



Southland Herb Society's *Herbal Harvest*

This Month

Thursday 24 February

7pm

'An evening with herbs'

See notice board on page 11
for further details



Lindsay Lavender.

This Month's Highlights

- **President's monthly report**
- **Monthly meeting**
- **Herb of the night - Lavender**
- **Book Review**
- **Member profile - Carey Corkery**
- **Growing and using courgettes**
- **Seed saving at its best**

**I am more myself in
the garden than
anywhere else on
Earth.**



Dough Greene

A message from your editor

I always love late summer with the vegetable and fruit gardens coming into full production. At the beginning of the season I am never quite sure how many courgettes to grow. Some years they just don't produce and one plant isn't enough. This year I have six and they are supplying me with more than enough plus some to share with neighbours and friends. I have three different varieties and all grown from seed and you can read all about them on page 8. My tomatoes are grown outdoors and I have a very heavy crop coming on so when they do ripen they will be great for making my annual supply of tomato sauce. I also like to make some harvest sauces (*Nadia or Annabel both have very good recipes*) to freeze. In the meantime I am relying on the neighbour's tunnel house tomatoes to keep us in fresh ripe ones. We can hardly afford the supermarket ones which I last spotted at \$7.99 per kg.

Another interesting story about seed saving at it's best is on page 9. A friend sent me the link recently and I wanted to share it with you all.

Last month's meeting at Lindsay Lavender looked great. There are reports from Ainslee and Chris, on pages 3-5. Although I didn't make it down I did have the Lindsays visit me instead this week, so I able to get a first hand report :-)

'An evening with herbs' organised by Norma's group looks interesting. Please read all the notices carefully.

Nga mihi nui

Maggie

President's Report

Hello Everyone

What a lovely night we had at Chris Lindsay's last month! It was wonderful to see new members there. We hope you enjoyed the night and the friendly group of people. Chris, you did yourself proud with the garden, your information on lavender and the way you had organised the evening. Thank you so much.

We should all be proud of the article, thank you Jane especially, and the photos of our festival that is in the Herb News Summer 2022. It arrived just after our last meeting so will bring it along this month.

There was also a fantastic article in the latest NZ Gardener (February 2022) that has roses on the front cover, about Murray Radka and his heritage roses.



Thank you again to Lois and Jude for the super job they did on our library, cataloging the books. You will see a list of missing books in this newsletter (page10). If you have them at home could you please bring them to this month's meeting? No questions asked.

When doing the Herb of the night please have the common and botanical name and keep your talk to five minutes if possible.

Please let Jane know if you have changed email, phone number and address.

As you know things are very fluid at present with restrictions with venues and attendance. We are going to the Blind Centre for our meeting this month on the 24th meeting at 7pm. We will then go to First on Windsor for tea, coffee and cabinet food. We will have the Herb of the night there. They are opening especially for us at 7:45 to 8pm. Please bring along your card or money for this. We look forward to looking at herbs in our garden and hearing from Norma and her group.

Sixteen Herb Society members are going to Stewart Island on the 25 or 26th March and coming back on the 27th. Thanks to you all who got back to us quickly so it could be sorted. Thanks to Avis and Jane who have helped organise it. We are staying in four homes and seeing four gardens on Saturday. We are going to the Museum and Ulva Island on Sunday. It should be a lot of fun and very informative.

Last Friday I got a call from Stephen at the Blind Centre and the bad news is to use the Centre you have to pay Allied Security a four hour callout to scan the vaccine passes, \$200 plus hall hire at least a night. We will have to use St Stephen's until we are allowed back in. If you need to go and get library books or anything else ring Stephen first 2189189 between 10am and 2pm.

Yours in herbs
Julianne

Monthly meeting report: A visit to Chris Lindsay's garden

Reported by Ainslee Stevens

For our January meeting night we were invited to visit Chris Lindsay's garden. The weather was kind to us and we had a good turn out of members.

The meeting was held in their sun deck area. Many of us taking a sun chair to help with seating. Julianne welcomed several new members to our group, a great start for the year. A discussion was held about planning a weekend at Stewart Island in the very near future.

After the meeting we could wander around a large area with - flower gardens, healthy looking vegetables, and a novelty garden using some very old field pipes found on their property. The lavender farm was in full bloom, with plants that are 17 years old. The flower tips are picked in January and sent to be distilled into a fragrant oil. Pruning takes place later, a short top and sides and every winter after heavy frost or snow, Chris often wonders if it's their last, but they grow well for another season.

Raffles were drawn during supper time and everyone was able to catch up after the holiday season.

Thank you Chris for sharing your garden with us, a very enjoyable night.



Herb of the night: Lavenders

Researched and presented by Chris Lindsay

**Lavenders are amazing plants and are one of my favourites.
Lavender is one of the most important essential oils.
Lavenders natural properties can be used to heal, relax and calm
.....especially Lavender Oil.**

The plant genus *Lavandula* can be divided up into four types. It also belongs to the Lamiaceae (Labiatae) family, which means square stemmed plants such as mints and sages. It is divided into many sections but below are the three main sections grown today.

- 1. *Lavandula*:** Strong scent. Cultivars in this group have varied uses, cooking and some of the most fragrant oils are produced from this group. The flower has a long flower spike and is often referred to as an “English” lavender.
- 2. *Stoechas*:** Ornamental use and used in floral arrangements. They have a round sterile bract at the top of the flower spike. There are many new cultivars and plants being developed at the moment for this species each season. Eg. Razzleberry and Sweetberry to name a few. Lavenders in this group are not used for culinary or oil purposes.
- 3. *Dentata*:** French lavender and has tooth shaped leaves and lightly woolly texture. The whole plant is strongly aromatic with the typical lavender fragrance. It can be used in floral arrangements and in crafts.

SO.....we began our Lavender farm in 2001. Our aim was to plant something different, beneficial to the environment, bring in a little income and enjoy the journey! Research was done and Arbordale Lavenders near Mosgiel were contacted (now closed) who were most helpful and encouraging. There was much preparation work and our seedlings were purchased from Manakau Nurseries in Levin.

Over the years we have grown Grosso, Pacific Blue and Super.

The lavenders you can see growing today are Grosso x 200 plants and Super x 6 plants.

The farm has been reduced in size from when we started and one year ago some have been replaced with new plants, due to some of the plants dying.

Although the plants are very woody underneath, they are still producing a healthy yield of lavender spikes....impressive for 17 year old lavenders.

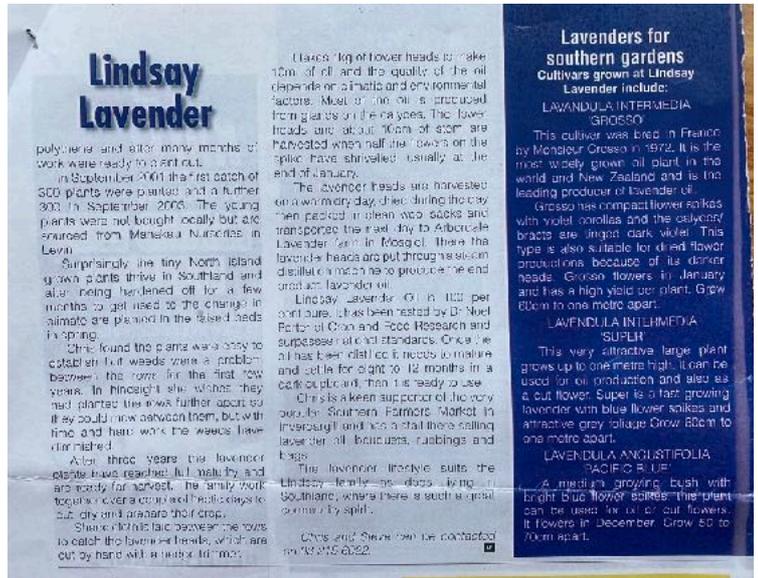


Lavandula Intermedia Grosso was bred in France by Monsieur Grosso in 1972. Grosso is still the most widely grown lavender plant in the world for producing Lavender oil. For many years France was the leading country for producing the oil, but now it is Bulgaria who is producing the biggest quantity. According to Google, approx 400 tonnes of lavender oil is produced world-wide.

The Grosso plant has a high yield of flower spikes per plant, hence its popularity. Spectacular when in flower the compact flower spikes of dark violet appear on the healthy plants. The quality of oil depends on soil type, weather conditions, good drainage, shelter and pruning. The lavenders are pruned twice, the first to harvest the flower spikes- approx 10 cm are cut and then a harsh prune in late autumn is done. Most oil is produced from the gland on the calyces on the flower spike.

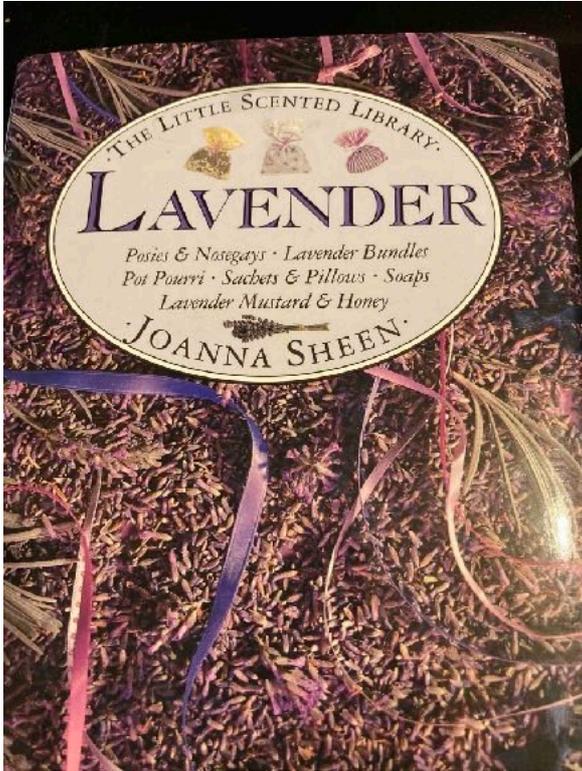
Harvesting takes place in early February when the flower spikes have a withered look to them, they are dried and at present we take them to the Ben Lomond Lavender farm to be distilled. The oil is produced through steam distillation of the flower heads. To make 10 mls of oil, approximately 1 kg of flowers are required.

Lavender is a beautiful plant and its oil is valued for its many medicinal properties. Lavenders are amazing plants.....enjoy them.



Amongst my archival material I found this article about Lindsay Lavender. It was published in the Life Style Farmer magazine August 2009. Ed.

Book Review *by Julianne Watson*



The book I am reviewing is *The Little Scented Library Lavender* by Joanna Sheen.

I chose this book because of our lavender themed month.

It begins with lavender being popular with Queen Victoria, as a conserve and perfume and a tradition that on New Years Eve revellers threw bunches of lavender onto the bonfire as part of ritual celebrations.

As you have heard lavender is a healing herb, a culinary herb and is useful for crafts. This book gives you lots of different ideas on how to use your fresh and dried lavender that are easy to follow. Oils, scent, floral displays, potpourri, bath bags, and baking .

I made the oil and biscuits today so you could have a go too!

Lavender biscuits

Cream 125g butter and 100g sugar

Add 1 egg, 1 Tbsp lavender flowers and 150g self raising flour.

Roll out and use cutters for shape.

Bake at 170c for 15 minutes until golden brown.

Lavender oil

Insert 3 sprigs of fresh lavender in a bottle of olive oil.

Leave to mature in sun for 2 weeks.

It adds a fresh taste to salads

Lavender tea

Infuse 1 tablespoon of dried lavender in boiling water for 3-4 minutes.

Serve with honey for a sweeter tea or lemon for a tangy flavour.

Member Profile: Carey Corkery

Hi everyone.

I rejoined the Herb Society a year ago after having briefly been a member sometime in the late 80's (I think!). At that stage of my life I was a novice "wannabe" gardener, and still am, but was inspired by my Mum's wonderful garden at Forest Hill.

Although born in Takaka I have spend most of my life in Southland, firstly at Woodslea Downs and later at Forest Hill. I trained as a teacher, teaching at Grasmere School, then South School, but gave up teaching to work from home when my 2 daughters were young.

Swags and Tails Design Studio was a soft furnishings business that I ran from home on Elles Rd until an arson in 1994 prompted a shift to Kelvin St for four years. I sold the business to Guthrie Bowron and worked as the soft furnishings manager for several years before heading to live in Nelson for four years. I loved the lifestyle in Nelson but returned when family became a priority again, retraining as an Early Childhood teacher. I now have four grandchildren, two in Queenstown and two in Hastings so I'm rather spoiled for holiday options!



In 2019 I bought a little cottage on Fox St which was very overgrown. Oddly enough I had signed up for the same house in 1998 but couldn't sell Elles Rd so the sale fell over. So here it was waiting for me a few decades later! Thirty loads of green waste later, the 120 year old house and garden have emerged and the labour of love will continue for the foreseeable future.

I'm loving the camaraderie of the Herb Society. What a lovely group of like-minded people to catch up with every month and find inspiration for all things gardening!

Handy Garden Hints

To get seeds to germinate quickly snip the end of each seed with a pair of nail clippers and soak them overnight. Plant them and watch them grow in a few days.

Boil the outside leaves of lettuce. Cool and put in a spray bottle. White butterflies hate it.

Taken from the book 'The Real McHugh' and supplied by Norma.

Growing and Using Courgettes by Maggie Elford

I find courgettes very easy to grow from seed and I plant the seedlings out in late November early December. I am never in too much hurry to plant them out as they will not fruit until the air temperatures are consistent day and night. I find that those planted out later soon catch up. Early seedlings will produce loads of male flowers whatever the temperatures.



Zucchini Rampicante

This year I have three varieties - Zucchini Ramicante (*Cucurbita moschata*), Zucchini Costata Romanesco (*Cucurbita pepo*) and Zucchini Black Beauty (*Cucurbita pepo*). All are from Kings Seeds. I have never grown the Ramicante before and it is really an amazing plant. I have mine trained up the some trellis and though it isn't an abundant producer at this stage it is interesting in shape and texture. I love the shape of the Costata Romanesco when cut. It has a lovely shape with its wavy edge.

The Black Beauty is the most prolific and they can turn into marrows over night. Many a one I've missed and found it hiding among the leaves.



Zucchini Romanesco



Zucchini Rampicante
Photo courtesy of Chris Rance

I have been grating the large marrow sized ones, draining them of some of their liquid, and then freezing in 2-3 cup sized bags. These will be excellent to add to stews, casseroles and any tomato based dishes I am making once the fresh ones have finished.

I have become very creative in how I am using courgettes and a quick google will also give you plenty of ideas. I have been adding them grated to any tomato based dishes. They mostly melt down and act as a thickener. I have even been adding them to my porridge for extra fibre!! My new favourite recipe book is Nadia Lim's Vegful There are plenty of recipes in there including a tea loaf, and a zucchini tomato sauce to go with ricotta dumplings.

My latest experiment is with fritters and I have created a 'fusion type' recipe with my favourite 'porridge fritters' and a courgette fritter. We loved them.

Courgette and oat fritters (ingredients are approximate)

½ cup rolled oats

1 egg

½ tsp salt

1 tsp baking powder

1 cup liquid - I used ½ kefir or yoghurt and ½ soda water but you could use just milk

Chives and Calendula flower petals.

1 - 1 ½ cups grated courgette

½ - 1 tsp turmeric

½ - 1 cup pea flour

chilli flakes, black pepper

Mix rolled oats and liquid and leave to soak for at least 15 minutes

Add remaining ingredients, adjusting flour to make a batter of suitable consistency for frying in spoonfuls.

Cook in small batches, adding a little oil to stop them sticking if necessary.

Serve for brunch with bacon, yoghurt or sour cream and chilli sauce.



Saved from Extinction by Maggie Elford**Seed saving at its best.**

A friend sent me a very interesting Youtube clip to watch from the BBC. It's called '*Extinct Tree from the time of Jesus rises from the dead in Israel*'.

The story starts in Masada in the Judean Desert of Israel We were lucky enough to visit this site back in 2001 when we were visiting my friends. So a connection for me!

Masada is the story of a group of Jews who didn't want to be captured by the Romans. They committed mass suicide and destroyed all their food and crops except for one store. 2000 years later, seeds were discovered by archeologists and given to a team of scientists. Miraculously the seeds germinated and have now grown into full sized Judean date palms that produce fruit.

Click on the link to watch this story for yourself.

<https://www.bbc.com/reel/video/p09m0v4x/extinct-tree-from-the-time-of-jesus-rises-from-the-dead>



Not checked out or missing between March 2021 and January 2022

Title	Author	Copies
All About Herbs -		
A Guide to Growing, Cooking and Using Herbs	Janet Dampney & Elizabeth Pomeroy	Cooking
The New Vegetarian Cookbook	Rose Elliot	Cooking
The New Zealand Family Herb Doctor: Guide to Recipies and Herbal Remedies	James Neil	Cooking
A Cottage Herbal	Elizabeth Cullum	Gardening
Aromatherapy for Common Ailments	Shirley Price	Gardening
Companion Planting	Brenda Little	Gardening
Gardening With Peter Rabbit	Beatrix Potter	Gardening
Herb Gardening	Helen Leach	Gardening
Herbs	Roger Phillips & Nicky Foy	Gardening
Organic Gardening	Sunset Books	Gardening
The Illustrated Herbal	Wilfred Blunt & Sandra Raphael	Gardening
The New Guide to Herbs	Andi Clevley	Gardening
The Scented Lavender Book	Lois Vickers	Gardening

Please save your tops and pass them to Norma. Help stop these items going into the landfill. Many thanks

Bread Tags for wheelchairs

Instead of going to landfill bread tags are providing wheelchairs for the needy. About 200kg funds a wheelchair. Norma and Rose would love to receive your tags.

Wine tops for Starship

Wine and spirit tops and tear tabs from cans have a small amount of titanium in them. The money from the sale of these goes to Starship to provide treatment for children.

Message Board



Southland Herb Society meeting

Thursday 24 February 2022 7pm

An evening with herbs



Meet: @ The Blind Centre, Fragrant Garden, 7.00pm.

Move: to First on Windsor for our meeting

Enjoy: Light refreshments

Bring: Cash or EFTPOS for supper

Wear: Warm clothing as the nights are drawing in!



Herb of the Night: Tarragon

Team: Norma, Margaret, Lynley, Amanda, Christine B, Loretta.

Covid-19 Notice

To attend our meetings people need to be vaccinated and be able to show their passes.

Looking Ahead

March: Herb Awareness Month

April: Awarua Communications Museum

Next Committee Meeting

To be advised

Wanted: Handy hints

The editor would like any tried and true handy hints - re gardening, cleaning, cooking, crafts, etc, that can be shared with members.

\$35 single or \$50 family

Payment by direct banking

03 1746 0002322 00

Please include your name as the reference.

(Cheques no longer accepted by the bank)

or with cash to Gillian Knarston

Herb Embroidery Group

Wednesday 23 February

10am onwards

Hostess: Betty Snell
57 Kowhai Ave
Invercargill



Bring food for a shared lunch

Contact Christine for further details
phone 03 2174563

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.

One

One tree can start a forest;
One smile can begin a friendship;
One hand can lift a soul;
One word can frame the goal;
One candle can wipe out darkness;
One laugh can conquer gloom;
One hope can raise your spirits;
One touch can show that you care;
One life can make the difference;
Be that one today.



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