



CHAMOMILE June 2014

Notice Board

June

Saturday 7th Mid Winter Lunch, Gladstone Inn. Meet at Pub at 11.30am for drinks, lunch at noon. Choice of four dishes. Price between \$18.00 and \$20.00.

Tuesday 17th 1.30 p.m. Senior Citizens Hall, Carterton.

July

Saturday 5th Marnie Rutherford – Soap Making. Held at Marnie's house in Carterton.

August

Saturday 2nd Rosa Vallance – Working Bee at Rosa's, Making Samples of Herb Products for Aging With Attitude Expo.

The Trading Table is a part of our income for the Society. It backs up our annual subscriptions and thus helps to subsidise trips etc. Please remember to bring items for the table (and also buy from it!) at both our Tuesday and Saturday meetings. Items do not need to be herb related e.g. a lemon or two, fruit and veg. etc would be just great.



Brightening Up The Winter

Pineapple Sage (*Salvia elegans*)

Photo from Rosa Vallance who commented 'This morning the bees were going mad on the pineapple sage - which continues to add a lively note of colour at this time of year. The gardening program on the weekend is praising salvias for their easy care and continuous blooming especially autumn to winter.'

Herb Federation Biennial Conference 2015

The Wairarapa Herb Society is to host the Herb Federation's Biennial Conference 30 October to 2 November 2015. A sub- committee has begun planning for this event which will be held at the Copthorne Park Hotel and Resort, Masterton.

Book Review (April: Lyn Tomlinson) Medicinal Herbs – a beginners guide by Rosemary Gladstar

Rosemary Gladstar offers a fresh introduction to growing and using 33 of her favourite herbs, complete with tips on introducing a herb patch to your backyard garden. There are easy to follow recipes for brewing restorative teas, blending soothing salves and making tinctures, oils, syrups and pills.

Some medicinal recipes include:

- Creaky bones cayenne rubs
- Warming cinnamon bath salts
- Brain tonic tincture
- Good gargle for a bad throat
- Rosemary's famous face cream
- Nutritive heart tonic tincture.

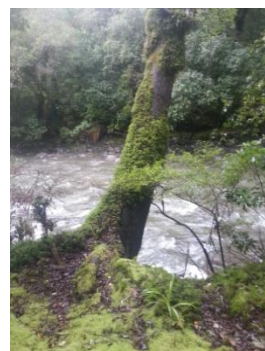
Rosemary's guide for herbs to know, grow and use includes: Aloe Vera, Burdock, Cayenne, Calendula, Chamomile, Dandelion, Echinacea, Garlic, Hawthorn, Lavender and Sage.

She also gives guidance for parts used on the plants, key constituents and safety factors.

Fungi Walk



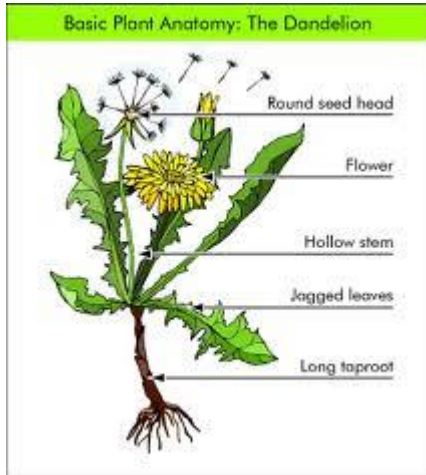
On a Saturday 12 April, **Di Batchelor** took us on a **fungi walk at Mt Holdsworth**. The photo (left) shows Di talking to some of us, including the Forest Park ranger, over morning tea before our walk. Di found a marvellous range of funghi for us to see as we walked through the bush. Some samples are shown below, together with shots of the bush and mountain stream environment.



Visit to Tidsfordriv Garden



We had a very pleasant afternoon at Tidsfordriv Garden on Saturday, 3 May.



Herb of the month (May): Dandelion (*Taraxacum officinale*) Lorraine Erith spoke to us about the properties of the dandelion. Here is a summary of her talk.

Dandelion is truly an amazing herb - all parts can be eaten safely, the only CAUTION being that if children suck the milky juice excessively it could cause nausea, vomiting or diarrhea.

The Flowers help with depression and bring joy to those who eat them. A **tea** can be made from the flowers for head, back and stomach pains. **Oil** made from the flowers can be rubbed into painful, swollen arthritic and rheumatic joints. The milky substance (latex) in the stems (also found in the leaves but more concentrated in the root, ed.) will dissolve and remove age spots, corns, calluses, warts etc.

The Leaves are packed with vitamins and minerals but are very low in sodium. They have a bitter taste but act as a digestive and liver

tonic (stimulating the liver and releasing hydrochloric acid into the gut, improving digestion). Their phytosterol levels help lower cholesterol and rebuild the liver. Eating the leaves will improve circulation and remove toxins and excess fluids via the kidneys and urine, thus helping treat low blood pressure, poor circulation, diabetic oedema, rheumatic and arthritic swelling, and menstrual water retention.

The Root contains sodium, potassium and electrolytes giving a strong diuretic effect without stress to the kidneys. It can be made into a tincture and taken to help treat kidney and urinary problems e.g. kidney stones, urinary stones; and also treat ulcers, gout and prostate problems. The root can be grated and put on breast lumps and swellings and cysts to aid in soothing and healing.

The Wairarapa Herb Society (*Estab. September 1982 and registered under the Charities Act No. C.C. 29074*)

P O Box 42 Masterton.

Objective: To promote and share knowledge of herbs, their cultivation and use.

The Society can accept no liability for any ill-effects resulting from information presented in this newsletter.

Meetings held on the third Tuesday of the month at the Senior Citizens Hall, High Street North, Carterton (opposite Wild Oats Café). As far as possible, Saturday meetings are held on the 1st Saturday of each month.

Annual Sub:

Individual: \$20*; Families: \$30*

*\$5 reduction on subscription if paid up member of Herb Federation

Quarterly Newsletter

Executive Committee: Lyn Tomlinson, May Brown, Agnes Jones, Gail Edwards, Val Richardson, Andra Bramwell, Christine Paul, Debbie Dittmer, Bill Edginton.

Officers: Chairperson: Lyn Tomlinson; Secretary: Agnes Jones; Treasurer: Val Richardson; Publicity: Andra Bramwell; News/Library: Bill Edginton.