



## Southland Herb Society's *Herbal Harvest*

### This Month

**Please note change of  
date and time.**

**Wednesday 27 February**

**1:30pm**

**See notice board for  
details**



*One of the many borders we walked along at Marshwood Gardens last month. Our focus was the salvia collection but there were plenty more stunning plants and gardens to enjoy.*

### This Month's Highlights

- **President's report**
- **Marshwood Gardens**
- **Herb of the night - Chervil**
- **Member profile Sue Ferguson**
- **Digby Law's Vegetable Cookbook**

### *A message from your editor*

*Each year the Herb Federation promote 'Herb Awareness Week' during March and highlight four herbs. This year those herbs are Anise-Hyssop, Wild Strawberry, Tea Camellia and Rimu. Anise-Hyssop is one of the culinary herbs we are showcasing this year as our herb of the night so we will be learning more about it at our May meeting. The Federation has produced fact sheets as these can be found on their website: <https://www.herbs.org.nz/herb-awareness-week-2018-2/>*

*The topic for our April meeting is Rosehips and Jackie and her group are asking for any members to supply (if they have them) bunches for display. Something to keep in mind when you are pruning your roses please.*

*I have been revisiting my recipe books lately as well as borrowing some from the public library. I find it is quite inspirational to move away from what often can be very repetitive meal planning. On page 6, I have a small article about Digby Law's Vegetable Cookbook that I have been using.*

*Kind regards  
Maggie*



## President's Report

Hello Everyone

I hope you are enjoying the wonderful weather we are having. Getting up in the morning and putting on shorts or a dress knowing it will stay fine each day is a treat. We certainly had a brilliant night for our garden tour at Geoff and Adair Genge's place. We learnt so much about salvias and were treated seeing the garden in its splendour, with colour and foliage in abundance. Thank you so much Adair and Geoff. It was a special night.

We had a committee meeting last week and have decided we need to get members to use the library more so when it is your groups turn to organise the meeting, one person is to share a book and give a five minute book review. It would be good also to find some books on your topic to display. Our librarians are Jane Jones and Rosemary Fox. If you want to take a book out they will have an exercise book at the meeting where you can write your name, title of the book and date. When you bring the book back you cross it off. We will dispense with the pockets and card system.

It is also important for the leader of the group to let Maggie know who is doing herb of the night, photos, member profile and write up of the meeting. These all need to be with Maggie the week after the meeting so she can organise the newsletter on time.

This is the time of year when we can enjoy the vegetables from the garden, the fruit and the herbs. I loved picking a washing basket full of apples today from my dwarf heritage apple tree just before the birds ate them. Then last night we had four people from Brussels who were impressed the meal came from the garden and farm: lamb, potatoes, courgettes, runner beans, carrots, mint sauce, tomatoes and gooseberry and blueberry shortcake. The good life!

This month we are going to Evandale gardens on Wednesday 27th February at 1.30 pm . We are going to see the nursery in operation which will be really interesting. Afterwards we are going to the Cheeky Llama for afternoon tea. We hope lots of members can come in the daytime for a change.

Looking forward to seeing you all

Regards

Julianne





January Meeting Report: Salvia Collection at Marshwood Gardens  
Reported by Annie Fisher

On Thursday 24 January 2019 the Southland Herb Society visited Geoff and Adair Genge at their Marshwood Gardens home, situated on the outskirts of Invercargill City.

The garden sits on twelve and a half acres, that was naked when they began, and it has taken 40 years to create, with the process is ongoing.

Geoff and Adair took us on a magical tour through their gardens, following manicured pathways through the trees and alongside garden beds bursting with plants.

The couple specialise in 'Salvias' and they are the holders of one of New Zealand's National Collections of Salvia. They maintain worldwide contact with other herb growers and it was when the Herb Federation was setting up national collections of herbs back over 35 years ago, that they chose salvias.

Salvias are very easy to grow and are grown worldwide. Geoff and Adair currently have over 300 different varieties growing at Marshwood. Salvias can be shrubs, perennials or annuals. The amount of different colours they come in seems to be endless. All the different colours have cool names. The Red Dragon is purple. In certain countries they are pollinated by humming birds. There are thousands of varieties. The salvia we cook with is *Salvia officinalis* and we know it by its common name sage. Some salvias are used in traditional Chinese medicine, and in Native American Indian ceremonies.

What an exciting visit it was for all who came. I think we all took something different away with us after an amazing tour.

Marshwood Gardens have a web page with all information needed with purchase of plants and tours...thank you both for opening your garden to us.

<https://marshwoodgardens.co.nz/>



## Herb of the Night: Chervil

*Researched and presented by Julianne Watson*

**Botanical name:** Anthriscus cerefolium    Family: Apiaceae

The name comes from the Greek word meaning *leaf of rejoining or cheer leaf*. The Romans brought chervil into Europe from the Levant (area between Egypt and Mesopotamia, and also bordering the Mediterranean Sea and the caravan routes to Asia) .



Chervil is a delicate biannual herb that is part of the parsley family. It is called French parsley and is used in French cooking. It has anise flavoured leaves. It takes 40-60 days after direct sowing to mature. It needs rich soil and plenty of water . Chervil grows to 48 cm tall and it has clusters of small white flowers and fern like curled leaves that are aromatic. It prefers cool growing conditions and will go to seed in hot weather.

Chervil is native to Russia, South Eastern Europe and Caucasus. It has both medicinal and culinary uses.

Chervil is one of the Levant herbs of history. It is thought to have blood cleansing properties. It is a diuretic and helps to clear the kidneys. It has also been used for anaemia, colic, gout, haemorrhoids, rheumatic and liver complaints. Chervil aids eye conditions including inflammation cataracts, glaucoma and detached retina because of anticoagulant properties. Use a teaspoon heaped cut chervil, 1 cup of boiling water. Cool and strain. Apply with an eye bath.

The boiled roots of chervil were used to ward off the plague during the Middle Ages. Chervil is a practical herb for senior citizens to eat or use as tea as it is supposed to cheer the spirit, clear depression and increase strength and wellbeing. Romans said chervil increases the power of memory. It can even cure hiccups. You can take a tonic of 1/2 teaspoon chervil, vervain, and red clover in 1 cup of boiling water. Drink 1/2 cup morning and night.



Further information and recipes can be found in this link to the Herb Federation:

<https://www.herbs.org.nz/wp-content/uploads/2016/04/chervil.pdf>

Culinary uses include as a garnish over pork, veal and beef and over tomatoes, carrots, peas, beans, asparagus, spinach and root vegetables.

It also is good with egg dishes, potatoes, salads and in herb butter. It is in the fines herbs mixture (chervil, parsley, tarragon and chives) in French cooking. It is important to add chervil towards the end of cooking to keep the flavour.

Chervil was eaten a lot during lent.

### References

NZ Herb Federation website <https://www.herbs.org.nz/>

The Herb book A Boxer and P Back

Encyclopaedia of Herbs M Cavendish London

### Chervil sauce

6 sprigs chervil,  
100ml cream,  
25g butter  
1 tablespoon flour,  
300ml chicken stock,  
salt and pepper.

Chopped chervil 2 Tbsp

Put extra chervil in pot with cream. Bring to boiling point, cover and then take away from heat for 20mins to infuse. Strain.

Melt butter, stir in flour cook for 1 minute.

Add heated stock, salt and pepper.

Good with fish, eggs, salad and chicken.

### More things to do with chervil

*(Courtesy Hugh Fearnely-Whittingstall)*

- Add some chervil to a creamy courgette soup, or sprinkle over courgettes sautéed in olive oil with a bit of lemon zest and a squeeze of juice.
- In autumn, add it to mushrooms sautéed in butter and finished with cream.
- In winter, add it to a celeriac and potato purée.
- Stir some into mayonnaise to go with goujons of fish or chicken.
- Add it to scrambled eggs.
- Make a dip for radishes by stirring together some soft goat's cheese and yogurt until smooth, and stirring in some chervil, salt and pepper.
- Sprinkle it over roasted fennel.
- Mixed with seasoned breadcrumbs and a little very finely diced shallot, chervil makes a good topping for grilled oysters.
- For an easy potato salad, dress boiled potatoes while they're still warm with a vinaigrette laced with plenty of chervil.

### Turkish Square

Supplied by Julianne Watson.

Combine  
1/2 cup sugar  
1 cup flour  
1 cup coconut  
1 tsp baking powder  
Add 100grams melted butter

Press into greased sponge roll tin and bake 180 for 10 mins

Cover with 1 cup dried apricot, 1 cup prunes, 1 cup walnut halves

Dribble over 1 tin condensed milk

Bake a further 20 minutes.



## Member Profile: Sue Ferguson

I came from my home town of Alexandra way back in 1963 to do my 18 month maternity nurse training at Dee St maternity hospital. The plan was to go back to Central when I finished, but plans change and I'm still here 56 years later.....I was married to Paul Conner in 1966 and we had three great kids, Andrew, Diane and Shirley. Sadly Paul was drowned in a fishing boat accident in Fiordland in 1974 .

A few years later I hired this bricklayer to build me a front fence, so to cut a long story short I married the bricklayer .....We had a son Alasdair....

Two of my children live in England now, Diane and Alasdair (both married English people). Alasdair has a son James. He's 13. So Don and I have been lucky enough to have had a few trips over to see them .

My other daughter Shirley lives in Rakaia and has three lovely children, Ryan 16, Stephanie 14, and Jarrod 9. My other son Andrew actually lives in Invercargill, and he has two stepsons, Quenten 23, and Andre 21.

My interests have always been sewing, knitting, gardening, and I love baking.....I never went back to nursing after my kids were born, but my interest in sewing expanded. It was something I could do from home when my kids were younger ( I was always a keen machine knitter too back in the 80's - still have my machine)

And to this day I keep myself busy with dressmaking, alterations and repairs business I have done from home for the past 10 years.

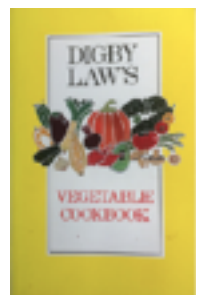
I go aqua-jogging once a week, and lately playing table tennis twice a week, which I really enjoy.....



### Digby Law Reviewed by Maggie Elford

I read with interest that the committee is keen to get members using the library again. I found a Digby Law's Vegetable Cookbook at the TeAnau book sale a few short years ago and I have had it out this week for a browse. The blurb on the back says '*it was published in 1978 and became an instant classic of cookery writing*'. Digby is a New Zealander and he was also a keen user of herbs. It is an excellent book for inspiring you to do a little more with your veg than boil, steam or bake!!

This book has lots of handy hints and interesting facts about a wide variety of vegetables. One piece of useful information I have taken on board is to not puree tomato sauce that still has the seeds in it. It says that it turns the mixture milky. I always did wonder what my purees didn't have that rich red colour!! I am sure this book is in our library and it is well worth hunting out for a read. It has been reprinted many times and now has a more modern cover than the one shown!!



# Message Board

## **February Meeting : Wednesday 27<sup>th</sup> February at 1.30 pm**

To enable us to see Evandale Gardens full operation and all machinery working and to fit in with their busy schedule we have to visit during working hours and also have to change our day. Address: **Evandale Gardens - 126 Boxall Street Invercargill**

The tour takes approx 1 hour and then we will have afternoon tea at the Cheeky Llama– (Queens Park) food supplied but drinks at own cost.

Please reply to either -

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Avis McIntosh [ammcintosh56@gmail.com](mailto:ammcintosh56@gmail.com) 213-0861



**Team:** Margaret, Penny, Avis, Faye      **Herb of the Day:** Oreganum

### **Looking ahead**

**28th March meeting**

‘A gardener’s story’

Herb of the night: Savory

### ***Next committee meeting***

*Avis’s place: 51 Rakiura Parade Otatara*

*Monday 6 May 5pm.*

### ***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.

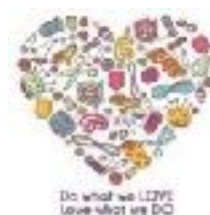
### ***Herb Embroidery Group***

Wednesday 6th March

at Faye Gray’s

350 Tay Street Invercargill.

Bring a shared lunch and your own stitching.



Christine for further details.  
Phone 21 74563

**The Southland Herb Society** *accepts no liability for any ill effects resulting in the use of information printed in this newsletter. Every effort has been made to ensure that all details are accurate. If in doubt consult a qualified herbal practitioner. Opinions and views expressed in any article are not necessarily those of the editor or the committee.*



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