



Southland Herb Society's *Herbal Harvest*

**This Month:
26 November**

7pm.

Christmas Party

See notice board for details.

This Month's Highlights

- **President's Annual Report**
- **Herb of the month - Manuka**
- **The Southland Community Nursery**
- **Your new committee**
- **A Garden visit to Akaroa**
- **Book Review**



*Inside the Nature Centre at the Southland Community Nursery.
The artwork is by local artist Janet Hodgetts.*

A message from your 'returned editor.'

After a nearly three year break from being the newsletter editor I have taken back the role which means that Avis is free to be our secretary. The job of editor is one that I quite enjoy and in this technology age it means I can do it from anywhere and at present I am not always sure where that might be. Currently we are in TeAnau, working on our latest project - renovating a 1950s crib. There is plenty of scope for landscaping the section and I will definitely using plants that I have helped grow at the Southland Community Nursery. It was here that we had our AGM last month and it is a place that is available for all to learn about suitable native plants to grow in Southland. You can read more about our visit to the nursery on Page 5.

It is hard to believe that our next meeting is the last for 2015 and I look forward to seeing you all at Otatara again for our Christmas meeting.

Happy Reading

Maggie Elford

**When overwhelmed
and stressed and
unable to think I go out
into the garden. It's
cheaper than a shrink.**

Southland Herb Society Past President's Report 2014-2015

It is with pleasure that I present the 2014-2015 Past President's Report.

The past 12 months has seen us continue our monthly meetings in groups with committee members and members in each group.

This has continued to work well with all members contributing in many ways eg herb of the night, supper, raffle, sales table & organising speakers etc.

This has allowed our meetings to be varied and interesting and have included:

Speakers & demonstrations Shakespeare's Flowers.

Visit to Bluff Garden Club members gardens.

Guest Speaker Chris Lindsay on lavender.

Guest Speaker Isabell from Germany on recycling in Germany.

Sylvia Hughes & Mary MacDonald – Cosmetic & Medicinal uses of herbs

Movie Night – Gardening with Soul.

Soup night.

Winter Workshops.

Spring Fling.

The Herb Embroidery Group continue to meet on a regular basis in each other's homes with a shared lunch.

Our group collected for Daffodil Day in the Windsor Street area again this year.

Mitre 10 asked our Society to help at an evening event they planned for garden groups and the like. We had a table with a display and information about our society and generally assisted their staff on the night by handing round pizza and assisting in the plant area. This was used as a fund raiser and \$200 was raised.

Various members shared their knowledge of herbs, promoted our society with other organisations and we thank each and every one of them.

A sincere thanks to all the committee for their dedicated work and great sense of fun, along with their support to the wider organisation.

I would like to sincerely thank Jill Cooney for her many years serving as a member, committee member and latterly secretary. Jill's years of commitment to our society have been appreciated and we wish Jill all the best for the next phase in her journey.

It is goodbye also to Lynette as she moves on from Invercargill. We thank Lynette for her commitment as a member and a committee member and wish her well.

A huge thank you to Avis our newsletter editor for her continued dedication and support to our society and the wonderful newsletters that she produces each month.

We also thank Maggie for her assistance as she continues to support Avis whilst she was on holiday.

As I reflect and wonder at what a small group of keen people can achieve in their spare time during the course of the past year, understanding that everyone is either working or busy with their own lives, as a group we have worked together to achieve the aims of our society, extended our knowledge of herbs and I thank you all.

Past President

Christine Whitaker

Committee members as nominated at the AGM 29th October 2015

President: vacant

Secretary: Avis McIntosh

Treasurer: Margaret Nicoll

Committee: Christine Whitaker,
Sylvia Hughes,
Mary Macdonald
Pauline Lee
Jenne Kennedy
Judith Thomas
Jane Jones
Deborah Capper-Starr

Newsletter Editor: Maggie Elford

Herb of the Night -Manuka

Presented by Margaret Nicoll

Botanical Name: Leptospermum
Maori name: Manuka
Common name: Tea Tree.



Manuka grows to a shrub varying in height but can be up to 8 metres. It has narrow pointed prickly leaves which have a sharp perfume when crushed. Manuka has single small white flowers which bloom in spring and summer.

Manuka is common throughout New Zealand and Stewart Island mainly growing in low alpine areas. It is quite an adaptable plant growing in different conditions - wetlands, river gravel, dry hillsides. When mature it is tolerant of drought, water logging strong winds & frost.

Though hardy Manuka doesn't like to have its growth checked so be very careful about trimming if you are growing it in your garden. It is an excellent plant to provide shelter for young plants and revegetating eroded slopes as it can grow in poorer soil conditions also animals don't often eat it.

The wood of Manuka was widely used by the Maori for everything from paddles, weapons, spade blades and buildings. They also used the bark for water containers and layering under roofs. Early settlers also used it for tool handles and fencing and they found it to be a first class firewood. Captain Cook used the leaves to make a reasonable substitute for tea hence the name Tea Tree.

Honey has been used since ancient times to treat multiple conditions and today we all know the benefits of Manuka honey which can be used to treat minor wounds and burns and assist with healing ulcers. It has anti-bacterial properties and has an anti-inflammatory action that can quickly reduce pain & inflammation once applied. The main medical use of manuka honey is for wounds but there is thought that it may assist with other conditions such as cancer, cholesterol, infections but medical evidence is limited on whether it is effective or not but I personally believe eating manuka honey regularly can be very beneficial for your health. Manuka oil which is sold in NZ has anti-worm, antibacterial properties – it is also part of the Tea Tree oil family.

October Monthly Report: Southland Community Nursery

Reported by Maggie Elford

Our AGM was held at the Southland Community Nursery in Otatara. The Nursery, which was set up by Chris and Brian Rance, has now been operating for nearly 20 years helping anyone who is interested in growing native plants for their own projects. Two years ago the Nature Centre was added to the complex to encourage schools and other educational institutions to get involved with the outdoors, and to provide resources to help in this endeavour.

We started our evening by meeting in the car park, with Chris taking us on a tour of her orchard and garden. When Chris and Brian bought this property 20 years ago it was just a paddock with no shelter. Chris talked about how they planted the shelter belts necessary to grow their fruit and nut trees, soft fruits and vegetable gardens. Their gardens are very productive and they are close to self sufficiency.

Next Chris talked about their wetland area. This area demonstrates how a restoration project can work and is a credit to the work they do. We walked the track through the plantings, stopping several times for Chris to explain further about the plants and their purpose. This area is an excellent resource as well as a quiet peaceful place to stroll through the bush.

We completed our tour by walking through the nursery, where the plants are grown, from either seed or cuttings, and then grown on ready for the volunteers to take home. In recent years some of the plants have been sold to raise funds for the Nature Centre.



By this stage the evening was becoming quite cool so we didn't spend long here, choosing to head inside the Nature Centre. It has been designed with Southland weather in mind so groups can use the facility regardless of the weather. Janet Hodgetts is responsible for the amazing artwork on display. Chris completed this part of our evening (before our more formal part of our meeting) explaining just how the Nursery works and answering our questions. Further information and resources are available on the very extensive website.

<http://www.southlandcommunitynursery.org.nz/>

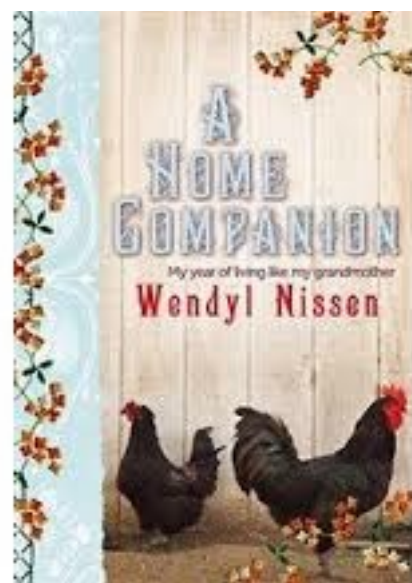


A Home Companion: My year of living like my grandmother by Wendyl Nissen

Reviewed by Maggie Elford

I recently borrowed this book from the library here in TeAnau and I thought it was one that many of my fellow 'herbies' might also enjoy reading. It follows on nicely from the Spring Clean meeting in September and in fact one of the cleaning recipes provided for us is from Wendyl's website.

Wendyl was a high flying corporate journalist who changed her life to that of a Green Goddess. This book tells the story of the year when this metamorphic change took place. The book is divided into twelve months, each describing the changes she makes and reasons why.



I found it both amusing and informative. There are stories about her family and children, how she let three chickens into her Auckland suburban life, and her battles to change her habits for living and eating. I especially resonated with the story about trying to have an alcohol free month, only to be hoodwinked by her husband!!

I particularly like how she has realistic goals about trying to make the changes in her life, as well as referring to research to support her views. She discusses the use of cleaning products, beauty products and processed foods and what is in them, and all the while referring back to what her grandmother might have done or used. At the end of each chapter there are recipes for alternative 'green' option products that you can make yourself. She is passionate about the products we use with our babies, (and in her case grandchildren) and the nasty chemicals that many of the products contain. I think the baby wipes recipe and baby bath wash look particularly good and would make a lovely gift for a new mother.

The book is completed with a glossary of terms and a reading list.

The Green Goddess went on to make and sell her products. These can be found on her website as well as further information and all of the recipes.

www.wendyls.co.nz

As requested by several member, here is the recipe for the slice Anne Lamond provided for supper at our October meeting.

Salted Peanut Caramel Slice

from The Boatshed Café and Bistro Queenstown

200g biscuit crumbs (any plain biscuit, such as wine whizzed in a food processor)

125g melted butter

400g can sweetened condensed milk

½ cup brown sugar

2 Tbsp golden syrup

250 g salted peanuts

Preheat oven to 180C. Grease and line a 33cm x 23cm (approximately) tray with baking paper

Mix together the biscuit crumbs and butter then press into the baking tray and chill in the fridge.

Mix the condensed milk, sugar and golden syrup together in a pot on the stove, then heat gently until the sugar is dissolved

Add the peanuts to the condensed milk mixture. Pour over the chilled base and bake for about 25 minutes until golden brown. Leave in the tray until cool before cutting.



I did some of my own research and made this recipe. It is indeed delicious. I found that the base cut much better the next day, being a bit crumbly on the day of baking. I maybe was a little light on the ratio of butter to crumb mix or didn't chill it for quite long enough. Ed.

Christine's Visit to Akaroa

Recently I was lucky enough to spend a long weekend in Akaroa with family. The bach we stayed in was surrounded by trees with lots of birdlife and a view to the sea. It was truly magnificent to wake to the sound of the birdlife and a view to die for.

Along with watching the All Blacks play France in the quarter finals of the Rugby World Cup in a French settlement, the highlight of my visit was a trip to The Giants House.

The Giants House is a Garden of National Significance. This amazing garden consists of the most amazing Mosaic's, Sculptures and Contemporary Art Gallery which surrounds a magnificent homestead itself built in 1880. The house is the home of artist Josie Martin where she has lived for 20 years and been working on the concrete mosaic sculptures for 15 years.

It is around 10 years since my previous visit to the Giants House, I was very impressed with the mosaics, but most especially with the layout of the garden and the plantings.

Next time you visit Christchurch I suggest you take a detour and visit this garden of significance and the opportunity to be transformed to another world.





Message Board

November meeting

Christmas theme: Wear something Christmasy (ear rings, tinsel, santa suit (the world is your oyster) or come as you are – just come.

Date: Thursday 26th November

Time : 7pm

Address: Avis McIntosh's house – 51 Rakiura Parade Otatara. (Please phone Christine if you require a lift)

What to bring:

A Christmas nibble plate and a wine glass.



Gift: \$5 for the Santa sack.

Entertainment: A Christmas secret

An Invitation

Southland Heritage Roses would like to invite members of the Southland Herb Society to join us for an evening function of speakers.

We are having a finger tea at the Stadium, 6pm, 3rd December where we will hear from Paula Lollback, who has a scholarship from Auckland Botanical Gardens, where she is the rose garden curator, to study Heritage Roses. After our finger tea we will have Greg Lowery from America speak to us along with Pamela Temple. Contact Amanda Paterson for further information or see the extra attachment with this newsletter.

Next Committee Meeting

6:30pm

Thursday 26th November - prior to the main meeting at Avis's place.

51 Rakiura Parade
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

Embroidery Group

TBA

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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