



Hello Herbal Friends!!

Here we all are in this deep Austin winter but take heart and don't let your herbs go to waste during the winter freezes! Time to stay cozy and enjoy preserved herbs in the form of delicious cordials, condiments and warming drinks that can be enjoyed all winter long! Cordials are great for taking the wintery chill out of your bones. Cordials and honey infusions will keep for several years in the cupboard. Here are a few to try:

Lemon-flavored herbs work well with vodka and split vanilla beans are yummy in rum. Combine 1/2 to 1 cup of fresh lemon thyme, lemon balm, lemon basil, lemon grass or lemon verbena with about a quart of vodka. Cover tightly and store for 2 to 4 weeks (taste periodically to check flavor). If desired, add simple syrup. OR split 2 or 3 vanilla beans, add 2 parts clear rum and 1 part simple syrup. Cover and store for 2 to 4 weeks. Enjoy in front of a warm fire.

Honey infusions are wonderful in teas and baking. Try this with mint, ginger, thyme, or rose petals which make a sweet Valentine. In a small saucepan, combine 2 cups of honey for every 1/2 cup of fresh herbs. Bring the mixture to a gentle boil over medium heat. Remove the pan from the stove to cool. Repeat 3 times daily for 3 days which allows enough time and heat for the honey to absorb the herb flavors. Then strain and bottle while the honey is still warm.

A new year of AHS board and committee chairs will be installed at our May meeting. So, devote some winter thought to making an invaluable contribution to AHS – YOUR VOICE AND TIME, by volunteering to step forward to fill next year's Board and Committee spots. We will need President(s), Membership, Sponsor, Website, and Program Board Members, and Door Prize, and Symposium Committee Chairs.

See y'all very soon!

Andra Millian and Cindy Phillips
Co-Presidents AHS

Perfumes and Other Plant Aphrodisiacs: The Truth and Chicanery Behind Aromatherapy **Zilker Garden Center, Tuesday, February 5,** **9:30AM – 12 noon**

Part lecture, part slide show, and part hands on, this meeting promises to be both fun and educational. Our own **Molly Ogorzaly** has been researching the truth and fiction behind the use of essential oils and aromatherapy and will be sharing her findings with us. In addition, we will have the opportunity to make our own fizzy bath salts with a variety of essential oils.

Culinary Group meeting, Friday, February 15, **10:00AM – 12:00PM,** **American Botanical Council, 6200 Manor Road** **Breads, Spreads and Flour**

February is still soup weather in Central Texas, and what goes better with soup than a nice chunk of bread? Barbara Broering will share her extensive knowledge about breadmaking with us and we will bring some nice sweet and savory spreads to make them even tastier. For more information, call Sandra Holland at 258-4643.

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.

Mayfield Park Gardening Day. Call Julie Crouch at 339-0193 to find out if she'll be working at Mayfield this month.



AHS Business, Updates and Related Announcements

Thank You!

Thank you to Mitch Mills, president of the Green Corn Project for speaking at our January meeting about double-digging, planting biointensively and the Green Corn Project's mission. Green Corn will be doing a spring workshop at the American Botanical Council. Check out next month's Potpourri for more information.

Thanks also to Susan Norwood for our January Herbal Tip of the Month on dandelions. Get outside and pull them up while they are still tender for adding to soups or cooking with other greens.



Upcoming Field Trips

On Saturday, March 15 at 9:00am, we will be going to east Austin to visit Boggy Creek Farm. We can shop the Boggy Creek Farm stand from 9-10am and the tour will start at 10 and last approximately 1 hour. The cost for this field trip will be \$5 or \$10 per person. Lunch plans are open but East Side Café is close and would be a good choice. More info at the March general meeting about the cost and carpooling.

Saturday, April 26, starting at 8:00am, our wonderful members will be welcoming us to their homes for the annual AHS Members Garden Tour.

On May 3, at 8:00am, we will visit the Purple Gate Herb Farm in Caldwell, Texas. The tour, including lunch will be \$15 per person. The tour includes herbal theme gardens, a raku pottery firing demonstration, and shopping at the gift store. The herbal lunch will include soup or salad, main course, dessert, and herb tea or coffee.

In June, we will visit the Pure Luck Farm and Dairy. Details to follow. There will be no field trips in July and August.



Spring Vegetable Gardening and How to Sharpen Your Tools

Saturday, February 2 from 10:00am until noon
West Rural Community Center
8656 Hwy. 71 W, Building A, Austin

Enjoy juicy ripe tomatoes, crisp cucumbers, and mouth-watering cantaloupe. . . straight from your own garden. Learn how to plant and maintain a spring vegetable garden in this free seminar. Patty Leander will share her gardening knowledge which will include composting, vegetable varieties that perform well in Central Texas and recommended planting times. Her seminar is loaded with the basic facts and helpful ideas. Inexperienced and experienced gardeners are welcome.

Make the job easier and faster with a sharp tool. Learn basic tool sharpening methods from this demonstration given by Bill Boytim. Go home with the knowledge needed to do this project yourself.

The facility is located 1 mile west of the "Y" in Oak Hill. It is across the highway from the street named Covered Bridge. This FREE seminar is sponsored by the Travis County Master Gardener Association in partnership with the Texas Cooperative Extension. For more information call 512-854-9600 and ask for the Master Gardener's desk.

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

The Austin Herb Society invites you to join us for our spring seminar featuring

Phyllis Hogan

Executive Director of the Arizona Ethnobotanical Research Association, herbalist,
and proprietor of Winter Sun Trading Company

Plants and People from the Land of the Colorful Corn

Saturday, February 23, 2008 • 9 AM til Noon

Zilker Botanical Garden • 2200 Barton Springs Road • Austin, Texas 78746

- A visual journey of the plants and people of the Little Colorado River Basin of northern Arizona will show the importance of contemporary applied ethnobotany for today's society
- Unique plants that have sustained tribes of the area for centuries
- Common plants used in many ways by all tribes that are considered to be veritable medicine chests in themselves
- Rare plants found only in this region with significance in obscure, ancient ceremonies that only a few practitioners still remember
- Phyllis will be focusing on all of these important plants, their uses, and their tribal and ecological significance

AHS Members - \$25; Nonmembers - \$30

Space is limited. Please pre-register to ensure seating.
Light refreshments will be provided.

Enclosed is a check/money order for \$_____ for ____ (#) members of AHS (\$25 each) and ____ (#) nonmembers (\$30 each) to attend the AHS seminar, Plants and People from the Land of the Colorful Corn, featuring Phyllis Hogan.

Name _____

Address _____

City/State/ZIP _____

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Email (for confirmation of registration) _____

Make checks payable to the Austin Herb Society and mail to:
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