

Chamomile



Recent Outings

NZ Pacific Studios, Mt Bruce

by Andra Bramwell

Saturday, 4 March, saw a small group of WHS members meet at Pacific Studio, Mt Bruce, for a presentation and tour of an historic homestead set up in 2001 as an artists' retreat by historian Kay Flavell, who also runs a similar studio in USA.

This house, set on five acres originally part of the 'Normandell' farm, was built by clockmaker Christopher Burton in 1911, and is one of the first houses with both external and internal walls built of solid reinforced concrete.

As we toured the house, we peeked into the mighty inset steel safe and could examine how thick the walls are where a section has been opened up and then glassed over for viewing. The house has been sympathetically restored and expanded to accommodate up to five resident artists, with a further two places available in an adjacent self-contained cottage.

Original brass door handles and door plates have been retained and the matai and rimu floors refurbished. New cedar French doors now open onto the verandah on the north and west side of the house and small windows inset

into the south wall to give extra light. The fourth bedroom has been converted into a bathroom. The small kitchen serves the self-catering residents with the shared dining/sitting room a great little space to exchange ideas.

Christopher Burton seems to have used the loft as his 'man cave', originally accessed by a ladder staircase and trapdoor.

The Men's Shed have built an external staircase giving much easier access to the loft space, now converted to a library, with two sleeping spaces and desks that have lovely outlooks to the Tararua range to the west and Mt Bruce to the east. There is also a telescope for night sky viewing.



APRIL 2017

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Meetings of the Wairarapa Herb Society are held on the third Tuesday of the month, from 1.30pm to 3.00pm, Senior Citizens Hall, High Street North, Carterton



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www.herbs.org.nz



Recent Outings

NZ Pacific Studios, Mt Bruce (continued)

Connecting with the Scandinavian influence of this area (part of Forty Mile Bush) a self-contained cottage has been refurbished in a Norwegian style with living and sleeping areas for two people plus a connected studio and a sauna. There is also a good sized visual arts studio available.

A walk around the garden showed a work in progress. A box hedge encloses roses around the front door but the woodland area between the house and main road needs upgrading, especially to try and cut down the road noise from the highway. Development of a further couple of acres into bush walks is planned but, as with many non-profitable organisations, time, money and labour is in short supply. Volunteers anyone?

Residents are offered from three weeks to three months or so, paying \$350 a week and Fellowship

opportunities are also sponsored by individuals and institutions throughout the Wairarapa/Tararua district.

During the last 15 years almost 500 artists from NZ and the rest of the world have passed through Pacific Studio, many leaving pieces of their art on show. Residents have included writers, poets, sculptors, painters, songwriters, and photographers from NZ, Canada, China, Scandinavia, China, USA, Hong Kong, Singapore, UK and more.

Residents are also encouraged to work with schools and communities throughout the Wairarapa.

Pacific Studios (although I imagine a bit chilly in winter!) is a lovely place giving opportunities for artists to come together to exchange views, learn new techniques and processes and to collaborate on projects. A visit I really enjoyed.



Touring the Norwegian Love Cottage with Madeleine Slavick.



Lynette Dewes explaining the woodland garden.
Photos: Courtesy NZPS

Hayden and Lyn McGrail Property

by Bill Edginton

Following our visit to NZ Pacific Studios, we retraced our steps along SH2 to Kiriwhakapapa Road to visit the life-style property of Hayden and Lyn McGrail for a cuppa and a walk through the covenanted patch of native bush there.

We enjoyed coffee, tea and the usual nice eats provided by our members. The setting was a grassed area beside a delightful creek and ringed by tall trees.

Lyn talked to us about some of the trees and plants (particularly a yellow flowering orchid) found on the property. She then led us to the covenanted* bush area.

At the entrance, Lyn showed us how they had grown saliva-covered seeds of green mistletoe on the branches of a shrub.

Inside the bush, we looked up to sunlight filtering through the high tops of trees.

The bush was mixed. It included, amongst other species, Titoki (*Alectryon excelsus*), Black Maire (*Nestegis cunninghamii*), Supplejack (*Ripogonum scandens*), Five-finger (*Pseudopanax arboreus*), Pigeonwood (*Hedycarya arborea*) and Toro (*Myrsine salicina*) (I bought a potted-up plant of the latter from Lyn for my garden).

*A QEII Open Space Covenant is a legal agreement between a landowner and the QEII National Trust. It sets out the exact location of the protected area, what is being protected and why, what can and can't be done on the land, and the landowner's and QEII's responsibilities. The agreement is entered into voluntarily and once signed and registered on the title to the land binds current and all subsequent landowners forever.

Recent Outings

Anna-Marie Kingsley Garden

by Christine Paul

Our first meeting for the year was held on 4 February at the stunning property of Anna Marie Kingsley and Malcolm Batchelor. Anna Marie is a well-known Carterton artist and she has extended her art work into her garden by way of many wonderful sculptures

The first of these sculptures was made with the help of two very interesting 'woofers' who came from the island of Mauritius. They made an enormous pot inlaid with ceramics and also inlaid with their names. From here started a journey of 'woofers' and sculptures, seen in the photos. The outdoor lounge suite needs to be



Photos: Lorraine Erith.

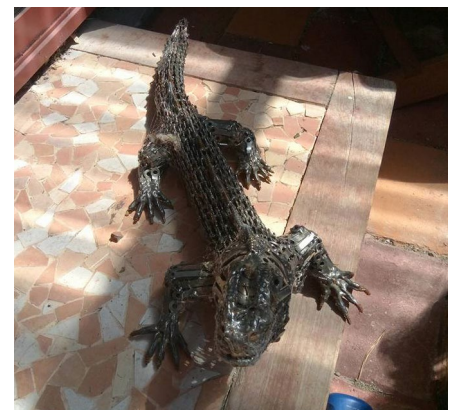
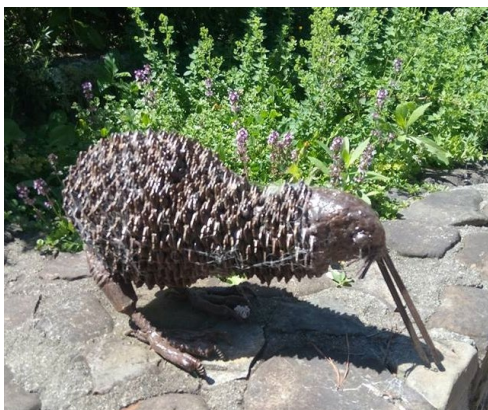
sat on to be appreciated fully.

The entranceway was not pointed out to us but deserves to be mentioned. It was made by Anna and Malcolm and is a stone wall with gargoyles to welcome you, inside the stone wall are many wine bottles and beer bottles used as fillers and supplied by local winemakers and perhaps by a worker or two. They

also made the 'pizza pit' a seating area just outside the double doors of the house.

They intend to open their garden to the public sometime in the future. If you didn't get to see it make sure you go if you get the opportunity.

Anna also supplies vegetables to the Carterton Farmers Market from her extensive raised gardens.



Presentations

Elderberries and why we should be using them

by Patricia Deveraux

Elderberries are one of the few antiviral herbs that are easily grown in NZ – they certainly do well in the Wairarapa!

With the rise of viral resistance to drugs, it's good to know we have something we can access to combat this situation.

So use them for treatment of viral conditions such as colds and flu, and herpes, and use them frequently at the first sign of the condition, i.e. every hour or two, until the symptoms decrease, then perhaps down to three times per day. You cannot overdose, so find the size of dose that works best for you, anywhere from a dropperful to 1 or 2 tablespoonsful.

Elderberries are also useful for lung congestion (including asthma), sinus congestion, hay fever, tonsillitis and sore throat (particularly soothing made with glycerine), fever (especially good for children), ear infections (elixir made with glycerine), gout, neuralgia and sciatica (as a nervine), and because the berries are anti-inflammatory they have been used to strengthen the eyes and to decrease arthritic pain.



Note: while elderberries are totally safe, the seeds of the raw berries can make some people nauseous if they eat too many.

How best to use them?

The quickest way is as a tea, then syrup, but best is either tincture or elixir, since better results have been seen from using the unheated berries.

What's an elixir? a blend of the herb with alcohol and honey.

RECIPES

Tea

Simply steep the berries covered for 20 minutes in one cup of boiling water. Strain and sweeten to taste.

Syrup

The high amount of sugar works as a preservative. Syrups are good for dry coughs because sugar increases mucus secretion, but don't use them for digestive troubles as the sugar interferes with digestion.

There are many recipes, this one is from Gilian Painter.

- combine fresh elderberries with enough water to just cover
- bring to the boil, then cover tightly and simmer gently for 20 minutes.
- remove from heat and strain, pressing the juice from the berries, and measure
- in a clean saucepan combine twice as much sugar as the volume of the decoction, and bring to the boil again, stirring all the time to be sure all the sugar is dissolved.
- simmer gently for 5 minutes.
- filter, cool, and bottle

- keep refrigerated. Use within six months or so, and discard at any sign of spoilage.

Notes: if you want a stronger syrup you can add more berries to the same liquid, simmer for the same period, then strain

You can use honey to taste as the sweetener, but don't cook it (add to the hot decoction and stir well to dissolve).

You can puree the mixture but it's harder to strain.

Glycetract

Glycerine is a solvent halfway between water and alcohol, but is less stable than alcohol. It is sweet to the taste and gentle on the digestive system. A good form of medicine for children and safe for diabetics.

- whiz 300g fresh elderberries in the blender
 - add 300ml glycerine and blend a further 1-2 minutes
 - pour all into a jar, cover and macerate 7-10 days (as for a tincture)
 - strain, filter, and bottle
- (There should be a high enough proportion of glycerine to

preserve, but if in doubt keep it refrigerated).

Wise-Woman Tincture

Use the highest proof alcohol you can access ('proof' is the alcohol percentage doubled, so 40%, as in vodka, is 80 proof), because the juice in the fresh berries will dilute the tincture and it may not be enough to preserve.

- put your berries into a jar (they can be pressed or mashed slightly to break the skins, or whizzed in a blender)
- cover completely with alcohol
- screw lid on tightly and leave the jar in a dark cool place for a few weeks (shaking it is optional)
- strain, bottle, and label.

Elixir

This is in effect a sweetened tincture.

Basic elixir: cover fresh, lightly mashed berries with 2 parts alcohol to 1 part honey or glycerine by volume, i.e. 1 cup berries, 2 cups alcohol, 1 cup honey or glycerine). Shake well and macerate for 4-6 weeks (or as long as you like!).

Ultimate Elder Elixir: this is my version this year, using what I had available to me

- 2 cups fresh elderberries
- ½ cup dried elderflowers
- 1 root dried angelica archangelica, chopped
- large 'thumb' of fresh ginger, chopped
- ½ cup dried licorice chips

- raw honey (manuka if you can afford it!)
 - brandy (I used St. Remy, 38%)
- Mix all herbs together and place in a large jar. Cover with honey until fully saturated, then fill jar with brandy.

Macerate for 4-6 weeks, then strain and bottle. This should keep indefinitely but may be kept

refrigerated.

Take throughout the winter as a tonic and immune system strengthener, and take liberally at the first sign of a cold or flu to shorten or prevent the illness.

Suggested additional herbs: rose hips, orange peel, broken cinnamon stick/s, dried echinacea root, dried elecampane root.

MONARDA (BEE BALM)

Introducing a herb new to most of us: MONARDA (or BEE BALM)

If we have heard of monarda at all, it's most likely as the showy red-flowering garden perennial. This is *Monarda didyma*, also known as scarlet beebalm, and oswego tea. The leaves (and to a lesser extent, the flowers) have a pleasant scent. There have been many selected garden forms, in shades of scarlet, soft and strong pink, lavender, purple and violet. While these are very pretty, I'm not sure how much medicinal quality they have.

Other medicinal varieties (available locally) are *M.fistulosa*, wild bergamot (perennial) and *M.citriodora*, lemon beebalm (annual).

The scent and taste of these two varieties is much stronger and hotter than *M.didyma*, which is almost sweet in comparison (try chewing a piece of leaf or flower).

I have these two varieties growing in my tiny raised bed, where they have done well. They need to be kept reasonably moist (*citriodora* in particular drooped quite readily). I found different

growth habits between the two, *citriodora* inclined to be more 'curvaceous' (although all that westerly wind didn't help) while *fistulosa* is much more upright. The flowers are different too, *citriodora* very showy with broader petals in a rich rosy pink-purple, while *fistulosa* is smaller and more spidery in a soft mauve – although I believe the colour is very variable from seed.

Because monarda is new to me too, I can only list the uses as given in my favourite herb books – *Practical Herbs 2*, by Henriette Kress (Finland), and *The Book of Herbal Wisdom*, by Matthew Wood (USA) – as well as online articles by Rosalee de la Foret (Herb Mentor.com) and Kiva Rose Hardin (Medicine Womans Roots.com).

Because beebalms are hot, they help keep airways open when we get coughs and headcolds – eat a fresh flower head, or drink the hot tea, the nose will promptly start to drain. For coughs and sore throats you can also use beebalm syrup or honey. The flower heads stay very fiery, even stored in

honey. Beebalm can be helpful for tinnitus caused by inner ear stagnation, use hot tea or tincture regularly until the buzzing stops. Beebalms reduce nervousness – try when you're too tired to fall asleep. Use for stomach aches and flatulence, and for nausea if the sufferer is also pale and listless. (Henriette)

'Draws out fire', so useful topically for burns and sunburn (chew up some of the flowers and put on the area), it seems saliva contains an enzyme that activates monarda for this use. It also draws fire from internal organs, so can be used for fevers (where the skin is cool and clammy), bronchial asthma and even appendicitis, urinary tract infections, yeast infections, and leaky gut. It also calms and tones the nerves by acting on the solar plexus and the organs supplied by nerves from this centre: stomach, liver, gallbladder and intestines, so can help with constipation, gallstone colic, and hang-over. (Matt Wood)

Using beebalm honey: Dressing for burns and wounds, sore throat, respiratory infection/congestion, systemic inflammation (stimulant, relaxant), and systemic or local infections. Can also be used in hot tea, added to sauces and desserts (remembering that even in honey, it's still hot) or just straight off the spoon! (Kiva)

As an oxymel (vinegar and honey), particularly for bronchial complaints, especially those with a lot of mucus. (Rosalee)

And of course, as a hot culinary herb should you not have oregano or thyme.



Monarda cambridge scarlet.



Monarda fistulosa.



Monarda citriodora.

Presentations

Creams and Lotions

by Christine Voelker

Danels place has a wonderful restful atmosphere, and special care is taken in every corner of the ex-stable buildings filled with treats for the body.

The very innovative way to recycle wooden palettes inspired me.

Sitting there and listening to Danels story and her approach to making natural cosmetics was a wonderful experience .



Photos: Debbie Dittmer



Presentations

How to Grow Microgreens

by Fionna Hill

Wairarapa Herb Society new member, Fionna Hill, gave a workshop on 21 March for members.

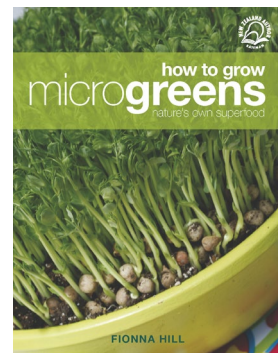
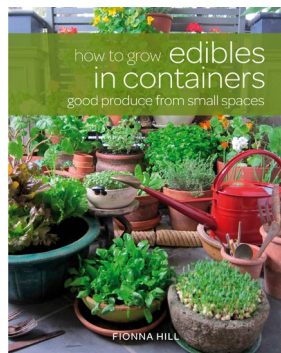
Fionna focused mainly on talking about growing microgreens and her book writing journey. Her microgreens book *How to Grow Microgreens, Nature's Own Superfood* is currently in five languages and selling in many countries.

She has authored or co-authored seven successful international gardening, floral, and food books as well as styled photographs for lifestyle and gardening

magazines and travel writing. She's also a high profile florist.

Microgreens are the latest trend in gourmet greens; they're the tiny first leaves of edible seedlings and are great for salads, garnishes and many more dishes – and they are highly nutritious.

Fionna grew and brought along a selection of microgreens ready to harvest and shared them all for a taste test. She talked about choice of seeds, showed her growing method and answered questions.



Trading Post

We are starting a section in *Chamomile* for members who wish to advertise their wares, promote their business, or simply have items they wish to buy or sell.

If you would like to submit an item to the Trading Post, please email your files (text and images) to christinemiller177@xtra.co.nz

Hands-on-you!

Massage Therapy based at Headquarters
Hair & Beauty Salon, 111 High Street, Carterton.
Available Mon, Weds and Saturday mornings.
\$60 1 hr full body, \$45 ¾ hour back and neck.
Phone Di Batchelor 021 463 674

GET WELL – GET PLANTING!

Plant now to be able to prepare for the winter



1

PLANT



2

GROW



3

HARVEST



4

MAKE REMEDIES

Recipes

Fenugreek Tzatsiki Dip

by Fionna Hill

3 Tbsp olive oil
1 Tbsp white wine vinegar
2 cloves garlic, crushed finely
Salt and black pepper to taste
Dash of cayenne pepper
2 cups Greek yoghurt
2 small cucumbers, peeled and grated or finely sliced
1 cup fresh fenugreek microgreens
1 Tbsp chopped fresh mint
2 Tbsp finely chopped spring onion

½ tsp roasted cumin seeds (optional)
Combine olive oil, vinegar, garlic, salt, pepper and cayenne in a bowl.
Mix until well combined. Using a whisk, blend in the yoghurt and mix well.
Finally, add the cucumber, onion, cumin and mint.
Lastly add fenugreek microgreens.
Chill for at least two hours before serving.
Garnish with chopped fresh coriander or mint.

Grilled Vegetable Stack with Microgreens

from Microgreens by Fionna Hill

1 medium eggplant cut into 6 thick round slices
1 zucchini cut into 6 thick round slices
1 large tomato cut into 6 round slices
olive oil for brushing
salt and pepper to taste
¼ cup extra virgin olive oil
1 clove garlic, crushed
pinch dried chilli flakes
6 Malabar spinach leaves, optional, lightly steamed
6 slices fresh mozzarella, cut into rounds
1 cup microgreens (daikon radish were used in the photo)
6 green beans, steamed until tender but still crunchy
6 satay sticks, optional

Brush prepared vegetable slices with olive oil, season to taste.
Grill on high until soft and golden, turn and grill reverse side; about 10 minutes in total.

Meanwhile mix the extra virgin olive oil, garlic and chilli together in a small bowl.

Place eggplant slices on a baking tray or shallow platter; drizzle with the oil/garlic/chilli mix.

Place a Malabar spinach leaf on each slice, if using.

Add a slice each of mozzarella and tomato and drizzle again with the oil/garlic/chilli mix, then add a slice of zucchini.

Bake at 180°C (350°F) for 10 to 15 minutes or until vegetables are tender.



Lift the zucchini slice and add a bunch of microgreens and a halved steamed green bean underneath the zucchini slice, replace zucchini and skewer with a satay stick if wished.



Recipes

Milk Tart

by Danel Herd

Pastry

2 cups flour
1 egg
½ cup sugar
2 tsp baking powder
125g butter
pinch of salt

Method

Cream butter and sugar well together and add the egg, before beating well.
Add all other ingredients – making a stiff dough.
Press into one or two round cake tins/pie dishes and bake at 180°C until light brown.

Filling

4½ cups milk
2 ½ Tbsp cornflour
1 cup sugar
3 eggs
pinch of salt
2½ Tbsp flour
1 tsp vanilla essence
Big spoon of butter

Method

Bring milk to the boil. Beat eggs well and add sugar, flour, cornflour and salt. Mix well.
Pour boiling milk into the mixture and stir well.
Return to stove and stir well until mixture thickens.
Add butter and vanilla essence and pour into cooked shell. Allow to cool in the fridge.
You do not need to cook the tart any further.
To decorate, sprinkle with cinnamon.
Makes two small tarts.

Immunity-Boosting Winter Soup

This recipe is adapted from *The Creative Herbal Home* by Susan Belsinger and Tina Marie Wilcox. If you prefer less heat, just use a pinch or two of cayenne instead of the dried cayenne pepper. Feel free to add other ingredients you have on hand or use whatever you like best.

Ingredients

Large handful of dandelion greens
1½ litres of water
1 stick astragalus root*, broken in half
5cm piece ginger root, peeled and grated or chopped fine
1 small dried cayenne pepper, stemmed and seeded, diced fine
1 whole garlic bulb, peeled and thinly sliced
approx ½ ounce dried shiitake mushrooms, stems removed, broken or chopped coarsely
1 tsp turmeric powder
1 large kumara, diced into small cubes
1 Tbsp packed dried calendula florets, minced
2 generous tsps dried thyme leaves, minced
1 cup diced red or yellow capsicum
2 pinches cinnamon
1 bunch of spinach, cleaned (about 2 cups packed leaves coarsely chopped)
sea salt and freshly ground black pepper

Method

Rinse dandelion greens thoroughly, remove and chop stems, coarsely chop leaves. Keep chopped leaves separate from chopped stems.
In a large heavy-bottomed soup pot, combine water, astragalus, ginger, cayenne, garlic, shiitake and turmeric. Cover and place over medium-high heat. Bring to a simmer, lower heat and cook 15-20 minutes, stirring occasionally.
Add kumara, stir, cover and cook for another 4-5 minutes.
Add minced herbs, capsicum and cinnamon. Stir well, cover and cook for 6-8 minutes, adding dandelion stems after 3-4 minutes.
Finally, add spinach and dandelion greens. Season generously with salt and pepper, and cook for 4-5 minutes until greens are wilted and tender. Adjust seasonings. Remove astragalus root before serving.

*There are many sites on the internet describing Astragalus root and its uses, for more information it is suggested you research these first, otherwise just leave it out.

Herb Federation News

The latest copy of the *Herb Federation News* is now available in our Library, so make sure you take a

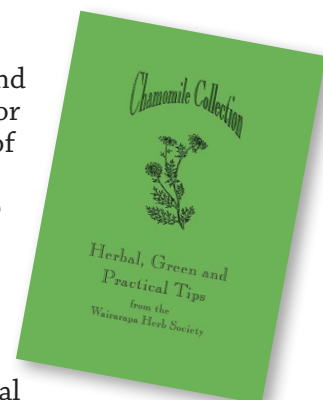
moment to look through, or if you are a Federation member, you should receive a copy.

Herbal Green and Practical Tips

We are looking at updating *Herbal Green and Practical Tips* (the 'Green Book' as it is colloquially known), a fabulous source of information ranging from how to remove the smell of garlic from your hands, relieving the pain of shingles, through to getting rid of cockroaches!

We would love members to send in any suggestions, amendments or additional tips they feel could be of interest.

Please send your ideas to christinemiller177@xtra.co.nz



Get Involved

I know it's nearly winter, and we're all starting to go into a kind of hibernation mode, but just think of the feel-good factor you can get from becoming more involved with the activities and events that form part of being a member of the Wairarapa Herb Society – warmer than a woodburner!

The Society would like to encourage our varied members to look at the skills they have, what they can bring to the table (no pun intended), and if they would like to use those skills to contribute in some way.

We are always looking for volunteers to help out at promotional events such as the Daffodil Festival and various Farmers' Markets, as well as raising awareness of the help we provide local groups, with activities such as school and community gardens.

Contact **Vickie Pickering** or **Christine Paul** if you have any spare time to help out, it would be greatly appreciated.

WHS Library

We have an amazing resource at our fingertips. The WHS Library contains a range of publications encompassing many aspects of herbology – and the go-to person who can help you is **Lorraine Erith**.

Lorraine is the 'holder of the keys' and will be displaying at our Tuesday meetings a range of books for members to browse and take out.

She will be including in future editions of *Chamomile* a story on a relevant book held in the

Library, to encourage members to take books out and possibly learn a few things they never knew!

This also means that the books need to be returned, and we are all guilty of that overdue library book buried under sofa cushion, or in the bottom drawer allocated to the 'I'll read it next week' pile, so it is important that if you do take a book from the library, that it is returned in a timely manner for others to enjoy. Please check that you don't have any overdue books, thanks.

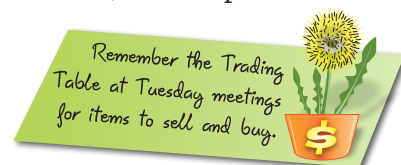
Trading Table

We have two new volunteers to look after the Trading Table – **Patricia Deveraux** and **Agnes Jones**.

The Trading Table provides a valuable source of revenue for WHS in helping reduce our annual subscription costs. This also enables us to subsidise monthly outings, as well as other activities.

It also means we get to share our homegrown

goodies, from herbs to a glut of feijoas (I'm still hoping someone has a glut of passionfruit! - Ed.), and like most people these days, it's good to know how your food is grown, under what conditions, and can provide items others may not be able to grow themselves, so bring it along!



Herb Federation Booklet

The Herb Federation have asked for articles for their next booklet. Please send your submission to

christinemiller177@xtra.co.nz, who will forward it to the Herb Federation. *All submissions by 20 May 2017.*

WHS Outings Convener

It seems we find our outings fun, stimulating and enlightening, and we like to tell everyone about other places we have seen, or would like to see, but members are not always sure who they should talk to about organising to visit a particular place.

We now have an official Outings Convener, **Christine Paul**, who has kindly offered to take on this role, so drop her a line, or have a chat at our next meeting.

If you have ideas about outings you would like the Society to consider, please contact Christine with your suggestions.

Noticeboard

Autumn/Winter 2017 Programme of Meetings and Events

	TUESDAY	CONVENOR	SATURDAY	COORDINATOR
May	16 May		6 May	
	Winter Wellness	Debbie D	Pruning Workshop	Helen
June	20 June		10 June	
	Men's shed (John Bush)	Shelah Agnew	Mid-year Christmas Lunch, Tin Hut, Featherston	Christine Paul
July	18 July		1 July	
	Totara Oil	Christine Paul	Olive Press and Olive Grove	Christine Voelker
August	15 August		5 August	

Winter Wellness

*Tuesday 16 May 2017 –
Presentation*

Debbiewillbeginingapresentation on Winter Wellness. She would like all members attending the meeting to bring along their favourite winter remedies for everyone to share.

Mid-Year Lunch

Saturday 10 June 2017

WHS are booked in at **The Tin Hut** for our midwinter lunch.

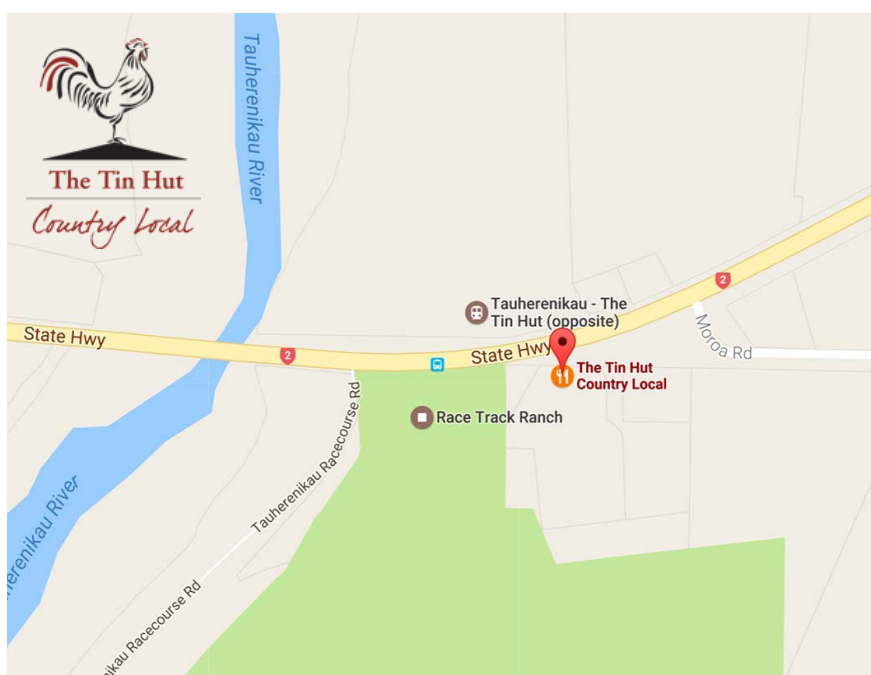
It will be a set menu at \$30 a head and the Herb Society will subsidise it by \$5 a head for paid-up members.

The date for the lunch is Saturday, 10 June at 12.30pm.

Christine Paul was unable to talk with the owner, but the meal will be garlic bread and soup of the day, a roast of pork with roast vegetables, greens and gravy and warm apple crumble for dessert.

Should this change, members will be updated accordingly.

For more information about the Tin Hut, check out their website, or <https://goo.gl/maps/JgJDdnRvjZS2>



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Emails will be sent out prior to all events containing the relevant details.
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About Us

The Wairarapa Herb Society

(Estab. September 1982 and registered under the Charities Act No. C.C. 29074.) PO Box 42 Masterton.

Objective

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

Meetings

Held on the third Tuesday of the month from 1.30pm to 3.00pm at the Senior Citizens Hall, High Street North, Carterton (opposite Wild Oats Café). As far as possible, Saturday meetings are held on the first Saturday of each month.

Annual Sub

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

*\$5 reduction on subscription if a paid-up member of the Herb Federation.

Trading Post

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

Quarterly Newsletter – *Chamomile*

Copies of all past issues from inception of the Herb Society are held in the Wairarapa Archive and 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.

Committee 2017

Chairperson:	Vickie Pickering
Secretary:	Margaret Baylis
Treasurer:	Debbie Dittmer
Publicity:	Andra Bramwell
Newsletter & Facebook:	Christine Miller
Library & Members:	Lorraine Erith
Programme:	Christine Paul
Community:	Christine Voelker



WAIRARAPA HERB SOCIETY MEMBERSHIP FORM 2017

Please print clearly

Name

Address

Postcode Phone Mobile

E-mail

Are you an individual member of the Herb Federation? Yes/No*

Delete as appropriate: I do / do not wish my details to be published on the Membership List.
I do / do not wish to receive the newsletter by e-mail

Subscription entitles you to *Chamomile* – our quarterly newsletter – giving details of upcoming events, reports and updates of previous events, recipes, herb news and 'herb of the month' summaries.
To help keep costs down we will send the newsletter by e-mail unless you let us know. A copy in the mail will be sent out to those who prefer to receive by post or do not have a computer.

\$20 Individual or \$30 Family

*If you are an individual member of the Herb Federation of NZ you are entitled to a \$5.00 subsidy on your fees. Please indicate on this form if you are a member.

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Wairarapa Herb Society, Treasurer, PO Box 42, MASTERTON

