



Hello Herb Lovers!!

A BIG THANKS to all our wonderful volunteers who made the HerbFest on HerbDay, October 13, such a success. It was great fun, too. Special thanks go to Diana Hyland, Robin Carter, and Pam Bell, and to members Ellen Zimmermann and Judith Craft who spoke at the event. If you didn't get there, you missed out on something special.

November is upon us once again. It hardly seems possible that the year is almost over, and that the holidays are upon us. The Austin Herb Society has some great events coming up. See news items on the next page to learn how you can participate.

It is a great time to enjoy the cool weather, or maybe in our case to anticipate it. It is hard to predict what weather the seasons will bring this year. One source stated that gardening zones are all shifting one zone south. This means that we will have warmer weather throughout the year. If you are gardening, be sure that take this into account when you select your new plants. Choose natives and non-invasive xeriscape plants for an environment that sustains itself and the native fauna as well. Plant and prune trees and shrubs. Enjoy those cool weather crops you have planted and those wonderful hardy herbs. Here's a great idea – consider becoming a Certified Backyard Habitat to help Austin in our bid to become the largest certified Community Habitat in the country. This effort amplifies the existing Austin Climate Protection Plan to help reduce greenhouse gasses and “heat islands” produced by impervious cover as well. Go to www.nwf.org to learn how to apply for certification.

Think ahead about using some of your herbs, not just in the Thanksgiving turkey, potatoes, desserts, and drinks, but as herbal gifts like teas, vinegars, herbal soup and spice mixes, liqueurs, and breads and cookies with herbs. Get out that *Austin Herb Society Cooks* cookbook and use it. Spice up your holidays!

Green and Growing Blessings,
Andra Millian and Cindy Phillips
Co-Presidents AHS

Introduction to Permaculture

**Zilker Garden Center, Tuesday, November 6,
9:30AM – 11:30AM**

Dick Pierce, local permaculture expert, instructor and designer will introduce us to the concepts of permaculture and how to incorporate them into your garden. Of special interest to AHS members will be the herb spiral, a unique and clever way to use our natural resources in designing an herb garden. See more about upcoming permaculture classes on page 3 of this newsletter.

Culinary Group meeting, Friday, November 16,

**10:00AM – 12:00PM, American Botanical Council,
6200 Manor Road**

Brown Bag Lunch to Discuss Holiday Tea

This will be our last opportunity to tie up all those loose ends before the Holiday Tea on Tuesday, December 4 (see related items page 2 & 4). It's not too late to pitch in and be a part of this inaugural event. For more information, call Sandra Holland at 258-4643. If you already know you can't make it 11/16, sign up at the November meeting or give Sandra a call. All help is gratefully accepted.

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. Now is one of the best times to be out in the garden. The weather has cooled off and planting now gives the new plants all winter to set down roots for next spring's growth spurt and next summer's heat.

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 **Betty Kent** for her wonderful presentation on gourds. She and her husband brought an incredible display of gourds which a number of our members took advantage of for early holiday purchases or just a little gift for themselves.



HerbFest: A Formula for Success

by Co-Chairs Robin Carter & Diana Hyland

Thank you to all those who volunteered for HerbFest this year, greeting, meeting and cooking up cookies, tea and beautiful displays. Kudos to Pam & Harvey Bell, Sandra Holland, Cindy Phillips, Brigid Larson, Jan Bland, Karen Long, Christy Lamb, Judith Craft, Gwen Sederholm, Lydia Noble, Diana & Bill Hyland, Robin Carter & Kevin Good, Ronda Dizney, and Molly Ogorzaly.

We not only had fun meeting the public but also the many members who stopped by our booth. Also big thanks to our fabulous vendors. Wish we could get to know everyone.

Though we had fewer booths, the crowd was more than double in size. Our local media helped in that effort. KUT made announcements throughout the week, KLBJ did a live-from-the-market interview, the Statesman ran a last-minute article in the garden section (thank you) and the farmers market ran a full color ad. It all worked as the people came in droves. It's About Thyme, our long-time sponsor, said that sales were double a typical weekend.

Our herbal presentation booth was a big draw, featuring three fabulous talks on herbal first aid (Ellen Zimmerman), herbal propagation (Judith Craft) and cooking with herbs (Vicki Blachman). Seats were filled throughout the morning, with many onlookers stopping by to see what was going on. Molly Ogorzaly came with a crew of volunteers to help run activities at the Plantmobile, which was also a hopping success and very well attended.

The results: three new members, 42 guests who requested information and \$329 in book and tote sales – plus expanded awareness throughout our community. All that coupled with a morning of sunshine and an

endless supply of lemon rosemary cookies. What could be better?



Coming Up at AHS

Next month is our annual Holiday Bazaar held during our December meeting. Members or sponsors who have herbal goods or other crafts can sign up for a free table, one to a customer, first come, first served. Contact us at our website ahspresident@yahoo.com or call Cindy Phillips at 264 2779 to sign up. The Culinary Group will enhance this event by offering our first Holiday Tea. Savory and sweet treats will be served along with a selection of hot teas, both black and herbal. The event is free but donations from non-members are gratefully accepted. All members are asked to participate. If nothing else, print out page 4 of this newsletter and hand it out to your friends. Contact Sandra Holland at 258 4643 to sign up or for more information.



AAGC Holiday Bazaar

The Austin Area Garden Council will be hosting their own Holiday Bazaar in December, and has asked all clubs to participate. Someone crafty is needed to chair our group. Please consider volunteering for this special event. AAGC also has Christmas trees to decorate for display in the Green Room of the Garden Center. AHS has some lovely decorations that we have used in the past. An inspired volunteer could use or incorporate them, or come up with in an entirely new theme. If you can't sign up at our November meeting, please contact us at ahspresident@yahoo.com to volunteer to participate in any of these events, or call Cindy Phillips at 264 2779.

Other events of Interest Around Austin

Most of these events are presented by Austin Herb Society Sponsor Members. Please show our Sponsors that we appreciate their support by supporting their efforts.

New AHS Sponsor Member **Heron's Nest Herb Farm** is offering an Echinacea Harvest Time event Saturday November 10th from 9:00 am to 5:00 pm. Come and learn as you prepare your own pint of echinacea tincture from plants grown organically at their farm. They will provide everything you need. Light snacks and drinks provided. Cost is \$35 and reservations are required. They will also be hosting a Herbal Holidays Gift Making Class, Sunday December 9th, from 2:00 pm until 8:30 pm. An amazing feast of holiday foods will be served. The \$95 fee includes the class (where you will make 5 gifts) and meal. You can also join them for breakfast the next morning and a class on edible centerpieces for \$125 total both day's meals and classes. Address: 1673 River Bend Drive, Blanco, Texas 78606, 830-833-2627, www.heronstherbfarm.com.



Longtime AHS Sponsor Member, **It's About Thyme Garden Center** is also sponsoring a couple of upcoming classes. It's About Thyme is located at 11726 Manchaca, Austin, Texas 78748, 512-280-1192
website: www.itsaboutthyme.com

Tending the Onion Patch

Sunday, November 11, 2:00 pm (free). Learn about ideal soil pH, planting and fertilizing techniques, harvesting and storage. Presented by *Hays Co. Free Press* gardening columnist Chris Winslow.

How to Make a Seasonal Wreath

Sundays November 18 and December 2, 2:00 pm. This popular workshop (written up in the *Austin American Statesman*) is presented again by wreathmaker extraordinaire Diane Winslow. Pre-registration required. Class fee for materials: \$30.



AHS Past President and Sponsor Member **Ellen Zimmermann** has a full class schedule this fall, including:

Nov 6–The Reproductive System: A study of herbs, foods and lifestyle
November 13th–Herbs for the Respiratory System
November 17–Conscious and Respectful Herbalism
November 20–Herbs for the Digestive System
November 27–Herbs for the Urinary System

For more information, visit the **Austin School of Herbal Studies** website at <http://www.ezherbs.net>.



PERMACULTURE CLASSES: Instructor: Dick Pierce and Selected Guest Instructors

Permaculture Basics Weekend

Saturday, January 26-Sunday, January 27, 9:00 a.m.-6:00 p.m.

This class is the first two days of the full PDC course. Tuition: \$120 (\$20 deposit; \$100 on first day of class).

Permaculture Design Certificate (PDC) Course

Selected Weekend Days, Saturday, January 26 – Saturday, March 29, 9:00 a.m.-6:00 p.m. Includes classroom training, field trips, and hands-on projects. Graduates earn a Permaculture Design Certificate, recognized worldwide as signifying completion of a 72-hour class that follows the curriculum outlined in permaculture founder Bill Mollison's Permaculture Design Manual. Tuition: \$500 (\$100 deposit (nonrefundable) to secure your space; \$400 on first day of class)

SCHEDULE (subject to change)

January 26-27: Permaculture Basics
February 2: Water & Soil
February 9: Urban, Plants, Gardens
February 16: Building & Energy
February 23: Rural, Ranch, Farm
March 1: Design Basics
March 8: (Break - no class)
March 15-16: Design Workshop
March 22: (Easter weekend - no class)
March 29: Design Presentations; Wrap-up



HOLIDAY BAZAAR AND TEA

**TUESDAY, DECEMBER 4, 2007
10:00AM UNTIL NOON
ZILKER BOTANICAL GARDEN
2200 BARTON SPRINGS ROAD**

Join us for a casual, informal tea while you shop from amongst the wares of our many talented members. From live plants to herbal products, pottery to jewelry, books to baked goods, there is something for everyone and every pocketbook.

There will be comfortable seating for sipping and visiting, perusing your purchases, or just listening to some gentle music and enjoying the spirit of the season.

MENU

Savory Items

Walnut tea sandwiches
Chicken salad sandwiches
Smoked salmon sandwiches
Cucumber sandwiches
Deviled eggs
Crab stuffed cherry tomatoes
Mozzarella balls
Mushroom canapés
Cheese crackers
Pickled carrots, nuts, butters
...and more

Sweet Items

Creme de Menthe Brownies
Truffles
Holiday Biscotti with Pistachios & Cranberries
Buttermilk Scones with Mexican Mint Marigold
Lemon Bars
Pecan Tassies
Mini Cheesecakes with Cherries
Herbal Tea Loaf
Vee's Rosemary Candy
Gingerbread with Lemon Curd
Sandtarts

Teas

C. S. Lewis Irish Breakfast Blend
Holiday Chai with Jaimisi Black Tea
Levitea (a caffeine-free herbal blend)
Lemon Herb-Ginger Tea (another caffeine-free herbal option)

Admission is free but non-members are welcome to show their appreciation with a small donation.

For more information, contact Sandra @258-4643.

Austin Herb Society 2007/2008 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

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!!

Aroma Apothecary Healing Arts Academy^{new}
8100 Ganttcrest Drive
Austin, TX 78749
512-282-6099
www.aahaa.info
Clinical aromatherapy and healing courses

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

Barton Springs Nursery Company
3601 Bee Cave Road
Austin, TX 78746-5313
512-328-6655
Your Texas gardening resource

Bastrop Gardens^{new}
316 Old 71
Cedar Creek, TX 78612
512-303-5672
www.bastropgardens.com

Becker Vineyards
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
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

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

Geo Growers*
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

Heron's Nest^{new}
1673 Riverbend Drive
Blanco, TX 78606
830-833-2627
www.heronstherbfarm.com
Lavender, echinacea, medicinal herbs
and products

It's About Thyme
11726 Manchaca Road
Austin, TX 78748
512-280-1192
www.itsaboutthyme.com
Complete garden center and herb farm

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

Purple Gate Herb Farm^{new}
7376 CR 309
Caldwell, TX 77836
979-567-9824
www.pgherbfarm.bigstep.com
Herb farm and herbal products

Ronda's Montessori Garden
4300 Mt. Vernon Drive
Austin, TX 78745
512-707-8635
It takes a garden to grow a child

Texas Herbal Body Solutions and Texas
Natural Supply*
4506 Weletka Drive, Suite 200
Austin, TX 78734
512-266-8141
www.texasherbalbodysolutions.com
www.texasnatural.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

Wild Spirit Botanicals and
Bodywork/The Wildflower School of
Botanical Medicine^{new}
1608 Greenwood Avenue
Austin, TX 78721
512-426-3113
www.nicoletelkes.com
Connecting the health of the individual
to the health of the environment

Whole Foods Market
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