer results that focus on creating a place to enjoy, rather than just maintain. The Blue Collar Gardeners weekly internet podcast can be found, along with tons of great garden advice, at www.bluecollargardeners.com.

Calendula: A Little Bit of Sunshine in the Winter

Not that Texas is short of sunshine, even in the winter, but don't you get lonely for all your lovely blooming plants on those cold, gray days that we do get? Sure we've got pansies and their little brothers, the johnny jump ups to dress up our salads. And those lovely blue, cucumber-flavored borage flowers if you remembered to plant some seed in fall. By this time, your Brassicas may have started to bloom and a handful of arugula, broccoli, or mustard flowers sprinkled on top of your vegetables or rice is a very tasty addition. But is there anything more cheerful in the middle of winter than a big ole bunch of orange and yellow calendula flowers. They're just so bright and happy looking. The beauty and perfection of the blossoms is medicinal in and of itself.

Calendula, or pot marigold, is native to the Mediterranean countries. The name, calendula, refers to the plant's tendency to bloom in accordance with the calendar, every month in some regions, or during the new moon.

In both contemporary and historic times, calendula tinctures, ointments, and washes have been used to notably speed the healing of burns, bruises, cuts and the minor infections that they cause.

The German Commission E approved the internal and topical use of calendula flower for inflammation of the oral and pharyngeal mucosa. It was also approved externally for poorly healing wounds. Specifically, herbal infusions, tinctures, and ointments are used to respond to skin and mucous membrane inflammation such as pharyngitis, dermatitis, leg ulcers, bruises, boils, and rashes.

People have used this particular salve for all types of skin conditions including burns, dry, chapped skin, mosquito bites, and atopic dermatitis.

Calendula has no known contraindications, no known side effects, no interactions with other drugs and there are no restrictions known concerning use during pregnancy and lactation.¹

 Gayle Engels

¹ Blumenthal M, Goldberg A, Brinckmann J, editors. *Herbal Medicine: Expanded Commission E Monographs*. Austin, TX: American Botanical Council; Newton, MA: Integrative Medicine Communications; 2000.



Calendula Salve

1 part mango butter
1 part cocoa butter
2 parts unrefined shea butter
3 parts calendula infusion (2:1 apricot kernel oil)

Place dried calendula petals in clean glass jar. Cover with apricot kernel oil. Cover jar with plastic wrap before putting lid on. Store in cool, dark place for 6 weeks, shaking jar every few days. Strain oil through cheesecloth. Whatever quantity of oil you are left with determines how much you need of the other ingredients. For example, if you have 6 oz. infused oil, you will need a combination of butters totaling 8 oz., and enough jars to accommodate 14 oz. of product. (Shea butter is the least expensive and cocoa butter smells the best.)

Heat calendula infusion and mango butter over low heat to 120°. Add cocoa butter and slowly heat to 170°. Remove from heat and cool to 120°. Add shea butter and heat again to 170°. Allow to cool a little. At this time, you can add some of your favorite essential oil if you want. Adding sweet geranium oil adds to the healing power. Ladle mixture into clean jars, wipe rims of jars as needed, and allow to cool.

Add label with ingredients and date prepared. Store in cool, dark place. It should last 6-12 months unless you contaminate it with dirty hands. It can be stored in the refrigerator which makes it last longer and makes it feel even better going on.

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 Cafe
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