



## Southland Herb Society's *Herbal Harvest*

### **This Month**

**Thursday 24 August 7pm**

*NB: Please meet in the hall*

### **Chalk Painting**

*See noticeboard for further details*



*Part of the display table at the July workshops.*

### **This Month's Highlights**

- **Herb of the night - Yarrow**
- **Sylvia's Winter herb report**
- **Recipes**
- **Acting President's report**
- **Conference report**

*"She turned to the sunlight  
And shook her yellow head,  
And whispered to her  
neighbour:  
"Winter is dead."*

*A.A.  
Milne,  
When We  
Were Very  
Young*



### A message from your editor

As I write this message I am on the countdown for our trip to the UK and Europe. Our bags are almost packed and I have most jobs on my list ticked off. One job we have done is the preparation of a new raised garden. It is about 500mm high, 4 metres long and just over a metre wide. It has been filled with spoil from some holes Stephen has been digging as well as my homemade compost, last year's pea straw and some lovely silage from the 'bottom of the 'pit'. By the time we get home to start planting out it will have had over three months to settle. I am looking forward to some great veg over the summer. It is surprising just how much you can grow, even in a small space, and it always gives me great satisfaction to be able to pick some greens to add to our meals. At the moment I have a bonus of some rocket that has self seeded in a spot by the compost bin. It is at the perfect stage for snipping the leaves which just goes to show that it could be planted in the autumn for winter picking even here in TeAnau.

Avis is going to put next month's newsletter together for me while I am away, so if you have any articles I am sure she will appreciate your input. Sylvia has kindly put together an article about Winter herbs for this month's edition which you can find on page 4.

I look forward to seeing you all again at the AGM.

Happy reading  
Maggie

### Acting President's report for July.

Hi All

Despite a run of very frosty weather and black ice, we had a great turn out for our workshops evening.

After a report from Christine to keep us up to date with what's happening re preparations for the up coming N.Z. Herb Federation Conference, Ainslee presented Yarrow as the Herb of the Night. Read her notes in this newsletter on page 3.



We then gathered into three groups. Two groups made items to sell at the conference and the third worked on the goody bags.

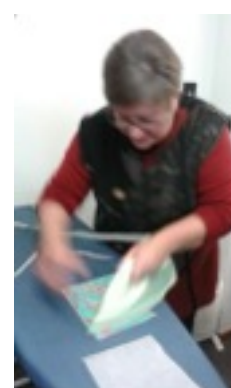
Betty's group stitched lovely little Christmas stockings and hearts made from cream blanket material which were filled with lavender.



Christine's team did a running stitch edging as the finish to appliqué motifs which Faye, Pauline and Judith had placed on each bag.



The third group covered note books with pretty fabrics using Vliesoflex. (***NB. This is a type of fusible paper that is used for appliqué***)



There are several other craft items to be completed and any help you can offer would be greatly appreciated. Contact Betty, Christine, or Faye if you can give a little of your time.

The happy, chatty evening was completed with a warming cup of Pumpkin and Carrot soup and savoury nibbles made by the July team of Ainslee, Jackie, Sylvia and Christine.

Thank you ladies for all your effort with the display, supper, raffles, and Herb of the night.

Sylvia Hughes

## Herb of the night - Yarrow *Achillea millefolium*

*Researched and Presented by Ainslee Stevens*

Yarrow is one of the oldest medicinal plants known to man. A grave excavated in Shanidar in Iran that is estimated to be over 60,000 years old held the pollen grains of eight medicinal plants; Yarrow being one of them.



Yarrow is not considered as a culinary herb. It is the structure of the leaves that help form a bandage as well as the natural antibiotic properties of its volatile oils that make Yarrow such a renowned healer of wounds. Rub Yarrow leaves together to release their juice and place on minor cuts to stop bleeding.

For nose bleeds insert a bruised leaf in the nostril to stop the flow. Its medicinal properties can help wounds, cramps, fevers, inflammation, indigestion and colic. It promotes perspiration, stimulates the flow of bile and liver function.

Yarrow is also a herb that is renowned for improving circulation, most immediately obvious when the body is trying to mount a fever. Taking a cup of Yarrow tea at this time should produce profuse sweating; in effect helping the body easily do what it has been struggling to achieve.

### ***Yarrow Tea (for a fever)***

Combine equal parts of the dried herbs - Calendula flowers, Plantain leaf, and Yarrow. Mix the three herbs together and take a small handful (approx 12-15 grams or about 8 tsp), put in a container and pour over 2 large cups of freshly boiled water.

Cover the infusion and allow to steep for 15 minutes. Strain and drink in divided doses throughout the day.

Strong infusions can be used as a compress for bruises and sprains, and relaxing tight muscle spasms.

For a compress (If this tea is for external use only) then it will also be highly beneficial to add equal parts of comfrey leaves to the above Yarrow fever tea recipe. Soak an old tea towel in this tea recipe, wring out and wrap the affected area.

Yarrow also has historical recommendations for diarrhoea, biliary colic and stomach cramps. It has also been widely used in traditional herbal medicine to improve appetite and settle the digestion.

If you are interested in more information about this or other herb please go to

<http://www.rjwhelan.co.nz/>

Richard Whelan's site – a Medical Herbalist (MNZAMH) living in Christchurch, New Zealand.

### ***Fly Repellent***

Put sprigs of Yarrow, Tansy, Mint and Wormwood into a pot, cover with water and simmer to repel flies when cooking meat.

This hardy perennial enjoys a sunny position in your garden.

Clumps can be cut back in autumn or spring.



## Winter Herbs

*by Sylvia Hughes*

As winter advances many herbs retreat to shelter under the soil but a few hardy specimens survive to help us survive the bleak sunless months.

### Sage

*Salvia officinalis* is one of those hardy herbs to survive the frost and snow which means it is there when we need to gargle the leave steeped in hot water for a sore throat. Sage also aids us to digest fats. It can help with irregular menstruation and at menopause. It contains oestrogen. Sage is also an excellent moth repellent. It is best used fresh.



### Thyme

*Thymus Vulgaris* will survive the winter if some shelter is provided. Thyme tea is good for sore throats. It is antiseptic and works very well when mixed with manuka honey and warm water. Oil of thyme massaged into the temples eases headaches. The tea is said to be good for hang overs. The Egyptians used it in embalming for its antiseptic and preservative qualities. It is still used by embalmers today. Thyme is one of the french Bouquet Garni herbs. It comes in many flavours. My favourite is Lemon thyme. It's delicious with fish, chicken or pork.



### Rosemary



*Rosmarinus officinalis*.

Rosemary for remembrance. It is said that rosemary aids the memory. It is a stimulant for the circulatory system, aids digestion and is antiseptic. Branches burnt on the open fire will purify the air in a room. Steam from a pan of simmering rosemary will do the same so it is good for when flu is around. A decoction of rosemary is an excellent mouth wash. It helps with rheumatic aches when put in the bath or used as a warm compress. Rosemary is an effective moth repellent and discourages insects when burned on the barbecue.

### Horseradish

*Amoracia rusticana* is not visible above the damp soil in winter but dig down deep and the roots will be lying there waiting for spring. Use the grated root in a foot bath to warm chilled feet. It is good as a poultice for chilblains. A small piece of horse radish root chewed will unblock the nasal passages when a cold has taken hold. Horse radish is best used as soon as it is dug as the pungent oils evaporate quickly.



## Garlic

*Allium sativum* will have been lifted and stored several months ago and it is at this time of the year that its curative powers are most appreciated. It is antimicrobial, antibiotic helps lower cholesterol. Garlic is a must have in the cupboard in winter as an all round ill health fighter.



## Chervil

*Anthriscus cerefolium* is at its best in winter. It survives when parsley fades and add good fresh vitamins to winter salads and chicken dishes. It helps sluggish digestion and circulation disorders.

## Winter Savoury

*Satureia montana* is a winter survivor at its best. It has a peppery thyme flavour. It is anti septic and disinfectant. It is good for use in salt reduced diets. The flower heads make a tea to stimulate appetite, aid digestion and prevent flatulence. Crush the leaves for on wasp or insect bites. The leaves thrown onto the fire act as aromatic disinfectant. It makes an excellent gargle. It is used to flavour salami.



## Bay

*Lauris nobilis*-sweet bay. Use as a digestive and appetite stimulant. Leaves placed on pantry shelves will keep insects at bay. Infuse leaves in oil to use on sprains and rheumatism.

Of course dandelions, nettles and chickweed can be found all year round and have their place in the winter diet and medical needs.

This is an old remedy I found years ago called Spring Cure.

*In spring, pick the young emerging shoots from thorny plants, eg, hawthorn, rose, blackberry, gooseberry. Boil for 5 minutes. Strain and drink three times daily for improved vitality.*

Good Winter Health

## Recipes from supper table

### Chicken and Cheese Snacks

*(a supper plate at the meeting)*

1 cup flour  
100g cold butter, cubed  
1 cup cheese, grated  
1 packet Maggi Creme of Chicken Soup  
2 tbsp sesame seeds, toasted  
½ tsp baking powder  
¼ cup water (approx)

Put all ingredients except water into food processor with metal chopping blade.  
Mix, adding enough water to make a firm dough.  
Roll out thinly on a floured board, cut into long fingers and place on greased baking tray.  
Bake at 180 C for 10 – 15 minutes until brown at edges.  
Slide on to rack while hot, cool and store in airtight container.

### Pumpkin and Carrot Soup

*supplied by Sylvia Hughes*

*Makes about 15-20 servings and freezes well.*

Cut a medium grey pumpkin into 8 wedges and remove the seeds. Bake at 200 degrees for about an hour or until soft. When cool remove the skin.

Peel and chop 6 medium carrots. Cook in plenty of water (this liquid will be the stock for the soup)

Finely grate 2 tablespoons of fresh ginger. Add to a large pot with 10 lightly crushed cardamom pods. Cook until the carrots are soft.

Remove the cardamom pods

**Note;** *count the cardamom pods out of the pot to make sure none remain.*

Whiz the carrots with some of the stock until smooth.

Add to remaining stock in the pot.

Whiz the pumpkin in batches with a little water to thin it down.

Add the pumpkin to the carrots.

Chop 2 tablespoons of fresh coriander and add with the last batch of pumpkin.

Mix all together then add 1/400 g can of coconut cream.

Add 1½ teaspoons of salt

Bring to a very gentle simmer, stirring often.



### HFNZ Conference update

The conference committee met on Thursday 3rd August. Plans are well in hand and registrations are starting to come in for the conference.

We do hope the plants you propagated for display and sale are showing good signs of life as these will be a very important part of the display.

So far there has been strong interest in the trip to Stewart Island. This is a great opportunity for attendees to get a taste of what is on offer on the island led by our very own tour leaders Avis and Jane and we are awaiting confirmation of a third.

The trip to Maple Glen will also be of significant interest. We are planning on having lunch at The Lignite Pit which is also of interest.

A group of members have been busy sewing the goody bags. These are looking very professional, and there are items to place in these along with a map etc.

We will be looking to members to do some baking closer to the time for the bags and for the morning tea at Maple Glen. We will have a clip board at the next meeting for names.

Items for our sales table are under way and looking great, so if you have any other ideas we would be pleased to hear from you.

We are also looking to all members to go through their herb/garden books and to donate one of these to our sales table stall for sale. This could be a book no longer used by you but in good condition. So far we have received 3 of Olive Dunn's books, Herb Drying Hand book, Natural Fragrance and The Rothschild Garden, all of which are beautiful books. This is an opportunity for us to cull and replace with new books to read and learn from.

Herb Conference committee





# Message Board

## Thursday 24 August Meeting 7pm

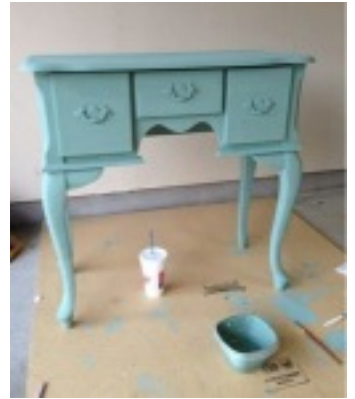
**in the hall at the Blind Centre (not the craft room as this is being used)**

*(Please note this is also a week earlier than usual )*

### Demonstration on Chalk painting

*Members to bring along a painted article, picture or maybe craft item they have made to share with others members.*

**Team:** Margaret, Avis, Jill and Marilyn



Herb of the Night: Nettle

Sales Table

Raffle

### Herb Conference Committee meeting

Thursday 14th September 2017, 7 pm  
at Avis's  
51 Rakiura Parade Otatara

### Herb Society Committee meeting

Thursday 24th August **in the hall**  
(prior to August meeting on chalk paint)  
6pm – Fish & Chip tea provided.  
Blind Centre Queens Drive

### Looking ahead

**Thursday September 28th: Wendy Williams**

Herb of the Night - Poisonous plants  
Team: Judith T, Silvia C and Lorraine

### Herb Embroidery Group

**Hostess** – Annette Macdonald

Wednesday 30th August 2017 -  
10.30 am – Take a plate of food  
for a shared lunch

90 Taiepa Road Otatara

### Subscriptions

*\$35 single or \$50 family.*

Pay directly to Margaret Nicoll or by sending a cheque to: c/- 9 Fulton Street, Invercargill, 9840 or by direct banking 03 1746 0002322 00 and include your name as the reference.

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