



Herbal Greetings to All and Happy Fall!!

I don't know about you, but it still feels like summer to me, albeit Indian summer. I'm sitting on my back porch writing this letter and stopping often to observe the HUGE butterflies that have alighted on the equally HUGE lantana that have taken over my yard thanks to our deluge of a summer. Lantana flowers are a hearty, colorful, deer resistant blessing in Central Texas, as are the butterflies a balm against the plants and flowers that didn't make it through the hot and wet summer.

We had a wonderful AHS kick off meeting in September, didn't we? The Hospitality Committee led by the ever creative and resourceful Pam Bell outdid themselves in preparation and presentation of the wonderful recipes from favored speaker Lucinda Hutson's cookbook. Lucinda kicked it up a few notches by entertaining us with not one but two glorious visual presentations of Mexican Fiestas and dishes. Members were inspired to purchase many of her cookbooks and Lucinda herself shed a little tear when member and master 'cooker' Michelle Loftstrom presented her with a handmade paper photo album filled with photos of Lucinda and her lovely home and garden taken at last season's AHS Garden Tour. A hearty herbal THANK YOU to all who participated and helped make the event fun, enlightening and delicious!

October is a good time to plant your cool season annual and perennial cooking herbs. Be sure to plant in a sunny, well drained spot CLOSE TO THE KITCHEN; you don't want to be running outside in a Texas thunderstorm to hurriedly clip that dill you forgot to sprinkle in your soup! Try planting one of everything you like to use. This month is a great time to swap your favorite herb seeds with friends. Herbs that tend to grow well from seed are: parsley, dill, cilantro, fennel and borage. Or go to your favorite nursery and stock up on chives, mint, lavender or some catnip for your feline pals.

Don't forget to volunteer for HerbFest (see page 4 of this newsletter) and if you haven't renewed your membership, please do!

Peace and blessings to all,
Andra Millian and Cindy Phillips
Co-Presidents AHS

Glorious Gourds!

**Zilker Garden Center, Tuesday, October 2,
9:30AM – 11:30AM**

Betty Kent, former president of the Texas Gourd Society and gourd farmer and longtime "gourdhead" will share some of her knowledge and ideas on how to grow and use some of the many gourd varieties that will grow in our area. Betty will have some gourds to sell, just in time for fall decorating!

**Culinary Group meeting, Friday, October 19,
10:00AM – 12:00PM, American Botanical
Council, 6200 Manor Road**

Herbal Soups for Cold Weather

Well, yes, it's Texas so we don't think it will be cold by mid-October but we can still get prepared by trying out some tasty herbal soups. Autumn harvest of pumpkins, winter squash, tomatoes and more is in full swing so get creative or bring your favorite old standby to share. Please bring 10 copies of your recipe and be prepared to tell us about your soup. For more information, call Sandra Holland at 258-4643.

**Field Trip – Saturday, October 20 (tentative)
Krause Springs**

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. Judith has a big list of items she wants to add during 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. Mayfield is a gorgeous place to put in a few volunteer hours and learn a little more about herb gardening in Texas so come on out!

AHS Business, Updates and Related Announcements

Thank You!

Thank you to **Lucinda Hutson** for her wonderful presentation in September and for all the great recipes in her cookbooks that made for a great luncheon. And many, many thanks to **Pam Bell and the Hospitality Committee** for putting together such a lovely setting. Thank you to all our members for bringing such tasty dishes to share. The recipes we used from Lucinda's cookbooks included the following: Salpicon, Fiesta Frijoles, and Hoppin Jalapeno Carrot Cake from the Tequila Cookbook, and Pollo Picado, Calabacitas, Tequila Margarita Cheeseball, Tricolor Roasted Peppers in Garlic Vinaigrette, and Corn Relish from the Herb Garden Cookbook.

A great big thank you to everyone who donated seeds for our AHS brochures! We have plenty of seeds and are busy putting seeds with brochures to distribute on HerbDay at the Sunset Valley Farmer's Market. We still need herbal ambassadors to hand out brochures and help at our booth, so please volunteer a couple of hours of your time to educate the public about AHS and tell them how much fun we are!

Another great big thank you to **Nature's Herb Farm** in San Antonio for the temporary plant identifiers in the herb garden and the Vee Fowler Native Texas Herb Garden. We hope these will be an aid to the docents and teachers who bring groups through the gardens. There is still a plan to produce metal markers in the near future. Meanwhile we have markers with common name, botanical name and uses of the herbs.



Condolences

We have some sad news this month. Three of our friends have lost loved ones recently. Our condolences go out to Gwen Sederholm who lost her husband, to former member Jean Bazar whose son lost his long battle with cancer, and to Cindy Phillips who lost her father. Please keep them in your thoughts and prayers.

Fall Tips from Co-President Andra Millian

Traditional Chinese Medicine says that fall and spring are our optimal 'cleansing' seasons. Spring cleaning and Fall harvest. Eat plenty of seasonal veggies and fruits and include some of these herbal 'cleansers' in your eating plans: garlic (a great blood cleanser and natural antibiotic), dandelion (a diuretic with blood and liver cleansing properties), cayenne (helps with fluid elimination and breaking a cleansing sweat), parsley (flushes the kidneys), and licorice root (a mild laxative and in Traditional Chinese Medicine, calms the spirit and travels to all the acupuncture meridians).



From the Bookshelf

Just what are *tapas*? They are fantastic little mouthfuls of flavor and you can find out more about how to make them in *Tapas Fantasticas: Appetizers with a Spanish Flair*. This fabulous little book will really make your mouth water. And for the upcoming fall season, check out *An Exaltation of Soups*. This book not only contains recipes, it is filled with soup lore, soup riddles, and soup poetry, a satisfying bowl of goodness! Both of these books contain food recipes from other countries, with herb combinations. Also, AHS has several copies of Lucinda's book if you missed getting one at the meeting in September. Need a great gift (maybe for yourself)? Don't forget that we found a couple of boxes of the AHS cookbooks.



Message from Judith

Are you looking for a way to volunteer within the Austin Herb Society but have no time to come out to the gardens? Judith is looking for some members who will start seeds in small pots and raise them until they are big enough to plant in the herb garden. She will get the seeds and provide 4" pots and good soils. All we need is your tender loving care. Call Judith at 944-2789 or email her at jecraft@grandecom.net if you can help out.

The Creative Herbal Home

The American Botanical Council invites you to join us Wednesday, October 24, 2007, from 6:00 PM until 9:00 PM for an evening seminar featuring noted culinary educator, food writer and photographer, **Susan Belsinger**, and **Tina Marie Wilcox**, head gardener and herbalist at the Ozark Folk Center State Park's Heritage Herb Garden.

These herbal cohorts will draw from their new book and their 10 years of working together to teach us how to use common household items with herbs and essential oils to make an array of herbal products for the home. If herbs are a way of life for you or if you are just beginning to learn about them, this fun-filled seminar is for you.

Copies of *the creative herbal home* will be available and a book signing will follow the presentation. Light refreshments will be served. \$30 admission

The seminar will be held at ABC's headquarters at 6200 Manor Road. RSVP to Gayle Engels at 512-926-4900 ext 114. Space is limited so register now.



"Trick or treat! Trick or treat! Give me something good to eat!"

For Halloween treats you can give in good conscience either to your own children or to those who knock on your door or October 31st, you might want to check your neighborhood health food store. There you will probably find an assortment of cookies and small individually wrapped candies made with nutritious ingredients that will be just as appealing to a child as the other kind. Or you could forget about candy altogether!

Alternatives to candy include: balls, balloons, band aids, crayons, money, flashlights, pencils, paper, erasers, small toys, pumpkins, gourds, popcorn, peanuts in the shell, raisins or other dried fruit, apples, bananas, bagged nuts or nut mix, pretzels, carrots, seeds to eat or plant, wholesome crackers, cheeses, fruit or vegetable drinks, celery, corn chips or bagged cookies homemade from nutritious ingredients. How about toothpastes, lotions, small soaps or toothbrushes?

Be sure to put your name on anything you bag yourself to help alleviate your neighbors' fears of potentially harmful tricks. If you take a little time to think about it,

you can no doubt come up with other creative alternatives to putting junk into your bodies. I always invite the children to show me a treat before they eat it and listen for signs of choking.

MAY THE GREAT PUMPKIN INSPIRE YOUR EFFORTS!!

Ronda Dizney
Ronda's Montessori Garden



It's About Thyme Tree & Herb Festival Noon – 6 pm October 14 (free)

A gathering of herbalists, arborists and vendors, with music and food. Lectures include:

1pm: Chris Winslow – Success with Trees

2:30pm: Kurt Hudgeons – How to Build a Whiskey Barrel Pond

4pm: Diane Winslow – Herbs for Cooking, Healing and Well-Being



The Travis County Master Gardeners present **Winter Work, a free Seasonal Seminar** from 7PM til 9PM on October 17 at Zilker Botanical Garden, 2200 Barton Springs Road.

Learn how to build your own hobby greenhouse! A step by step guideline tells you what to buy and how to assemble. Learn how to convert leaves and other material into plant food. It is called compost. Plants adore it. Learn how to make this magic act happen. Learn about plants that bloom in winter or offer colorful foliage that adds excitement to this dull time of the year. Gain an overview of what needs to be done to prepare your landscaping to the stresses of winter. "Preparing for winter" will give you confidence and the knowledge necessary for plant survival during the few winter months.

The seminar is free. No reservations taken. For more information call 512-854-9600 and ask for the Master Gardeners desk.

<http://www.tcmastergardener.org/html/events.html>

Contact Rosalie Russell, VP Education TCMGA, gisathccs@aol.com



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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