



Herbal Greetings Everyone!!

September is upon us. Long summer days will begin to shorten and temperatures will go down. How much and when, in this unusual Austin weather pattern, remains to be seen! Austin area schools and Universities have reopened. AHS members will reconvene and share summer stories.

Speaking of summer stories, here's a wonderful surprise that happened this summer. Recently, Co President Cindy Phillips went to the AHS storage facility with Robin Carter and Diana Hyland where they struck the mother lode and found nearly three full cases of AHS cookbooks! These books are chock full of wonderful herbal recipes donated and compiled by AHS members past and present. Come to the AHS meeting in September and buy your cookbooks while they last!

In Chinese herbology we say that the weather is shifting from a 'YANG within YANG' season of activity and high summer when herbs create lots of leafy growth stretch out to receive the sun, to a more 'YIN within YANG' stage of Indian summer and autumn, when roots develop and reach deeper into the soil as the weather continues to cool. This month is a great time to transplant herbs such as oregano, thyme, lemon balm and sage. Now and later in the 'YIN within YIN' winter, they will grow a healthy root system to support the foliage of next spring. Be sure to check your soil drainage before planting perennial herbs. Most won't survive if the soil drains too slowly, keeping the herb's roots too wet.

Lastly, some things to put in your thinking caps before you come to our September meeting. Will you volunteer for the October 13 HERBFEST or get a booth if you have anything you wish to sell there? Will you volunteer your time for the DECEMBER HOLIDAY BAZAAR and TEA PARTY? Both are such fun and real highlights to our membership. We hope your decision is YES!

Cindy Phillips and Andra Millian
Co-Presidents AHS

¡FIESTA! September Members Luncheon Zilker Garden Center, Friday, September 4, 9:30AM – 11:30AM

We hope you've made your reservations for the luncheon! If not, call Pam Bell right now at 894-0767. We're all bringing dishes made from recipes from **Lucinda Hutson's** cookbook. Lucinda will be our featured speaker and will share great herbal party ideas.

Bring Seeds to the September Meeting!

We want to have packages of seeds for the October HerbFest on HerbDay, Saturday, October 13. So if you have seeds to share, bring them in clearly labeled baggies and give them to Robin Carter. Herb seeds are great but we'll take flowers and vegetables too.

Culinary Group meeting, Tuesday, September 21, 11:00AM – 12:30PM, American Botanical Council, 6200 Manor Road

Lemon Balm – Herb of the Year 2007

Had to get this in before the end of the year and what a great herb for our still-very-hot weather. Sara Holland will teach us all about this special herb and we will try food and drink made with the lemon herbs. For more information, call Sandra Holland at 258-4643.

Field Trip – Saturday, September 29

Wild Connections Butterfly Garden

Save the Date! Details to follow.

Zilker Park Herb Gardening Day. Call Judith at 944-2787 or Michelle at 343-7677 to volunteer to help out in the Zilker Herb Garden or the Vee Fowler Native Texas Herb Garden. It's time to gear up for the fall planting season so come on out and help.

Mayfield Park Gardening Day. Call Julie Crouch at 339-0193 to find out when she'll be working at Mayfield. Julie has kept this garden going pretty much all by her lonesome for the last few years so give her a call and help her out!

AHS Business, Updates and Related Announcements

Another Reminder: Seeds Needed for HerbFest!

We want to add small packages of seeds to our brochures for our Herbal Ambassadors to hand out at HerbFest on October 13, 2007. If you have seeds to share, or would like to donate already packaged seeds, please bring them to the September Members Luncheon. Robin Carter will collect them and staple them to our new brochures for distribution. Please label whatever you bring so Robin will know what the seeds are and can repackage them if necessary. Of course we prefer to put herb seeds in the packages, but all seeds are welcome and appreciated.



Field Trips

Austin Herb Society field trips are one of the great benefits of membership in the club. Our trips are usually on Saturday mornings with lunch afterwards. We plan to visit the Krause Springs gardens in October, Purple Gate Herb Farm in May, and the Blanco Lavender Festival in June. Other adventures in the works include Boggy Creek Farms, the Pure Luck Goat Dairy, and our annual members' garden tour in the spring. Don't plan anything for Saturday, September 29 as we will be visiting Wild Connections Butterfly Farm. Details will follow in a separate communication.



RECIPES

Here are a couple of recipes that never made it into the Potpourri. These are from Shanti Dechen, one of our speakers from last year.

Allergies/Respiratory Blend

Add to 15 ml (1/2 oz or 1 TBSP) of jojoba the following essential oils:

- 3 drops of bay laurel (*Laurus nobilis*)
- 3 drops of cedarwood (*Cedrus atlantica*)
- 3 drops of tea tree (*Melaleuca ericifolia*)
- 3 drops of ravensara (*Ravensara aromatica*)

Apply 2-3 drops of this blend to a cotton ball or use in a nasal inhaler or nebulizing diffuser; inhale 3 to 6 times a day to assist the respiratory system.

Precautions: Do not use undiluted, may cause skin sensitivity; do not use with on children under 5, during pregnancy or in a bath.

Bug repellent blend:

Add to 15ml (1/2 oz. or 1 TBSP) of aloe vera gel the following essential oils:

3 drops of lemongrass (this can be substituted with citronella)

3 drops eucalyptus (*Eucalyptus radiata*)

3 drops cedarwood (*Cedrus atlantica*)

2 drops fir (*Abies alba* or *Abies grandis*)

2 drops peppermint (*Mentha x piperita*)

Shake well, use as needed on the arms, legs or other exposed areas on the body before outside exposure.

If you would rather have this in a spray application you can mix the oils in the aloe vera or vegetable glycerin in a 2oz spray bottle, shake and add ½ purified water and peppermint hydrosol. Refrigerate when not in use.

Precautions: For children or elders use 1/2 the dosage. Omit the eucalyptus (*Eucalyptus globulus*) and cedar (*Cedrus atlantica*) for children under the age of 5 years. May cause dermal irritation on the face.



CALL FOR ARTICLES and TEN MINUTE HERBAL TIPS

It's a new year of programs and for the Potpourri as well. Don't forget that we want your book reviews, recipes, articles on herbs and any other tidbits of herbal lore that you have to share. Don't worry if you think you're writing isn't the best. That's what the editor is for! So if you traveled to some lovely botanical gardens this summer or spent your time inventing new tea blends or learned some fantastic new gardening secrets . . . do share! If you just don't like to write, then volunteer to present a Ten Minute Herbal Tip of the Month at one of our meetings. We'd love to hear what you have to offer.



HerbFest 2007 at the Sunset Valley Farmers Market

Saturday, October 13, 9:00am-1pm

October marks Herb Awareness Month with activities throughout the city, including our beloved HerbFest in partnership with the Sunset Valley Farmers Market located at the Burger Center, 3200 Jones Rd., off 290 between Brodie Lane and Westgate Blvd. Live music. No entrance fee for shoppers. Free parking. Kids activities.

HerbDay is also on October 13! We are encouraging everyone to do something special throughout the month – a tour, a sale, a show or an event. This gives everyone an extra opportunity to promote Herbal Awareness and stir up interest in all things natural, green and healthy. Please send me your news and event information for the month of October, as I will be sending out PRESS RELEASES to promote our sponsors. **For details about Herb Day, visit: www.herbday.org**

Vendor Cost: \$35 for a 10x10 booth, or \$70 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.) Suggested categories:

- Plants, fresh herbs, dried herbs, seeds
- Herbal health and beauty care products, aromatherapy products
- Herbal cooking products, teas, condiments, food (demonstrations and samples)
- Herb-related gift items, jewelry, decorative crafts
- All types of books on gardening, herbs or cooking, plus book signings
- Gardening tools, plant markers, fertilizers, trellises, garden art, pots
- Acupuncture, massage or related services

Your fee is earmarked as a fundraiser for the herb garden expansion at the Zilker Garden Center and other AHS projects. Reserve a booth through advance payment on the attached membership form. This is a rain or shine event, so no refunds.



Sponsored by the Austin Herb Society, www.austinherbsociety.org
Contact Diana Hyland for information.
Phone: (512) 402-9697, Email: hylandinc@austin.rr.com
www.sunsetvalleyfarmersmarket.org

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