



SPRING 2026

Welcome to the Canterbury Herb Society Spring 2026 Newsletter

Only a few months to go, and another year gone! We hope that you have enjoyed what was on offer this year from the CHS. Did you have a favourite? Do you have any possible future ideas? We'd love to hear from you (see our email below, or comment on FB). We have a few more sessions to go. Please join us, and bring a friend too! Our public meetings are every 4th Thursday of the month (unless stated). Need to get in touch with us? Email: canterburyherbsociety@gmail.com

Public Meetings Calendar 2026

Jan: no meet
Feb: AGM & 10 Herbs
Mar: Making Fire Cider
Apr: Tinctures
May: Minette from Meadowsweet
Jun: Herbal Visionz Lavender Farm
Jul: Herbs for Women Through Times of Change
Aug: Bees & Herbs
Sep: Soaps & Aromatherapy
Oct: Let's Get Planting Herbs!
Nov: Curator's House Garden Visit
Dec: Shared Christmas Dinner

Committee Members Needed

For several unforeseen circumstances this year, our **Committee** has gone from eight members to only three! If you have a spare hour or two each month, and are already a member of the CHS, we'd love to hear from you!

Naturopath's Tip: In regards to hay fever, my top picks from herbs that grow locally would be elderflower and ribwort. These can be made into a herbal tea that can be taken two times a day. - Rachael Stott, Naturopath & Medical Herbalist



Online FB: There are two CHS Facebook groups - one for current paid members, and a public one. The public one is named Canterbury Herb Society 2023.

<https://www.facebook.com/groups/969965500702662>

October in Canterbury Gardens

Edible Herbs to Plant in October

- Parsley: Sow seeds or plant seedlings now as the soil warms up for a strong harvest.
- Coriander (Cilantro): Thrives in mid-spring, though you should succession-sow every few weeks as it can bolt quickly when warmer.
- Chives: Can be planted out safely now as harsh frosts ease off.
- Dill & Tarragon: Best planted in areas where the hardest frosts have finished.
- Basil: Can be started in sheltered, warm spots or indoors, but wait until late October (around Labour Weekend) or November before moving them unprotected into the open garden in Canterbury.

October Garden Care Tips

- Prune existing perennials: Cut back established woody herbs like sage, thyme, and mint to encourage fresh, tender new growth for the coming summer.
- Protect from pests: Watch out for slugs and snails getting active in the spring warmth.
- Feed your soil: Boost growth by applying an organic seaweed plant tonic or even some seaweed found at the beach.

Anise-Infused Date and Walnut Energy Balls

- 1 cup walnuts (or other nuts)
- 1 cup dates (soak for 5 mins in boiling water to soften, drain)
- 1 to 2 teaspoons ground anise (I got mine at Kosco)
- 2 tablespoons cocoa powder or cacao powder
- 1 tablespoon honey
- A pinch sea salt
- 1/2 c chocolate chips (optional)



1. Process the nuts: Place the walnuts into a food processor and pulse until finely chopped.
2. Add remaining ingredients: Add the dates, ground anise, cocoa powder, honey, and salt.
3. Blend into dough: Process until the mixture sticks together and forms a thick, sticky dough.
4. Roll the balls: Scoop out teaspoon-sized portions of the mixture and roll them firmly between your hands into small balls. Roll in extra cocoa.
5. Store: Place them in an airtight container. Yum!

**CANTERBURY HERB SOCIETY
PUBLIC MONTHLY MEETINGS**

At the next few public meetings,
there will be a SALES table:

- Raffle (tickets \$2)
- Herb plants for sale
- Various woven baskets (a donation)
- Various glass bottles (a donation)

Please remember to bring
CASH to our meetings.



Want to learn more about using herbs in NZ?

Sign up for Herb Federation NZ's **Herb Certificate Course**



Herb Certificate modules - \$30 each for members, \$50 each for non-members. (*Study online at your own pace, 12 modules in total*).

HFNZ members receive free access to herb seed bank, monthly newsletter and quarterly journal.

HFNZ annual membership - \$40

www.herbs.org.nz - established 40 years, 300 members and growing.

HFNZ, of Herb Federation New Zealand, is the over-arching NZ-wide herb group. Their website has a tab HERBS where you can look up great information on different herbs. <https://herbs.org.nz/herbs/>

