

## Fall 2008 President's Letter Austin Herb Society

Fall greetings Herb Lovers,

It is a new year for the Austin Herb Society. We started it off with a wonderful September luncheon, with tea master Amy March as speaker. Thanks to Judith Craft and Susan Norwood for all their work putting this event together. From the teapot centerpieces to the great refreshments, everything was perfect. Thanks to The Steeping Room for the tea tasting. Each tea was delicious. A big thanks to all of you who brought food and herbs for the centerpieces, and those who helped decorate, set up, and clean up. You're the Best.

### WHAT'S HAPPENING NEXT:

HERBFEST – October 4 - HERBAL AMBASSADORS NEEDED - We need volunteers to sign up right away for our HerbFest at the Sunset Valley Farmer's Market. This is one of our most delightful events. Don't miss it. Volunteers are needed to staff our booth (2 hour shifts), bake little herbal cookies, prepare and bring herbal tea, sell cookbooks and dispense herb info. Since this event occurs before our regular meeting, you won't be able to sign up at the meeting. Please VOLUNTEER NOW by contacting [president@austinherbsociety.org](mailto:president@austinherbsociety.org) or [cindyb@txla.org](mailto:cindyb@txla.org). or contact Cindy Phillips 264 2779. You will be happy you did.

Sign up for a booth by contacting [Cindyb@txla.org](mailto:Cindyb@txla.org). Anyone want to share a booth with Kim Lehman? Contact Kim at [kim.lehman@sbcglobal.net](mailto:kim.lehman@sbcglobal.net)

HAPPY BIRTHDAY AHS - October 7, general meeting - we will be celebrating our 25<sup>th</sup> anniversary as a club with a birthday party at our meeting. Please BRING YOUR BEST PARTY RECIPES from our cookbook or your own to the refreshment table. Members will share history and memories. If you have pictures or memories to share, bring them too. We will visit our Zilker herb gardens, stroll the Walk of Friends, and get to know each other better. Cindy Phillips will set up an early DAY OF THE DEAD ALTAR. If you wish to participate, bring a photo or memento of your loved one, flowers (marigolds are traditional), or Day of the Dead art. Come early if you wish to help set it up.

HERBDAY at American Botanical Council - October 11– Volunteers are needed to organize and staff an Austin Herb Society booth at the American Botanical Council. Contact [president@austinherbsociety.org](mailto:president@austinherbsociety.org)

NOVEMBER 4 – general meeting – features Nicole Telkes from Wild Spirit as our speaker. We will also get a short travel log from Co-President Andra Millian about the recent tour of Provence that she led.

AHS HOLIDAY BAZAAR - December 7 general meeting - Save some of your holiday gift budget for this event. Our annual bazaar is filled with wares from our sponsors and members including herbal teas and potions, pottery, beeswax candle bowls. SPECIAL HOLIDAY REFRESHMENTS brought by our members make it even more festive.

Bring yours to share. SIGN UP FOR A TABLE by emailing [president@austinherbsociety.org](mailto:president@austinherbsociety.org) Tables are free to sponsors and members on a first come first serve basis.

#### RECIPES AND TIPS

One of the popular refreshments at the September meeting was Mooless Chocolate Pie, brought by Dorothea Mims. She attributes the recipe to her husband Richard. Here's the recipe:

- 2 cups chocolate chips
- 1/3 cup coffee liqueur
- 1 block silken Tofu, extra firm
- 1 tsp vanilla extract
- 1 Tbsp honey
- 1 prepared chocolate wafer crust

Place in a small metal bowl over a saucepan with simmering water. Melt the chocolate and coffee liqueur in the bowl. Stir in vanilla.

Combine tofu, chocolate mixture, and honey in a blender jar. Liquefy until smooth.

Pour the filling into the crust and refrigerate for 2 hours, or until the filling is set.

Yield: 8 servings

Prep time: 2 hours 10 minutes

#### POISON IVY CONTROL – A tip from the July meeting

Mix: 1 gallon 10% vinegar (a super strong vinegar available in organic gardening stores),  
1/4 - 1/2 cup orange oil, and 1-2 TBSP liquid soap. Apply to roots of poison ivy.  
May need to be reapplied.

WEEVIL CONTROL – A few dried Bay Leaves (*Laurelis Nobilis*) will discourage weevils in your flour and cornmeal

Yogis favor GINGER, claiming it promotes mental clarity. It also leaves the breath sweet and pleasing to the gods. (from Judith Benn Hurley's *THE GOOD HERB* recipe book)

#### SPONSOR NEWS:

Herb classes available:

Ellen Zimmermann [www.ezherbs.net](http://www.ezherbs.net)

Nicole Telkes [www.nicoletelkes.com](http://www.nicoletelkes.com)

Weekend talks and seasonal sales:

Natural Gardener [www.naturalgardener.com](http://www.naturalgardener.com)