



CHAMOMILE August 2016

Notice Board

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

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 or ph.377 1732) by 3 August (for catering).

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

Propagation Workshop



Mike Palmers led a Propagation Workshop for us in May. He covered the following topics (a more detailed summary is available on request to edginton@actrix.gen.nz).

Equipment

Secateurs
Knife – budding/grafting, wounding cuttings
Rooting hormone

Hygiene - clean equipment important

Propagation Techniques

Seed – variability – open pollinated – F1 hybrids
Division
Layering – ground and air
Cuttings
Tissue culture – laboratory

Choice of Plant Material

Seed
Type of cutting material
Cutting medium/systems
Division - Perennials

Plant Dyes

At our June Tuesday meeting, Marion Cameron, from Wai Spinners and Weavers Guild, talked to us about plant dyes.

Helen Simonsen convened the meeting and has provided the following notes.

All plants to some degree or other will yield dyes and change the appearance of protein and cellulose fibres. Roots and bark are best harvested in autumn while seeds, berries and flowers when growth is at the most vigorous. Growing tips yield better than older leaves.

Fresh plant matter is best and frozen is even better sometimes. Plants are affected by the climate, sunshine hours, rainfall, soil type and the same plant species will not always produce an expected result.

A rough estimate of plant material needed is usually weight for weight relative to the fibre to be dyed and steeping several days or boiling 45 minutes to produce the dye bath. Some barks require a long soaking, first pouring boiling water onto the material. Several boil-ups of the same plant material can be combined.

Mordants change the soluble nature of the raw dye to an insoluble compound called a "lake". An effective lake adheres strongly to fabric fibres and dyes cloth permanently.

Wool (protein fibre): mordant for .5hr at 49 deg C (no stirring!) or room temp for 24hrs - move around gently a few times.

Silk (protein): mordant 1hr at 49 deg or 24 hrs at room temp.

Cotton (cellulose): 1 hr at 66 deg C to 82 deg C or 24 hrs at room temp.

Rayon (cellulose): 1 hr at 49-82 deg C or 24 hrs at room temp. Handle gently while hot.

Linen: Bring to boil and simmer .5 hr or steep 24hrs at room temp.

Wool needs to be left alone and not stirred as it felts!

Dyestuffs are best contained in an onion bag. Placing the fibre in a fine mesh bag of curtain net prevents tangles. Roll up fleece wool like a sausage and tie in net.

Mordants

Alum - 10% Potassium aluminium sulphate 2 tsp per 100gm of fibres. Dissolve into cool water, add wet fibre, bring slowly to simmer and hold for 1hr. Leave to cool overnight.

Aluminium acetate and washing soda 50/50.

Chrome-Potassium dichromate.

Rhubarb leaves - use 100% for animal fibres.

Colours

Pink: cleavers root, scarlet begonia, medlar.

Blue: purple iris, grape hyacinth, hedge berberis, black nightshade berries.

Orange: dahlia flowers deadheaded, not dried on the plant.

Fawn: flax seed.

Purple pinks: Indian corn.

Committee Changes

As reported in the June issue of Chamomile, Agnes Jones has stood down as Secretary. Andra Bramwell now takes over the position. Bill Edginton will also be standing down as Editor of Chamomile and Christine Miller will take over the position as from the next issue.

Herb Drying, Smoothies, Remedies and Cake



At our July Tuesday meeting, two of our members, Christine Voelker and Lorraine Erith, provided a medley of topics: herb drying; herbal smoothies - what do we find in the winter garden to use for our smoothies?; kitchen remedies - helpful hints and demonstrations and tastings. Christine has also provided this link www.juliasedibleweeds.com which members may wish to access.

Photos (Thanks to Christine Miller): Left: Lorraine and Christine. Below: Display of Ingredients

Notes from Lorraine: Drying and Storage of Herbs and a Chocolate Cake Recipe

When **gathering** your herbs for drying make sure you collect early morning after evaporation of dew. Wet plants will turn mouldy making them unsuitable for use.

Leaves - Should be picked when young and newly opened. This is when they have high

levels of their medicinal properties. Never take yellow faded, mottled or sprayed leaves.

Flowers - Gathered in their first opening. That is when they are most vital. Always leave behind enough for the insects and bees.

Berries, drupes and fruit - picked in their prime and dried under constant heat. Larger fruit can be cut in half and dried slowly in a fan baked oven.

Bark - Gathered in the spring.

Roots - best gathered early spring or late autumn.

Storage -I store mine in large glass sealed containers, away from direct light. The keep for 18 months - 2 years. Any unused herbs can be discarded (returned back to the earth).

Herbal Vegan Chocolate Cake

1 1/2 cups of flour - I use spelt

1 cup of soft brown sugar

1 teaspoon vanilla essence

3 large heaped tablespoons of cocoa

1 large teaspoon baking powder

2 teaspoons of kale powder (optional)

1 cup of liquid - I use Dandelion Root coffee but you can use water)

6 tablespoons of cooking oil - I use organic coconut oil

Combine all ingredients together and mix well. Bake @ 180 C for 30 - 40 minutes. When cool ice with a thick chocolate fudge icing.

Eat and enjoy

Kitchen Remedies - Readers may wish to refer to the March 2016 newsletter for Lorraine's herbal tinctures.

Recipes from Christine

Feta Dip

1 packet of fetacow or goat, whatever one likes

Juice of one lemon

3 garlic cloves

3 tablespoons of olive oil

A mixture of fresh herbs - I used thyme , rocket leaves, parsley, pinch of rosemary, Some weeds like chickweed and puha,

I have a small blender, if mixture is too sticky, add more oil

(July Tuesday meeting, continued)

Smoothie

Banana or berries

Pieces of lemon, skin on if not treated

A mixture of weeds

Some water and soya milk - use half and half in the blender

If you like, you can add nuts

Never use any weed you don't know. If in doubt, don't use. Refer to *Julia's Guide To Edible Weeds and Wild Green Smoothies* (available as a downloadable ebook OR printed book. We shall also be purchasing it for our library), or Julie and Matthew Seal – *Kitchen medicine: household remedies for common ailment and domestic emergencies*.



Mid Winter Lunch

Twenty six members and spouses met early June to celebrate Mid winter with lunch at the newly refurbished cafe in Queen Elizabeth Park Masterton. Under new management it is now called The Lake House.

It was an opportunity for new members to introduce themselves and for all of us to 'catch up' and chat, sharing good food and wine

in a very pleasant setting. Christine Voelker provided a lovely welcome to all with a herb posy to decorate the tables and take home, either to use or possibly to strike for next year's plant!

The weather outside was of course wintry, but this is a venue to consider for a summer meeting, when we could walk in the park and around the lake.

I enjoyed the food and wine, and the company, and I trust everyone else did too.

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 (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, Val Richardson, Andra Bramwell, Christine Paul, Christine Miller, Bill Edginton, Shelah Agnew, Lorraine Erith, Vicki Pickering, Christine Voelker and Helen Simonsen.

Officers 2015-16: Chairperson: Debbie Dittmer; Secretary: Andra Bramwell; Treasurer: Val Richardson; Publicity: Andra Bramwell; Newsletter: (as from next issue) Christine Miller; Library: Lorraine Erith.

Action Groups

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 Christine, with Daniel for social media)**

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