



CHAMOMILE December 2014

Notice Board

December

Sunday 7th 12.30 p.m. Shared Christmas lunch, Christine & Vaughan Paul's home (Paulownia Estate) 243B Mania Rd, RD 5, Homebush, Masterton. BYO or make a contribution for wine from the vineyard. Partners welcome.

February

Saturday 14th 1.30p.m. Visit to Sue Dyer, 29 South Road, Masterton, to view her dahlias (if you need transport - contact Val Richardson, transport officer, (06) 377 2035). Shared afternoon tea.

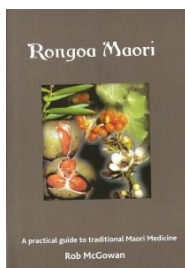
Tuesday 17th 1.30 p.m. Senior Citizens Hall, Carterton. Meeting chairman - May Brown. Diana Hiron will demonstrate and talk about herbs and spices.

March

Tuesday 17th 1.30 p.m. Senior Citizens Hall, Carterton. Meeting chairman - Agnes Jones.

Saturday 28th 1.30 p.m. At home of Bill Edginton, 17 Carrington Drive, Carterton. AGM and shared afternoon tea.

Book Reviews (October: Helen Simonsen)



Helen spoke about four books she had borrowed from our Herb Society library. These were *Rongoa Maori* by Rob McGowan, *The Essential Herb Garden* by Gillian Painter, *Propagation* by Geoff Bryant and *Teeming with Microbes* by Jeff Lowenfels and Wayne Lewis.

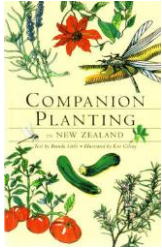
Helen noted that McGowan stresses the care required in identification, collection and learning about plants used for healing. Respect for the environment is very important.

She found the information and illustrative aspects of Gillian Painter's book of considerable interest and learned quite a few uses for herbs such as bay leaves to repel silverfish, and recipes for shampoo that include peach leaves and maidenhair fern.

Bryant's *Propagation* did not meet her expectations.

Teeming with Microbes was a struggle, so Helen resorted to reading notes taken when Mike Palmers talked about it at one of the Society's meetings. She found herself confused about liquid plant "brews" she makes but couldn't decide whether they are bad or not.

Book Review (October - Debbie Yoi) Companion Planting In New Zealand - Text by Brenda Little, Illustrated by Ken Gilroy



This book was first published in 1982 and this edition in 2000 (library copy kindly donated by Marilyn Williamson). It is available in paperback at mightyape.co.nz for \$23 and in hardback for \$29. This is a 'must have' book for every home gardener. Easy to read as it is set out in A to Z format with a guide in the back for Good Companion/Bad Companion Plants. It has interesting information and tips for a good range of plants e.g. on tucking banana skins in the soil around your rose bushes to make them thrive with silica, calcium, sulphur, phosphate and sodium; and planting lemon balm to bring bees to your garden, to use it fresh or dried in cooking, and for a refreshing cup of tea. *Companion Planting In New Zealand* will be a very well used book in your gardening library!



Saturday 11th October Day Trip

Twelve of us enjoyed this interesting day and the weather smiled on us. Ten left Featherston at 10 am and drove to *Cottage Hill Herbs* at Akatarawa where one member met us. We were able to walk around some of the garden, inspect the large range of herbs and associated items in the shop and purchase products of interest.

At noon we met for lunch at the *Thai House Express* in Upper Hutt and then drove on to *Heavenly Herbs* in Lower Hutt where another member met us. The garden at Heavenly Herbs is an example of what can be done in a difficult hill-side location and indeed the drive up the hill was quite challenging. Maree Murphy, the proprietor, spoke to us about the products she makes and how she markets them. There was a good level of interest in these and a number were purchased. Afternoon tea was provided.

Lyn Tomlinson



Ageing With Attitude Event

We had a table at this event in the Genesis Energy Centre on 1 October. There was much interest from the public who were keen to talk about herbs and delighted to get our give-away potpourri sachets. Many of the 50 or so stalls at the event had items for sale and lots of people would have been keen to buy herbs from us. This was a free event for us (no stall fee) and did much to raise awareness of our society. Many thanks to members who manned the stall and those who prepared items for it.

Lyn Tomlinson

Wairarapa Herb Society History

At our October meeting, Catherine Graydon talked to us about the history of the Wairarapa Herb Society. The following is a summary of her presentation.



The Society was formed in September 1982 by a group of people who had attended an evening class on herbs in Masterton. Meetings were held monthly. Initially no subs were charged but everyone contributed to a sales table to raise funds. The meetings had various themes: culinary herbs; medicinal use of herbs; herb breads; herb wines; and herb teas. One outing was to the Wellington Herb Society to hear the herbalist Gillian Painter, author of *The Herb Garden Displayed* and *Old Fashioned and Unusual Herbs*.

In 1985, the Society planted a Herb garden around an old cottage used by Talents craft shop on the corner of Bruce and Dixon Streets, near the Arts Centre. Grants from local businesses and groups helped with its establishment. The garden was divided into distinct areas: medicinal herbs (sun-loving); medicinal herbs (shade-loving); culinary herbs (sun-loving); culinary herbs (shade-loving); dyers' herbs; fragrant herbs; bee herbs; herbal tea plants; cosmetic herbs; potpourri herbs, moth and insect repellent herbs; and New Zealand native herbs. A rosemary hedge provided a boundary on Dixon Street. Limestone paths linked the areas. Members had areas of responsibility which they tended and maintained. Herb labels provided names and information. Open days were held. Alison Croskery's dedication to the garden helped maintain it to a high standard .

This was all lost when Aratoi was built in 2000. The cottage and garden disappeared. Entice Café is now located on the site. After losing the garden, the Parks and Reserves gardeners planted the sunken garden in Queen Elizabeth Park with some herbs. The bay trees are now the most obvious plants there. Over the years we have had negotiations with the Masterton Council for a public herb garden. Beth Sutherland worked hard for this.

Herb walks in member's gardens were popular and always interesting. Many members bought and enjoyed the yearly Herb journal *Dittany*. Some members belonged individually to the Herb Federation. By 1986 there were 33 members, we had a bank balance of \$342.57, and subscriptions were introduced. The practice of members presenting *Herb of the Month* and *Book of the Month* began. By 1989 the newsletter was called *Chamomile*. Many members attended the Napier Herb Conference.

Afternoon meetings were introduced in 1991. Both day and evening meetings were held at the Arts Centre in Bruce Street. By 1992 the membership totalled 48 members, some of whom are still with us. Rosa Vallance edited the newsletter from Sept 1990. She was followed as editor by Marilyn Williamson until 2012. Agnes Jones joined the Society in 1992 and very soon went on the committee. Agnes worked very hard to keep the group going as there was no chairperson. After May Brown became Chair, Agnes continued on as Secretary and has done the job since. May chaired the Society until this year when Lyn Tomlinson was made Chair. Both Rosa and Agnes are now life members of the society.

A live-in Seminar ***Herbs in the 21st Century*** was held during the weekend of 13-14 February 1993 at Arahura Lodge, Gladstone. The keynote speaker was Gillian Polson, author of two books on the Living Kitchen. Welcome bags, stalls, meals, and a bus tour of the local area ensured a very successful event. There was a profit of \$800, of which \$500 was invested for future seminars. The rest was used on labelling and an up-grade in the Herb Garden.

Mid winter and Christmas lunches were introduced early on and still continue. A 1996 newsletter lists businesses offering discounts on presentation of membership cards. By 2001 meetings were no longer held at the Arts Centre. We have had many venues over the years and are now based in the Senior Citizen Hall in Carterton where we can accommodate our extensive borrowing library.

A Living with Herbs Seminar was held in 2011 and another in 2013. Speakers and workshops have ensured successful, interesting days. We thank May Brown for her organisation and perseverance which has ensured their success. Our next venture will be the hosting of the 2015 Herb Federation Conference in Masterton 30 October – 2 November 2015. Our society is now 32 years old. We have 49 members, including 6 couple memberships.

Visit to Fragrant Gardens, Feilding, for Herb Federation AGM and Workshop

Saturday 8th November saw May, Rosa, Lorraine and myself pile into a car and head across the Manawatu Gorge to attend a workshop on Probiotics given by Marilyn Wightman, and also to update our progress on next year's HFNZ conference. Both were held at Marilyn and Ian Wightman's beautiful property, Fragrant Gardens, at Feilding. Sadly this property is now on the market so we may not get many more opportunities to visit while the Wightmans are there.



The workshop (serious work, obviously! ed.) was on probiotic pickling – a method of preserving food by fermentation that has been recorded in many civilizations from over 5,000 years ago in Asia. This simple method of preserving retains vitamins, minerals and enzymes in food and produces beneficial microorganisms (bacteria, microbes, yeasts) which get consumed by the body. Examples include yogurt, cheese, coffee, wine, beer, many vegetables and seeds, olives, bread, corned beef, smoked meats, pickled herrings, and some sauces are made from fermented ingredients – soy, fish and Worcester. Eaten daily in small quantities probiotic food aids the digestive process. Following a demonstration by Marilyn we all got our hands messy making sauerkraut – a great way to preserve some of that excess cabbage, mixed with a variety of other vegetables and herbs.

After a shared lunch with Herb Federation members from all over the country the AGM was held, and our proposed programme for the conference was very well received. The executive committee then held their meeting while the rest of us toured the gardens with Marilyn and made the most of the opportunity to buy from the array of plants in the nursery. Great weather, good company and an inspiring day.

Andra Bramwell

The Sales Table is a roaring success. Keep it up.

This extra income helps us to subsidize travel and outings and to keep our subs down.

Takings for the year to date:

April \$35.50	May \$30.20	June \$21.00
July \$31.00	Aug \$39.00	Sept \$37.60
Oct \$42.60	Nov \$50.00	

Well done everyone who has brought, and everyone who has bought!!

Val (Treasurer)

Thanks to Helen Simonsen who has agreed to take charge of the Trading Table for our Tuesday meetings.

Presentation by Anita Baker

At our 18th November Meeting, Anita Baker of **Gardien** (*Where nature has you covered*) gave a talk and display of her products to a near capacity crowd. The products were demonstrated via foot spas and a facial. Everyone was able to sample the Skincare and then had the opportunity to purchase some of the products. Some of the Skincare Ranges included:

- Moisturiser - with aloe vera, jasmine and ylang ylang
- Eye Creme - with fennel
- Essential Foot / Body Scrub -- leaves your skin feeling soft and smooth
- Heel Balm - to assist in the healing of sore feet
- Sinus / Hayfever Relief Balm - for the relief of runny nose and blocked sinuses

Anita Bakers' contacts are www.gardien.co.nz Phone / Text 027457696

Mitre 10 Garden Club



In November, Debbie, Rosa and I had a stall to promote the Wairarapa Herb Society at the Mitre 10 evening garden club. The weather was not good, and this was reflected in the number of customers who attended the event. However, we managed to speak to quite a few people.

We had a display of companion planting, which created a lot of discussion. Copies of our latest newsletter and meeting programme gave us the opportunity to discuss the various aspects of the use of herbs, and the wide ranging activities of our society. Although we did not actually sign up any new members during the evening, we certainly sowed some seeds in many minds.

The evening overall was lively, as there were a number of gardening experts on hand to answer questions, and the opportunity to win a variety of prizes. Unfortunately Debbie and I only came third in the 'build a raised bed' competition, so came away empty handed!!

Val Richardson

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.