

***Herb Growing Workshop & Tasting Event with
Herbal Greeting Card Launch***

A **Texas Herb Growing Workshop, Tasting Event and Herbal Greeting Card Launch Party** for a new series of beautiful Herbal Greeting Cards will take place on **Friday, September 13 from 10-12 at VIVA Bookstore and Galleria, 8407 Broadway, San Antonio, 78218. The event is free and open to the public.**

Bill Varney of *URBANherbal* and **Patsy Sasek of *Mustard Seed Designs*** are collaborating on the creation of a series of herbal greeting cards. Each card will feature a watercolor image of an herb by artist Patsy Sasek along with a packet of organic seeds, growing instructions and a recipe from *URBANherbal*. The cards will be available in San Antonio at ***VIVA Bookstore and Galleria, The Twig Bookstore*** and at ***URBANherbal*** in Fredericksburg and other locations.

During the event, Bill Varney will present a workshop on ***“Growing & Using Herbs As a Contemplative Practice”*** as part of a month long ***“Celebration of the Contemplative Arts.”*** During the workshop, Bill will share ways that herbs can enhance your health and well-being, by getting to the root of herbs that grow well in the San Antonio and Hill Country areas and incorporating them into your food and home. Bill is ever mindful that individual’s lives can be enriched through the experience of herbs: in their gardens, kitchens, baths, medicine chests, homes, and places of worship.

“Celebrating the Contemplative Arts” is being sponsored by **ABODE *Contemplative Care for the Dying***, and **VIVA Bookstore and Galleria.**

ABODE is a non profit, interfaith organization that will provide a home and round the clock care for those in need at end of life, at no cost to the guest. For a complete guide, information and calendar to *Celebrating the Contemplative Arts*, please go to abodehome.org.

For more information about Herb Gardening, and the Herbal Greeting cards, please see www.MustardSeedDesigns.com or www.URBANherbal.com.



Rosemary & Lavender Yukon Gold Potatoes

MAKES 8 SERVINGS

- 1 cup milk
- 1 cup chicken broth
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 2 teaspoons dried culinary lavender buds, finely ground in a mini food processor
- ½ teaspoon chopped fresh rosemary leaves
- 1 garlic clove, minced
- 6 large Yukon Gold potatoes, peeled and finely diced
- ½ cup grated Parmesan cheese
- 2 tablespoons unsalted butter

Sea salt and freshly ground black pepper

Combine the milk and broth in a small saucepan. Bring just to a simmer over medium heat. Keep warm over low heat.

Warm the oil in a large skillet over medium-high heat. Add the onion and sauté for 5 minutes, or until translucent.

Add the potatoes and sauté for 2 minutes. Slowly pour in the warm milk and bring to a simmer, stirring constantly.

Reduce the heat to medium and cook, stirring often, for 20 minutes, or until the potatoes are very tender and the liquid has become very thick and creamy. Stir in the cheese and butter. Season with salt and pepper.

Recipe by William Varney URBANherbal

www.URBANherbal.com

Peppermint Fudge Brownies

1 1/3 cups unsalted butter

2 cups granulated sugar, sifted

4 large eggs

2 teaspoons vanilla extract

2 tablespoons honey

1 ½ cups sifted flour

7/8 cup instant cocoa mix

1 teaspoon salt

1 teaspoon baking powder

2 cups coarsely chopped toasted pecans

2 cups confectioners' sugar, sifted

7 tablespoons unsalted butter

2 tablespoons milk

½ tablespoon finely minced mint leaves

or 1 tablespoon peppermint extract

3 drops green food coloring, optional

3 ounces unsweetened chocolate

Preheat oven to 350 degrees. Cream together butter and granulated sugar. Add eggs one at a time, then vanilla and honey.

Sift together flour, cocoa mix, salt, and baking powder, add to creamed mixture. Fold in nuts. Spread in greased and floured jelly-roll pan. Bake for about 30 minutes, or until center is solid.

To make frosting, mix confectioners' sugar, 4 tablespoons butter, milk, mint, and food coloring.

Frost cooled brownies; place in freezer for about 20 minutes. To make glaze, melt chocolate and remaining butter on low heat.

Blend well, cool, and drizzle over frosting. Cut into squares.

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