



# CHAMOMILE June 2016

## Notice Board

**Subscriptions:** Message from our Treasurer: If you want to continue to receive the newsletter and participate in WHS activities you must pay your subs! A few members have not yet done so.

Remember the **Trading Table** at Tuesday meetings - for items to sell and buy.

## June

**Saturday 11 June: Mid-winter Lunch** 12.00 for 12.30, The Lake House, Queen Elizabeth Park, Masterton. Replies to Val by 6 June. Email [mo217@vodafone.co.nz](mailto:mo217@vodafone.co.nz) or phone 377 2035.

**Tuesday 21 June:** 1.30 pm, Senior Citizens Hall, Carterton. Convener: Helen Simonsen.

## July

**Saturday 2 July: Visit to Loopline Olive Grove**, 91 Loop Line Masterton.

**Tuesday 19 July:** 1.30 pm, Senior Citizens Hall, Carterton. Convener: Kim Percy.

## August

**Saturday 6 August, 1.30 p.m.: Visit** (will be under cover!) **to Lansdowne Nursery**, 65 Te Ore Ore Rd Masterton. Includes afternoon tea with sweet treats \$5 a head. Replies to Shelah Agnew ([shelahbee@gmail.com](mailto:shelahbee@gmail.com) or ph.377 1732) by 3 August (for catering).

**Tuesday 16 August:** 1.30 pm, Senior Citizens Hall, Carterton. Convener: Vickie Pickering.

## Visit to Lyn Eglinton's Garden



On 5 March we visited the garden of Lyn Eglinton, owner of Stablehouse Garden Design. Lyn is a renowned New Zealand landscape designer and has been featured in several publications including House and Garden and NZ Gardener. The photograph on the left shows members admiring a bed of *Persicaria Amplexicaulis* during the visit.

A cup of tea in shade afterwards was very welcome. Krysia Grant wowed us with her Plum cake for afternoon tea and on request, the recipe was subsequently circulated to members.

Photo from Krysia Grant

## **Visit to Otari-Wilton's Bush**

Wellington turned on absolutely positively beautiful weather for this visit – just a slight breeze and lots of sun. And what a fabulous place Otari is! The original 7 hectares of forest has grown to 100 hectares of regenerating and original podocarp broadleaf forest, a great view of one valley of it visible from the Canopy Walkway, where we started our tour after a quick coffee.

Our guide, Nas, took us over the Walkway identifying tree species we passed, explaining their 'vital statistics', attraction to birds and traditional uses as food and/or survival tools. At the trellis of native climbers he explained how the leaf of kawakawa can be useful to draw out infection and aid healing of wounds with its anti-inflammatory and antimicrobial properties, and can, if necessary, be held in place by the bush lawyer vine. (Bush lawyer is also planted in areas where necessary to deter pedestrian traffic.)

A stand of fruiting kahikatea was full of tui, kereru and kakariki while a juvenile NZ falcon complained loudly at having to find his own food. With vigilant pest control, native birds are repopulating the area. The Otari plant collection contains approximately 1300 of the 3000 known native plant species from the sub-Antarctic islands to Cape Reinga and off-shore islands of the north. There are regular forays to bring back seed and cuttings. Seedlings grown at Otari from threatened species are planted back into the wild as part of conservation recovery programmes.



Many of these plants are displayed in easily accessible gardens near the Lookout Point, grouped to show their place in each habitat – alpine, coastal etc. A wetland area is being created at the moment. These gardens also show how native plants have a place in landscape design and ornamental gardens. It also gave us a chance to hug a tree or two – lancewood has a very awesome trunk.

We then retraced our steps back to the cool of the fernery with Nas identifying plants and telling stories of their historical uses and foods. One meal not so 'historical' but probably traditional was the recent King's salad which included nikau palm heads, edible fern tips and native pigeon! By this time we were all rather hungry so had to forego the 'kickass' herbal tea Nas had planned to make (he does say he talks too much) and headed to the very busy Picnic Café at the Botanic Gardens.

A lovely, lovely day. Many, many thanks to Val's daughter Kate for her great driving skills manoeuvring Wellington's hilly, narrow streets with nary a bad word, or at least none that were heard. I for one would like to make another visit maybe in Spring.

Since our visit, Nas has sent us the name of a plant which particularly interested some of our group. This plant which looked similar to a Hydrangea is *Pratia physaloides* syn. *Colensoa physaloides* (Roru). Nas has also said that with consent from his manager and if he is lucky to collect them, he will be happy to pass some seeds on to us.

Andra Bramwell

## **Helen Cook**



We learned, with sadness, of the death of Helen Cook who had been a well respected member of Wairarapa Herb Society for many years. Helen's knowledge and the willingness to share that knowledge was wonderful. We shall miss her just popping in and out of our meetings. A number of our members attended Helen's funeral. Bill Edginton spoke about the plants, books and journals which Helen had shared with us. Since Helen's death, we have received a card from the Cook family, thanking us for our 'kind words on Helen's passing'. We have also received a donation of \$50 from the Cook family. This was through Steve Davis who was a neighbour of Helen.

## Annual General Meeting

Our Annual General Meeting was held on 19 April.

Treasurer Val Richardson reported that the club finances are in a very healthy position. It was decided that at some future date a decision would be made as to what use to put the funds. We would also look into finding better accommodation.

A card had been received from The Herb Federation thanking the society for organising the Herb Federation's Biennial Conference held in October/November 2015.

Present members of the committee were re-elected namely:

Chairperson	Debbie Dittmer
Secretary	Agnes Jones*
Treasurer	Val Richardson
Newsletter	Bill Edginton
Publicity	Andra Bramwell Christine Paul.

New members were elected: namely Vicki Pickering, Christine Voelker and Helen Simonsen .

\*Since the meeting, Agnes has resigned as Secretary because of a downturn in health. On behalf of the Committee and all of the members, Debbie has thanked Agnes for the time and effort she has put into doing an excellent job supporting us all.



## Visit to The Garden Barn, Masterton

In May, a dozen of us varied the monthly Tuesday meeting by visiting the Garden Barn in Masterton where we had been invited by Shelah Agnew to bring all our gardening questions. The owners of this garden centre made us most welcome and between them answered our varied questions. Of particular interest was a horses for courses discussion on appropriate feed for different kinds of crops, particularly the differing needs of root and leafy vegetables. We were introduced to *Rock dust* which contains a range of elements and learned that dolomite lime contained magnesium. It was stressed to us that a sprinkling of fertiliser, e.g. to citrus, at monthly intervals during the growing season was best, rather than a large amount in one go. We enjoyed a shared afternoon tea in the Garden Barn's staff room and had some instruction on the way there for dealing with root-bound shrubs and trees (slit the plastic bag downwards with a sharp blade to remove and jab the blade around into the potting mix, thus sending a message to the plant to spread its roots).

**Lest We forget** (*At an earlier meeting, Agnes Jones shared a new poem which she had written. It is a reflection at the time of Anzac Day.*)

Let willows weep and church bells toll their sorrow  
And fields of corn bow down their heads and sigh;  
Let the sea spray her tears on the shoreline  
And the owls hoot their requiem cry.  
Let the cats mewl and keen a deathsong  
And the seagulls' lament rend the sky;  
Let the trees don their sackcloths and ashes  
And the white daisies pipe their eye.  
Let the bush birds boom their elegy of mourning and regret  
LEST WE FORGET, LEST WE FORGET

## **New Members This Year.**

### **Nicola Trotter**

School teacher, homemaker and mother of two teenagers. Loves learning, gardening, foraging and cooking. Joined to learn about herbs and their usage.

### **Patricia Deveraux**



Had the "call" to study Herbal Medicine at Wellpark College in Auckland in 2001. Realised that it was the herbs she enjoyed working with rather than treating patients, so focused on growing her own plants and making her own medicines. Is looking forward to raising a few medicinal herbs in her tiny raised bed at Panama Village, and perhaps "wildcrafting" more in the rather larger gardens of new Herb Society friends!

The plants behind the planter box in the photo are Chinese Hawthorn, which Patricia plans to make good heart medicine from, with the flowers, leaves and fruit.

### **Barbara Hehir**

Was a member of The Hardy Plants Society in the UK for 10 years. She came to New Zealand in 2012 and later joined the Morrinsville Horticultural Society before moving to Carterton in February this year. She is hoping to join U3A also but is busy with family at present.

### **Laura Hopkins**

Moved to Carterton 6 years ago and is adjusting to gardening in the Wairarapa. "We have a half acre section here, which is large compared to the Auckland postage stamp garden. I'm not a very successful gardener (can turn most items into 'dried flower' arrangements with ease!) hence my interest in joining the Herb Society. I am keen on cooking and make a lot of use of herbs - which don't always die!! - in my dishes. I recently retired from self employment and have promised myself a better garden."

## **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 (Chamomile)**

All past issues from inception of the Herb Society are in the Wairarapa Archive and also in folders in our own library. Our library copies can be borrowed like any other book. Some members may enjoy reading about the Society's activities in the past.

### **Trading Post**

Items which members wish to advertise within the Society may be listed in the Newsletter upon request to the editor.

**Executive Committee 2016-17:** Debbie Dittmer, Agnes Jones, Val Richardson, Andra Bramwell, Christine Paul, Bill Edginton, Shelah Agnew, Lorraine Erith, Vicki Pickering, Christine Voelker and Helen Simonsen.

**Officers 2015-16:** Chairperson: Debbie Dittmer; Secretary: *to be appointed*; Treasurer: Val Richardson; Publicity: Andra Bramwell; Newsletter: Bill Edginton; Library: Lorraine Erith. (See also the Action Groups, next page.)

### **Action Groups**

At its last meeting of the Executive Committee, the following responsibilities were agreed .

Revenues & Finance – Manage the Sales Table, Fund raising, Stalls, Farmers Markets. **(Helen and Val)**

AIM to grow funds which can be turned back into WHS activities.

Membership – to grow membership, working with prospective members, developing ideas of how we attract (stalls, displays, markets) and retain new members. Greet & welcome new people at Tuesday meetings. **(Christine V and Lorraine)**

AIM to grow membership, to ensure every member and prospective member feels welcome and able to contribute to the Society.

Activities and Events – Develop options for visits and meetings, coordinating with members, site safety, transport, management of the tea basket. **(Vickie, Christine P and Shelah)**

AIM to attract more members to attend activities by providing events of interest and communicating details in a timely manner.

Communications and Publicity – newsletter, newspaper, signage, web site and other social media platforms, Facebook. **(Andra and Bill, with Daniel for social media)**

AIM To keep our members well informed and develop public awareness of the Herb Society.