

AHS PRESIDENT'S LETTER MARCH 2009

Spring Salutations! Welcome Rain, and thanks for the flowers. Spring is definitely here. Grow and Smile!

UPCOMING AHS EVENTS

Our APRIL 7 AHS MEETING will feature JUDY BARRETT, author and editor of the magazine HOMEGROWN: Good Sense Organic Living for Texas. Judy, previously the editor of The New Garden Journal and one of the hosts of the public television series The New Garden, is also the author of several gardening books. Judy will have hot off the press issues of her new book "WHAT I DO WITH MY HERBS" (\$20), as well as Tomatillos: A gardeners Dream, A Cook's Delight (\$15), and various gardening and recipe books for \$5 each. She is a wealth of information on all phases of gardening. Don't miss hearing her.

ZILKER GARDEN FESTIVAL is this weekend, SATURDAY & SUNDAY MARCH 28 & MARCH 29. We still need VOLUNTEERS to staff our booth. This is really fun, a wonderful array of plants and garden items, a great crowd, and AHS will pay for your ticket if you volunteer, so be sure to attend and PLEASE SIGN UP to volunteer. Contact Judith Craft 944 2787 or 451 2064.

Our member's AHS SPRING GARDEN TOUR is set for SATURDAY APRIL 25, 8:30 to 12:30 or 1. A potluck breakfast and later lunch will be served. For more information or to sign up to bring a dish, call Michelle Lofstrom at 231 1224, or 217 9987. We will visit 2 member gardens and 3 sponsor gardens. Don't miss it

CULINARY GROUP MEETING is FRIDAY APRIL 17, 10 a.m. at the headquarters of The American Botanical Council www.herbalgram.org. This month Jane Clark and Connie Katusek will demonstrate Pasta and Sauce recipes. As usual, bring your own bowl, utensils, and cup. CONTACT Sandra Holland to RSVP. 258 4643 or Sandra_hollandjr@yahoo.com

MAYFIELD PARK TROWEL AND ERROR on SATURDAY APRIL 4, 9:30 a.m. to 1 p.m. 3505 35th St (next to Laguna Gloria), Plant Sale and Raffle, gardening and herb cooking talks, plus peacocks, palms, and pretty gardens, including our AHS sponsored Herb Garden, free but \$5 donation requested neenok@aol.com for more info

*****SPONSOR EVENTS*****:

SPONSOR NICOLE TELKES of The Wildflower School wildflower@nicotelkes.com offers "The Endocrine System & It's Wonders", taught by Margi Flynt of Earth Song Herbals at Heron's Nest Farm in Blanco May 2 and May 3. Contact the above email address or blessing@moment.net for registration information.

Check out the SPONSOR listings and visit their websites for more exciting events and classes. Sign up at their websites for their newsletters. You will be glad you did.

HERB RELATED EVENTS

Wimberley Herbs Spring Sale March 27 – 29, 9 –4. Plant sales, demonstration gardens, gardening presentations CONTACT AHS member Sara Holland for more information: herblady@austin.rr.com

VOLUNTEER VOLUNTEER VOLUNTEER

AHS still needs volunteers for ZILKER GARDEN FEST Saturday and Sunday March 28 & 29. PLEASE CONTACT Judith Craft 944 2787 or 451 2064

If you signed up to bring refreshments to the April meeting, please bring them. Even if you did not sign up, you can still BRING REFRESHMENTS, especially if you haven't in a while. Thanks to those who brought them last time. They were great, as usual. We had a big crowd, and they went fast.

Dorothea Mims, our Hospitality Chair is in Germany following the death of her mother. Our thoughts and prayers are with her. Sandra Holland has stepped in to head Hospitality while she is gone. To SIGN UP FOR REFRESHMENTS contact her at 258 4643 or Sandra_hollandjr@austin.rr.com Thanks in advance.

OFFICERS AND COMMITTEE HEADS NEEDED NOW!

We now have 102 members; we should be able to fill all slots. Don't be afraid to jump on in even if you are new to the club. Our previous officers are always happy to give you guidance if you need it. NEW MEMBERS bring fresh perspectives, so PLEASE SIGN ON. If you would like to nominate yourself or some one else for a position, or would like to BE ON THE NOMINATING COMMITTEE please contact co-presidents Cindy or Andra at the meeting or email president@austinherbsociety.org

There's a job here that suits YOU. We need you to keep this club going! Please participate. And thanks.

OFFICERS AND COMMITTEE MEMBERS WE NEED:

- *AHS Co- Presidents
- *Secretary
- *Treasurer
- *Member Badge Maker
- *Culinary Group Leader
- *Merchandising Chair
- *POTPOURRI newsletter Editor(s)
- *Gift Committee to purchase gifts for outgoing officers and chairs
- *Education and Outreach Chair
- *Field Trip Coordinator
- * Greeters for new members and visitors at the meetings
- *Helper at the Membership Table during meetings
- *Fall Luncheon Chair

- *Spring Seminar Chair
- *Member's Garden Tour Chair
- *Door Prize Coordinator

We have had 2 meetings since the last President's letter. Our February presentation by sponsor Cathy Slaughter of Gabriel Valley Farms was on Bay Laurel, the Herb Society of America's Herb of the Year. Bay is probably best known to us as an ingredient in soups and stews. Did you know that Bay Laurel is sacred to Apollo, who wore the leaves in memory of the nymph Daphne. Daphne was turned into a Bay tree in order that she might escape Apollo's advances. Romans believed that the tree would protect you from lightning. Bay grows well here, but slowly, and is difficult to start. Fortunately Cathy brought her healthy plants for us to purchase. Thanks Cathy

Our March meeting featured an information packed talk on The Care and Feeding of Your Skin by sponsor Susan Norwood of All Good Things. Susan gave us a great overview of various products and what to look for and avoid when purchasing skin care products, as well as some recipes to make at home. Susan had a nice array of products for us to purchase, too. Thanks Susan

Here is a GINGER BODY SCRUB RECIPE from Susan's handouts:
1 tsp grated ginger, 1 tsp raw sugar, 1 tsp ground oats, 1 tsp honey, 3 Tbs almond or grapeseed oil. Mix. Dampen skin, massage gently all over, shower off. Thanks, Susan.

Some people requested the RECIPES used at the Susan Wittig Albert symposium. Rather than print them here, check out her website for those yummy treats. There are lots of other good recipes there, too. www.abouthyme.com

AHS and members of the herb community were saddened to lose Madalene Hill from our ranks. Madalene was a former president of the Herb Society of America, co-author of Southern Herb Growing with her daughter Gwen Barclay, founded the herb gardens at Round Top, was a world renowned Rosemary expert, and a great friend and asset to all gardeners, cooks, and herbalists. AHS will remember her with a donation to the Round Top gardens..

Rain at last! Dusty herbs are now clean and shiny and sporting new shoots and flowers. Wildflowers ready to die a week ago are now holding their heads up high and blooming. We are having another Texas spring, like any other spring in being like no other. The motto for spring in Texas is "Be Prepared". In our case be prepared to pour water out of potted plants or water every day, to have your garden soil ready to plant vegetables, flowers and herbs on a misty moisty day, to mulch for those dry windy days, and perhaps even to cover tender plants for a late light freeze. Who knows? The good news is that herbs and natives usually weather through.

"Grow Good", as Texas native plant advocate Carroll Abbot used to say.
Green Blessings,
Co-Presidents Cindy Phillips and Andra Millian