

## AHS PRESIDENT'S LETTER JANUARY 2009

New Years greetings!

The Austin Herb Society got off to a good start this year with speaker Carlos Hernandez educating us on Mexican herbal medicine. As always, Carlos made us think, learn, and laugh. Thanks, Carlos.

### UPCOMING AHS EVENTS

\*\*\*\* Our February 3<sup>rd</sup> speaker is Cathy Slaughter, AHS sponsor from Gabriel Valley Farms. Cathy will bring us a program on Bay Laurel, the 2009 Herb Society of America's Herb of the Year. Cathy has been in the business of growing herbs for years, and is sure to be an interesting and informative speaker. At our request, she will bring Bay trees for sale at the end of the program. Please bring refreshments, especially if you haven't done so in a while. Light and savory things have been requested lately.\*\*\*\*

\*\*\*\* FEBRUARY 21<sup>st</sup> is our annual HERB SEMINAR with program by noted writer Susan Wittig Albert speaking on SHAKER HERBS. Refreshments from Susan's China Bayles herbal mystery series will be served. Flyers were emailed earlier this week, thanks to event organizers Jan Bland and Judith Craft. Please forward the information to all your friends. Remember to bring \$10 per person to the meeting to insure your reservations. A limited number of members can receive \$5 reduction by volunteering to cook from selected recipes from Susan's website. Judith Craft will have a sign up sheet at the Feb 3<sup>rd</sup> meeting. Visit Susan's website [www.mysterypartners.com](http://www.mysterypartners.com). \*\*\*\*

MARCH SPEAKER Sponsor Member Susan Norwood will present a timely topic, Herbal Body Care.

### VOLUNTEER OPPORTUNITIES:

The AHS BOARD needs a new SECRETARY. Dephanie Cates has moved, and it is no longer convenient for her to fill this post. Thanks Dephanie, for all your good work. If you would like to help out by filling this slot, please contact us at [www.president@austinherbsociety.org](mailto:www.president@austinherbsociety.org) Duties of the Secretary are taking minutes of the Board meetings, and business portions of regular monthly meetings, typing up the minutes and submitting them for Board approval, and posting them to board members. . The AHS board meets the 1st Thursday of alternate months from 4:30 to 6:30 in the Zilker Garden Center garden room to plan programs and events for the club. Next meeting is March 5. This is an important post that doesn't require a large time commitment. Board meetings are informal and friendly. Join us!

### ZILKER AND MAYFIELD GARDENS NEED VOLUNTEERS

Gardening at Zilker every Friday at 10 a.m. with Judith Craft  
Mayfield Gardening every 3<sup>rd</sup> Thursday at 9:30 and 2<sup>nd</sup> Saturday at 10 a.m. with Julie Crouch

Just show up at either garden with your garden tools, knowledge, and enthusiasm.

#### SPEAKERS NEEDED

AHS receives requests for speakers from time to time, on any topic from growing and cooking with herbs, to more specific topics. If you would like to be in our SPEAKERS BUREAU, please contact us with your contact info, topics, availability, fee if you charge one, and your background. [www.president@austinherbsociety.org](mailto:www.president@austinherbsociety.org)

#### GARDEN TOUR organizers and volunteers needed

Recruit gardens for the tour, organize refreshments, help with map info, it's fun.  
Date in March or April To be announced

#### OTHER EVENTS:

Organic Gardening Panel – Monday Feb. 9, 7-8:30 p.m.  
[www.austinorganicgardeners.org](http://www.austinorganicgardeners.org)

Green Corn Project Spring Planting workshops [www.greencornproject.org](http://www.greencornproject.org)

#### JANUARY'S MOST REQUESTED RECIPE:

This recipe was submitted by Mary Albrecht, sculptor of our “Rosemary” sculpture in the Zilker Herb Garden. Mary's memorial stone may be found in the Walk of Friends.

(from Page 1 of Austin Herb Society Cooks) - 1980's Crackers

2 c. flour 2 c. grated cheese 1 c. butter 1/8 tsp. white pepper

1/4 tsp. cayenne pepper 1 tsp. salt

Preheat oven to 350. Blend cheese with electric mixer till soft, add butter and beat until fluffy. Add dry ingredients; beat until fluffy. Using a pastry tube pipe out 1/2" rosettes. If you don't have a pastry tube, you may roll the dough out between 2 sheets of waxed paper to a thickness of 1/4", then cut with a 1 1/2" cookie cutter. Bake 10 to 12 minutes.  
Yield: 50 crackers Serve fresh or freeze for later use.

#### SEASONAL PLANT INFORMATION

The New Year always brings changes, large and small. Friends and loved ones depart,, new souls are born, the weather varies each day, our bodies change for better or worse, and our financial resources are unpredictable.

We can count on plants as a source of continued inspiration to keep us going and growing. Gardening, in pots or big plots, keeps us in touch with life and gets us involved and out there in the fresh air. For their beauty, fragrance, and sustenance, plants are sure stress relievers. Herbs can be used to soothe, to spice up and add healthy ingredients to food, for relaxation, and to brighten your surroundings. Further, gardening for food might relieve some of your financial burdens. If you have a garden, remember to get out and harvest your winter veggies and herbs. Almost any herb from parsley to Thai lime can be used for tea and to brighten up winter soups and stews.

General things to do in your garden this season include pruning and feeding, planting trees and shrubs, and cold weather plants such as broccoli, spinach, peas, cabbage, dill, and mustard. Wildflowers may still be planted – do it soon! - bluebonnets, larkspur, firewheels, to name a few. Cold weather flowers such as pansies and snapdragons brighten the quieter tones of our grasses and dark winter shrubbery. Tend your compost, or start a compost pile; and start getting your beds ready for spring. Our sponsoring nurseries are stocked up with what you need to get started. They have great sales this time of year too. Check them out on the back of our brochure or our website [www.austinherbsociety.org](http://www.austinherbsociety.org)

For information on plants, seasonal guides, workshops and more visit these sites:

Lady Bird Johnson Wildflower Center [www.wildflower.org](http://www.wildflower.org),

Green Corn Project – [www.greencornproject.org](http://www.greencornproject.org),

The Sustainable Food Center – [www.sustainablefoodcenter.org](http://www.sustainablefoodcenter.org) ntral Texas Gardener

KLRU – [www.klr.org/ctg](http://www.klr.org/ctg)

Central Texas Master Gardeners – [www.tcmastergardeners.org](http://www.tcmastergardeners.org)

Thought for the Month from farmer friends Gary and Sarah at Hairston Creek Organic Farms – “We are one day closer to a good rain”.

Garden, use your herbs, volunteer, learn something new, pass on your knowledge, help someone else and you will have a Happy New Year for sure.

Cindy Phillips,

Andra Millian,

Co-Presidents Austin Herb Society