



Southland Herb Society's *Herbal Harvest*

This Month
Progressive
Christmas dinner
and Garden tour
Thursday 24
November 5pm
start
Page 10 for further details.

This Month's Highlights

- President's monthly report
- President's Annual Report.
- Rosebowl
- Monthly meeting – Orchids
- Herb of the night – Vanilla
- Recipes
- Book review
- Wanaka 2022, HFNZ Meeting

Quote

"THINK ABOUT IT: IF THERE IS A HEALTH FOOD SECTION IN THE GROCERY STORE, WHAT DOES THAT MAKE THE REST OF THE FOOD SOLD THERE?"

A message from your editor.

This month seems to be flying by with a great mixture of weather. Of course that brings with it, lots of growth in the lawns and the weeds. They seem to sprout overnight in my garden.

I am very excited though that my nemesis, carrots, have surprised me by sprouting within a fortnight. That's never happened before!

While on a visit to Greytown recently I bought a packet of "Heritage" carrot seeds from Blackwells (a bike shop). The shop assistant could tell me that as a suitable picture could not be found, they commissioned an artist to draw the pictures for their seed package. I opened this packet very carefully!



A new learning for me this week has been that wisteria has a beautiful fragrance. Something else I didn't realise. Oh the wonders of 'retirement'!!!

This is the final newsletter for this year. You can read a summary of this year's activities in Julianne's Annual President's report on page 3 & 4.

Further in, you will read some interesting recounts of the girls' trip to the HFNZ meeting in Wanaka. It sounds like it was a great trip.

Information for the Progressive dinner is on page 10.

I would like to wish you and your family a Happy Christmas and a wonderful 2023. If you are away and see something that 'catches your eye' feel free to take a photograph and send it to me by the 10th of January for the newsletter.

Rose



President's Report

Julianne Watson

Hello Everyone

I hope you are enjoying the great weather for gardening! It is great to see so many rhododendrons out as well as the peonies and roses budding up.

The AGM was a great night thanks to Marilyn and Betty and our Orchid ladies Wendy and Heather. Thank you Jocelyn for your help too and others who helped set up and close up. I will report on the meeting later in the newsletter.

The AGM itself went smoothly.

Welcome to Jocelyn Hinton and Annette MacDonald to the committee.

Congratulations to Maggie - a well-deserved recipient of the Rosebowl.

The citation is in this newsletter as is the President's report.

Thank you to Jill Wadworth for all the wonderful photos we have in our newsletters.

I meant to thank Ainslie properly at our AGM for all her archive work she has done over the years for our society. I will at our Christmas meeting. Her work has been invaluable to our history. Lois Walker with the help of Norma and I will try to get it up to date.

It is time to pay your subscription \$35 to Southland Herb Society. It is important to pay it before Christmas as newsletters stop in January. Details are at the end of the newsletter.

I went to the garden last week and it is looking very colourful. The weeds are starting with the rain so it is important to keep it under control. If you want to be associated with any flower bed let me know and we will publish it in the January newsletter.

The stall at the Indoor Bowls Centre was a success with around \$170 raised. Thank you all for your contributions and to those who set up, looked after the stall and packed up.

Our Christmas meeting on Thursday 24th November should be a lot of fun.

Details at the back of the newsletter. Thank you to Rose, Jane and Jan for sharing their gardens. Remember to bring a \$5 gift or something you have made or a plant to share.

Looking forward to seeing you all on the 24th.

Kindest thoughts - Julianne



Southland Herb Society

President's Annual Report

2021-2022

I present the 2022-22 AGM report with a continued sense of satisfaction.

Our Spring Festival of Herbs on the 9-10 October was a great success in every way. There was wonderful feedback from the people attending. Everyone worked together for a common purpose and in the process got to know each other better and learnt from each other. We profited \$10,000 and have used around \$2,000 on the fragrant garden. We also gained some new members in the process. Our membership continues to grow with 57 current members and some more joining.

The replanting of the fragrant garden has been a big focus in the last year and we are now benefitting from the aromas and colour in the garden as plants grow and flourish. Everyone has worked so hard in planting, weeding, propagating and eliminating weeds. The members being responsible for certain areas has worked extremely well and the parks and reserves will come in and do specific jobs. It is looking wonderful. Thank you to Adair and Geoff who helped me record the plants and develop a plan that Lyn will organize better. Thank you to every one of you who helped with the project and to those who continue to do so.

We were very grateful for the \$300 contribution from the NZ Herb Federation to our fragrant garden project.

It is very exciting that we can move back to the Blind and Low Vision Center after a year and more because of Covid and security issues, as it is our home and where our garden, library and equipment is.

The programme we have delivered has been varied including trips to Chris Lindsay's lavender farm, Benji Biswas's microgreen workshop, the Salvia collection at Adair and Geoff's Marshwood and to the Awarua Communications museum with Brendon Sparks. Our progressive dinner to 3 members' gardens was a highlight for everyone too as was our midwinter Hogmanay dinner with everyone resplendent in their tartan and wonderful Scottish food and music. The best part was hearing the stories of peoples' lives and where they were from.

Our speakers this year have included Gary Morgan on Mason's Bay, Benji Biswas on Microgreens and Penny-Jane Gordon from Holistic Health on herbal remedies.

Our members have continued to organize meetings around a committee member and provided panel on the herb awareness herbs, an evening with herbs and Orchids.

The winter workshop organized by Christine was wonderful with members coming away with their houses decorated, kokedama balls made with Anna King and Christmas labels, as well as seeing different demonstrations.

Annual Report contd.

16 of our members went to Stewart Island in March and had a marvelous time being hosted by Ray Waddell around the 4 gardens we visited as well as exploring the island and some special social times together. Thanks Avis for all your organization and hospitality.

The Herb of the Night continued to be an important part of the programme and over the year members have researched lavender, tarragon, violet, pansy and heartsease, lovage, pikopiko, dyeing herbs for tartan, savory, bouquet garni, coriander and vanilla. Thank you for all your efforts with the herb of the night. putting so much knowledge and preparation into the presentation.

We have had more profiles from members in our monthly newsletters in the last year and they are so interesting, so keep them coming please.

I want to thank you Ainslie for the work you have done on our archives. It has been so important for our society and I acknowledge you need to pass this on now. I want you to accept this token of appreciation for all your amazing work.

Thank you Maggie for your amazing work on our committee, first as secretary in 2008 and being our newsletter editor since 2009 with only a two year gap until 2022. Words can't convey how grateful we are to you. You have moved us on digitally and created one of the best newsletters in the country. This year you have been awarded our Rosebowl and the citation will do you more justice.

Thank you finally to all the wonderful Herb Committee of Gillian, Maggie, Jane, Norma, Jude, Rose, Sue, Jan and Jackie who all do so much to make our society run at each meeting. We are so privileged to have people who are so willing to give their time, energy and their expertise to enhance our group. Thank you to Jane and Gillian in particular for your secretary and treasurer roles in particular. Thank you all for making this a great group to be part of.

Please find someone to be the president in October 2023.
Julianne Watson

COMMITTEE 2022-2023

President- Julianne Watson

Secretary - Jane Jones

Treasurer- Gillian Knarston

Newsletter Editor- Rose Buxton

Committee- Jackie Knight, Jan Pfeifer, Norma Robinson, Sue Jones, Annette MacDonald and Jocelyn Hinton.

Southland Herb Society Rosebowl

Maggie Elford

The Rosebowl is awarded to someone who has made a significant contribution to our society over the last year in particular.

This year the Rosebowl is being awarded to someone who has worked so hard for our Society over the last year and since 2008. She has been a member since 2005-2006 year and has been on the committee since 2008 initially as secretary.

The Rosebowl is awarded to Maggie Elford.

Maggie has been our newsletter editor since 2009 with a 3-year period when she was travelling 2013-2015 being back up to Avis. That is 12 years plus, of getting, collating, writing, arranging and sourcing information from our meetings and elsewhere to share with us, sometimes having to hustle us along to meet deadlines!

Maggie has moved us firmly into digital technology and created the format for our newsletter which is world class and admired by many. She always finds photos, quotes, articles and helpful hints to add to our information.

In the early days Maggie addressed the printed newsletters and even delivered a lot of them. Talk about dedication!

Maggie has contributed in many other ways to our Herb Society too. She has run workshops on foraging and displays, been Queen of the Harvest Festival at Riverton (a great advertisement for our society) and arranged speakers and trips to the Environmental centre and other places. She has grown plants for us and shown us how, with a travelling bus, you can have a portable garden too. She has also shown us how unusual herbs can be turned into pesto, a cake or a meal.

Maggie has kept learning by reading, experimenting and studying doing her Herb Federation of New Zealand certificate course and then overseeing it for the Herb Federation. She is on the executive and has been involved with the website as well.

Thank you Maggie for your expertise, your willingness to share your skills and the way you have kept us all informed and connected. You so deserve the Rosebowl.



Monthly meeting report

Orchids.

Julianne

It was Marilyn's idea to have a night on orchids following the stall at the Indoor Bowls Centre high tea, last year, after talking to Heather and Wendy from the Orchid Society and what a good idea! Members brought along orchids they had - some were real and some not. We were intrigued with Susie's Lego tree! Sylvia had an onion leaved orchid that Māori traditionally used as a vegetable. Marilyn did vanilla as the Herb of the Night as it comes from an orchid.



Two sisters, Wendy and Heather entertained us from the Orchid Society. They come from Whangarei. With their easy banter and expertise on a lifetime of growing orchids, passed down from their mother, they gave us hints on growing orchids, as well as introducing us to so many new varieties. They both have over 100 each and each orchid has different needs. They showed us beautiful orchids from their collections from the phalinopsis group the big colourful ones to tiny ones like orisidium logic. They were very knowledgeable and entertaining.

The handy hints they gave were:

- orchids don't like too much sun.
- some like the shade.
- water from the top and pour water through and leave to drain.
- orchids don't like sitting in water.
- feed weekly with half the strength it says on the bottle.
- if your plant is not flowering for a while put it in the coldest and darkest room in the house to frighten it into flower.
- aerial roots need to breathe so it is ok if they are out of the bark.
- when repotting go up one size at a time and check there are holes in the bottom of the pot.
- don't trim the roots off.
- Silvia uses the 'washings' of the milk bottle to water her orchids - a bit of calcium!
- use cinnamon on cuts or bits broken off as it is an antiseptic.



They explained the Orchid group was very small here and they meet on the first Wednesday of the month at 1 pm or the first Tuesday at night at the Pod at South Alive.

Thank you both for a very interesting night.

Herb of the Night: VANILLA

Vanilla planifolia is a species of [vanilla orchid](#). It is native to Mexico and Belize. It is one of the primary sources for [vanilla flavouring](#). Common names include **flat-leaved vanilla**, and **West Indian vanilla**. Often, it is simply referred to as "the **vanilla**". It was first scientifically named in 1808. With the species population in decline and its habitats being converted to other purposes it has been assessed as endangered.



Vanilla pods are the naturally dried beans from the Vanilla Orchid native to Mexico. High quality vanilla pods are chosen to be plump, moist and full. Naturally sweet flavoured the beans contain tiny seeds which appear as a thick paste until separated. Vanilla is derived from the only fruit bearing Orchid. Like fine wine, each growing region gives the vanilla unique and complex flavour characteristics.



Choose a planifolia variety selected for its rich bold creamy and deeply complex flavour with fruity notes and hints of caramel and chocolate. A unique highly fragrant vanilla that works well in classic kiwi baking.

Vanilla's rich sweet, full flavour with tones of liquor, can be used in baking, sweets, confectionery, custards and beverages.

Due to labour involved in growing and drying vanilla. It is the second most expensive spice behind saffron. Natural vanilla retains hundreds of compounds which gives it a more complex flavour aroma. Cheaper vanilla essence only has one flavour compound and is only produced from a by-product of the paper pulp industry.



Vanilla is the world's most popular flavour. It's uses extend from cooking and baking to cosmetics, perfumes and aromatherapy.

Betty

RECIPES

Prep time: 15 minutes
Cooking time: 40 minutes, plus
setting time
Makes: approx. 9

Custard Squares

2 sheets flaky puff pastry
1 egg white, lightly beaten

Custard

2 cups milk
2 cups cream
2 free-range eggs, at room
temperature
¾ cup caster sugar
4 tbsp custard powder mixed
with 3 tbsp milk
4 tsp vanilla essence or 3 tsp
vanilla paste
pinch salt

Icing

1 cup icing sugar
2 tbsp cocoa
25g butter, melted
1–2 tbsp hot water

This recipe could just be my crowning glory. When I was a gangly teenager living out in Kumeu, I used to work Sundays at an amazing bakery where the food lured people in from miles around. They did these amazing, totally deluxe custard squares with chocolate icing; the custard was rich and silky smooth, the pastry crispy. My heart skips a beat just thinking about them. I never saw them being made as I was always out the front, so I haven't ripped off their recipe if that's what you're thinking — but I have tried to recreate it. Hopefully it'll change your life — like it did mine!

Preheat the oven to 190°C fan-bake. Have 2 baking trays or sheets ready — one for the pastry to sit on, and one that will sit on top to stop it puffing up.

Line a slice tin (mine was about 22cm square which was perfect for the pastry squares) with a couple of pieces of baking paper trimmed to size so it goes all the way up the sides.

Roll out each pastry sheet on a floured surface so they are a couple of centimetres bigger than your tin; they will shrink when cooked. Prick them all over with a fork. Place 1 sheet of pastry on a baking tray. Place the other tray on top, and bake for 15 minutes.

Remove the top tray, brush the pastry with the beaten egg white (this helps seal it) and bake, uncovered, for another 2 minutes — it should be golden brown all over. Cool slightly, place on a clean board and sit your slice tin on top. Cut around the tin with a sharp knife so the pastry will fit inside nicely. Place the pastry in the base of the tin, egg side up. Repeat the process with the other piece of pastry and set it aside for later.

To make the custard, add the milk and cream to a medium-sized saucepan over a medium heat. Keep an eye on it, and when little bubbles form around the edge and it's just too hot to leave your finger in, remove from the heat.

While the milk is heating, add the eggs, sugar and custard powder mixture to a large mixing bowl and whisk or beat to combine well. Add ¼ cup hot milk mixture to the egg mixture while whisking (this tempers the eggs). Slowly add in the rest of the hot milk, whisking all the time.

Give the saucepan a quick wash and dry, and pour the custard mixture back in through a sieve. Place over a low heat, stirring with a whisk constantly for about 10–15 minutes, or until it's very thick. Don't leave the custard unattended, or the bottom may burn or you'll get lumps.

Recipe continued overleaf...

Recipe continued from previous page...

Stir the vanilla and salt through the custard and pour over the bottom layer of pastry. Press the other piece of pastry on top (egg white side down) and refrigerate uncovered for at least 3 hours or overnight to set. Cover with cling wrap only when cooled right down.

To make the icing, sift the icing sugar and cocoa into a bowl. Add the melted butter and 1 tablespoon hot water and stir with a whisk. Add a little more water if needed to thin. Pour on top of the pastry, and spread out with the back of a spoon. Refrigerate for 30 minutes to set.

When the custard and icing have set, lift the slice out of the tin and onto a board. Slice in a sawing motion with a sharp serrated knife, wiping the knife clean between slices. Keep in the fridge until ready to serve.

Keeps for a few days in an airtight container in the fridge — leave the squares in the tin until you're ready to serve them.



VOGELS AND ONION NIBBLES - Betty Snell



Ingredients: A Loaf Vogels Bread
or any Wholegrain bread.

250grams butter or Olivia Spread.

1 packet Maggi onion soup.

Method: Mix butter and soup mix together.

Cut off crusts and spread with mixture.

Cut into 4 small squares.

Bake at 160d for 30minutes or until crisp.

Can be frozen and refreshed in oven.

Book Review

The Nutmeg Trail

Marilyn



THE NUTMEG TRAIL

Recipes and Stories Along the Ancient
Spice Routes

By Eleanor Ford

Explores the way spices have travelled around the globe throughout history. Paying particularly close attention to the Asian origins of many of these spices, the book is a colourful and varied collection of recipes that are full of flavour.

80 spice-infused recipes, spectacular images, and a mouthwatering culinary journey along the ancient spice trail, award-winning author Eleanor Ford's luscious new volume reveals how centuries of spice trading and cultural diffusion changed the world's cuisine and how to best stock and enjoy spices in your own home.



WANAKA 2022, HFNZ MEETING

HERBAL TRIP TO WANAKA

5 of us hit the highways early Friday morning 4 November on route to Wanaka.

Maryanne came up the next morning.

We took the slow road with various stops on route! Five Rivers cafe stop. Arrowtown for lunch and Jane and I visited Nadia Lim shop there. Stacked with produce and I bought my share. Then over the Crown Range and cuppa at Cardrona Hotel in the lovely setting out the back.

Finally to our luxurious accommodation at Albert Town.

Then a quick unpack as couple of movies were on at 5 pm. Mrs Harris to Paris and Dame Val Adams.

After that we prowled for somewhere to eat but downtown eateries were very busy and a cool lake breeze inhibit outside dining.

So we decided on Albie at Albert Town pub.

Having scoffed our way through that it was back to accommodation and preparation for the day's events the next day and some more wine.....

Jackie



LORAN VERPILLOT WORKSHOP



Loran has a business with her partner Ashley South called Herbal Culture. They grow, harvest, dry, blend and package herbs and place emphasis on caring for the environment. They use homegrown herbs and forage around the Central Otago area. Loran came from France on a one way ticket and met her husband. She is passionate about herbs, teas, tonics and balms and sells these. Her packaging is recyclable and compostable. People in our group bought the wild berry tonic which included rose hips, hawthorn, elderberry and cider vinegar. They also bought herbal teas like healthy heart, boost for your immune system and chakra remedies to ground you for the day. She would be a good speaker for us. Her website is www.herbalculture.co.nz

WANAKA 2022, HFNZ MEETING contd.

OUR VISIT TO WANAKA LAVENDER FARM by Jocelyn Hinton

I was part of a group of 6 'Herb' women who set off to Wanaka to the National AGM. Myself, Julianne, Maryann, Gillian, Jackie and Jane. So here we were bright eyed and bushy tailed off to the Wanaka Lavender Farm, following the AGM. This was my first visit to this venue and it turned into an amazing afternoon filled with delights.

We were greeted by Stef Zeestraten and joined by Corry Zeestraten, his mum, a fellow Herbie, who recently qualified in the Herb Society course of 12 modules "Herbs and their uses". Congratulations to her. Stef gave us a quick rundown on the Farm, whilst we munched and slurped on Lavender ice cream. Corry led us to see her Herb Garden which she has designed and created. What a treat... of smells, and textures, and colours, and foliage to touch and taste. She has set the garden out in several different areas such as tea herbs; edible herbs; eco dyeing herbs; health and beauty herbs; culinary herbs; decoration and craft herbs; medicinal herbs; cleaning herbs; relaxing herbs. Everyone there buzzed around these areas just as the bees and insects do in a garden, sharing knowledge and acknowledging the hard work behind this area.



From there we spread out to wander through the rest of the amazing garden. It is just beautiful, with sustainability and mindfulness very apparent. There are so many quirky little aspects, such as the Steel Men; games to play...without a battery in sight; animals to see and touch; trees and shrubs and flowers and herbs, and of course, lavender. There is so much to see and do, or just sit and gaze at, perhaps under a tree sheltered from the Central sun and clear air, sipping on a coffee or a glass of wine. Bliss! The main building has many items to purchase from food through to health products, books, household items. I suspect Santa's helpers may have been busy that day. Definitely a 'must visit' if you are in the region.



WANAKA 2022, HFNZ MEETING contd.

HERB GARDEN NUMBER 3 JO WAKELIN

Jo's garden is approximately 40km south of Wanaka on way to Cromwell. This was a dry garden that does not require watering. She sought out plants that didn't need watering and could survive as such. She also had an association with Otago Polytechnic regarding creating a medicinal herb garden. Various bridge spikes sculptures featured too amongst the plantings. She did have a pond but that was for trees irrigation. (They have a cherry orchard of 5 1/2 thousand trees.)

This garden has featured in many magazines and currently is in the latest Koro magazine with AirNZ.

Once again another very passionate and committed gardener with a specific theme.

Jackie



SUZIE Q



We visited Suzie's garden which is a boutique garden growing peonies, lavenders and Christmas trees. Her garden is just north of Pisa Moorings and she sells mainly to local market.

Suzie took us around her extensive growing locations where her daughter was picking peonies. Suzie explained how they selected flower heads to pick and depending on plant breed. A head may not be ready to pick in the morning but could be a few hours later.

Weather is a large indicator of when flower heads are ready.

We also got to see where Suzie stored her plants and prepares them for sending away. She also has a sales area in her shop which had some lovely products to purchase.

Gillian

WANAKA 2022, HFNZ MEETING contd.

HEATHER HALLIDAY'S GARDEN

Heather is the South Island representative of HFNZ. Her home is 20 minutes south of Wanaka, sitting on the flat terrace there, between grey granite imposing hills.

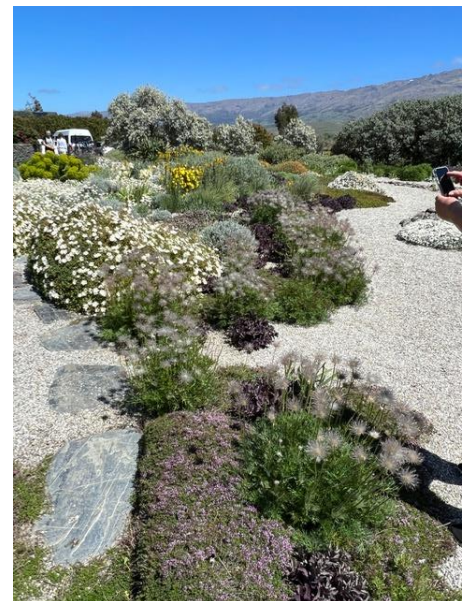
The approach to her home is along a short, but winding driveway between teenage olive trees and bright yellow Californian poppies.



15 years ago, the plan was to grow saffron, but the local rabbits had other ideas, so now she and her husband have a small plot of youngish peony plants, with asparagus intermingled. Heather's flower and vegetable garden is a green and colourful sanctuary, with plants well planned and balanced, now, happily intermingled, with no sign of the soil beneath. I imagine that when their home was built, surplus soil was placed in a semi-circle a little distance from the building, which Heather has

used to her advantage. The low mound acts as a shelter from inclement weather, but also allows the garden plants placed there to be appreciated from inside the home. There is a box hedge surrounding the beds under the windows of the house, behind which are flowering plants of all descriptions.

Unfortunately, my knowledge of plant names is limited and I did not record anything whilst enjoying the environment, therefore I cannot give a detailed description of what exactly was in the beds. Heather has some beautiful tree peonies, yellow and red; peonies; grannie's bonnets of all colours; daisies; iris; creepers, violets; rabbit ears; ladies' mantel; pansies; lavender; many different textures and flower shapes, with complimentary colours, to provide an amazing tranquil environment. Behind the house is a vegetable, herb and fruit garden, again all growing peacefully together behind a mature walnut 'hedge'. Chucks peck happily around and bees pollinate. All carefully overseen by some very lovely scarecrows!!



Heather has a collection of Wormwood herbs, which she proudly presented and discussed.

NOVEMBER PROGRESSIVE DINNER:

24 November 2022 - *5.00 pm start at Rose's house.*

Each member to bring:

- ❖ Suitable crockery, cutlery, glassware for the night.
- ❖ A plate of food, plus serving cutlery, according to the month you have helped arrange this year:

NIBBLES AND DRINKS at Rose Buxton's, *164 Exmouth Street*. January and February groups.

MAIN MEAL at Jane Jone's land, (not her home), *48 Leonard Road*, see below*.

March, April, May, July groups to bring a salad or vegetarian dish.

A ham has already been ordered.

Committee to provide condiments, relish etc.

DESSERT at Jan Pfeifer's, *16 Grey Street*. August, Sept, Oct and Nov groups.

- ❖ If wet, good shoes and warm clothing.
- ❖ \$5.00 home-made gift.
- ❖ Money for the raffle and plants.
- ❖ A child's book if you wish to donate.

*Adair's home and fabulous garden, Marshwood, is in Leonard Road, off West Plains Road. Number 48 is on the right before Adair's, it is a back section. Please drive down the driveway and park in the field, hence good shoes!

November group to act as hostesses/support person at these 3 venues: Norma to be Rose's support person. Pam and Jessie, Jane's, at Leonard Road. Jenne and Lyn to help Jan.

This beautiful handstitched tea towel was left behind after the Hogmanay dinner. If it belongs to you, please see Sue Jones.



Message Board



LOOKING AHEAD NOVEMBER:

Christmas Garden tour
and Progressive Dinner

NEXT COMMITTEE MEETING

Dinner at Saucy Chef,
1 December 2022, 6.30 pm.

SUBS ARE NOW DUE!!!

\$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

Christine will contact with details.

Christine: 03 2174563

President: Julianne Watson, Ph: 03 2358020

Email: julianne.watson50@gmail.com

Secretary: Jane Jones, Ph: 0272459656

Email: hobbiton@kinect.co.nz

Treasurer: Gillian Knarston, Ph 0277276118

Email: gillianknarston@hotmail.com

Editor: Rose Buxton, Ph: 02102387312

Email: roseannebuxton@gmail.com

Postal Address: c/-1 Flora Road West, Makarewa, RD6, Invercargill 9876

Email: southlandherbsoc@gmail.com

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.*



DONATE A BOOK FOR CHRISTMAS!

Kia ora Herb Society friends,

Once again we are collecting donations of **brand new** Kiwi books to gift to families in Southland who are struggling to afford Christmas presents for their kids.

Please consider buying an extra book or two next time you are shopping or ordering books online and add it to our donation box at the November meeting.

Picture books, chapter books, middle grade, young adult, fiction or non-fiction — we'd love them all!

All books will be distributed to families through Family Works Southland so all books donated in Southland stay in Southland.

Your donation of brand new books will put smiles on the faces of many vulnerable Southland kids this Christmas. Your support is most most appreciated.

Registered Charity CC60356

KIWICHRISTMASBOOKS.ORG.NZ #GIVEBOOKSTOKIDS

GIFT CARDS

This year you can also purchase gift cards through the website and donate a book on behalf of someone else. They make ideal presents for staff/colleagues/friends/family—please do check them out!

<https://shop.kiwichristmasbooks.org.nz>

Donations close on Monday, December 12th.

You can read more about us here:

www.kiwichristmasbooks.org.nz

Thank you for your support!

Pam Wilson

Coordinator

Kiwi Christmas Books Southland

