

Chamomile



JULY 2017

Recent Outings

Pruning and Early Winter Garden Maintenance

by Margaret Baylis

A few days before the Saturday of the Pruning Workshop I was phoned and asked if the venue could be changed to my place as Val was sick. I looked out the window and observed the rather messy disarray of my garden and was hesitant but was reassured it would be fine so I said yes. I'm so glad I did because it was an afternoon filled with glorious sunshine, warmth, friendship, information and good food.

It was a beautiful sunny day on Saturday 6 May when we all met at my place in Masterton to hear Stacey give a talk, along with a

pruning demonstration. I'm new to gardening in the Wairarapa and so was keen to hear what she had to say, and so it seemed were the dozen or so other members who took part.

The talk was given by Stacey who has an extensive knowledge of horticulture and garden maintenance.

She started with an overview of what the garden needed at this stage, and for the next few months – firstly to protect it from winter harshness, and secondly to begin to prepare it for next Spring.

(cont'd)



Stacey (standing) starting her presentation, with a more members joining us as the afternoon progressed.

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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



The Wairarapa Herb Society
P O Box 42, Masterton

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www.herbs.org.nz



Recent Outings

Main aspects covered were:

- Tidying and clearing debris and plants that had completed their life cycle
- Mulching and frost protection
- Pruning and moving plants, trees and shrubs
- What to plant now

Tidying and clearing – in autumn we can look around our garden and make decisions about what we want to keep and what may need to move and/or divide up to make more plants. Perennials can be divided up in autumn or spring, and cuttings can be taken in spring or autumn too. When we clear spaces, make sure we put some mulch over the bare garden.

Mulching and frost protection – Mulching is a helpful way to protect the plants and soil from frost and the harsher climate of winter. Good mulches are a thick layer of wood mulch, straw (although it can be a source of weeds), pea straw (when we are allowed to use it in the Wairarapa), newspaper and compost. Frost protection is generally not required for well established trees but is essential for new and sensitive shrubs and plants. Frost cloth and/or sprays are very helpful but need to be in place before the first frost and until after the last one.

Pruning and moving plants, trees and shrubs – Winter – when shrubs and trees are dormant – is the best time for this garden activity. Stacey emphasised the need to dig a hole much bigger than the root ball, and prune the tree to reduce stress. Use a good compost in the new hole and ensure wind protection until the plant has re-established itself. Mulch well around the relocated plants but make sure all mulch is away from the trunk of the tree or plant.

What to plant now – this being May, we were encouraged to plant spring bulbs. Roses, shrubs, fruit trees etc. are best planted in early winter – June to Mid July – and the same instructions as above, for a large hole etc.

After the talk we then moved out into the garden and Stacey demonstrated pruning a rose bush in which she emphasised diagonal cuts, removing dead wood and crossing branches, pruning above a node. She also answered the many and varied questions our members asked.

The abundance of appetising food from our members created an afternoon tea with lots of chatter and laughter which was enjoyed, and all too soon it was time for people to make their way home again. I can only speak for myself but I found it informative, helpful and enjoyable.

Stacey Burkett trained and works as a gardener. For an hourly rate she is happy to offer advice and/or assist with garden maintenance.

She can be contacted on 021 217 4876.



Stacey gave detailed instructions on rose pruning, as well as care of secateurs, and the need for a good quality sharpening tool.



Everyone was keen to see the best way to take cuttings or seed from particular plants in Margaret's garden.



Such a choice of roses to prune, as well as an assortment of other plants, a few members went home with bags of goodies to grow on.

Recent Outings

Mid-Winter Christmas Lunch at the Tin Hut

by Christine Miller

It was a chilly and overcast Saturday on 10 June when the WHS members gathered together to celebrate the winter solstice for 2017.

The Tin Hut at Tauherenikau, Featherston, was the venue of choice and a warm fire in the foyer was a welcome site.

The Tin Hut is somewhat of an institution in the South Wairarapa.

As well as being the closest restaurant and bar to Tauherenikau racecourse, it has been the meeting place of choice for people ranging from motorbikers from the Hutt Valley doing 'a run over the 'takas' on a sunny day, to a venue for local bands such as the Cross Creek Blues.

On a warm summer's evening its outdoor dining provides an idyllic country retreat where you can enjoy your meal in peaceful surroundings, complete with farmyard animals wandering freely.

About 20 or so members were able to join us, and I have to say there's something nice about having someone else do the cooking for a change, as well as the clean up, that makes it all the more enjoyable!

A set menu was organised for our lunch comprising a delicious soup and garlic bread, roast pork of generous proportions, and apple crumble for dessert – all proved to be very tasty and value for money.

It was a lovely chance to for us all to come together and have a chat, enjoy some wonderful food and drink in a quiet and pleasant atmosphere – even the ducks outside were looking in through the glass doors with envy – or possibly glad they weren't on the menu!

Overall, even with a small drama, everyone had a fun and entertaining time.



Patricia, Gordon, Debbie and Christine warming up.



Steve, Sheila, Vaughan and Anna enjoying a tipple or two (or three?!).



Enjoying the main meal.



Recent Outings

The Olive Press

by Christine Voelker

On Saturday 1 July about 18 members of our Wairarapa Herb Society group met at the Olive Press in Greytown for a tour of the small factory, tasting lots of yummy goodies, and the opportunity to purchase some of those goodies.

We were welcomed by Bruce and Mary McCallum and divided into two groups. While one group was in the factory, the other was tasting the various oils, olive-related products including various flavoured olives in brine and oil, along with a selection of relishes.

Each group watched a short video about the business. This included a bit of the history and an overview of growing olives in New Zealand. From there it was out to the factory itself where we put on high-visibility vests and were instructed to stay with the group.

Olive pressing requires – obviously – olives, and the shorter the time from pick to process the better the oil. Bruce and his team aim for a press at less than 48 hours from pick. A well balanced and flavoursome good olive oil needs to have an even mix of reddish, brown and green olives and it was easy to see in the large bin there was just that. From the bin they are washed in a special machine and all leaf and debris removed.

The next step was a crushing and centrifuge process which crushes the oil out of the fruit and then separates the pulp from the oil. It was amazing to see this beautiful almost lime green oil being pumped into the storage bag ready for the next stage, which is bottling.

The Olive Press processes olives from all over New Zealand but mostly from the lower half of the North Island. The olives from each grower are processed separately. Some prefer to bottle their own oil so it is returned to them in large sealed containers, and others have it bottled but not labelled.

Bruce feels that the olive industry is at the same stage the wine industry in New Zealand was 30 years ago. New Zealander's need to have their palate educated to taste the difference between poor and good quality olive oil.

The Olive Press only does one pressing, so it is all Cold Pressed Olive Oil, and the quality of the oil was very evident in the tasting.

At the front of the factory is a shop which sells the oils – many of which have won medals at the Olive Oil awards, some delicious infused oils, relishes, olives and a variety of soaps and body lotions. I know that we have been enjoying the products we purchased and will definitely be going back for more.

Looking around at the group it seemed that everyone found the visit worthwhile, informative and enjoyable.

Afterwards there was an afternoon tea at Oak Tree Cottage in Battersea, which sadly I didn't find because I had left the instructions at home!

If you missed out on this visit, the Olive Press is located at 14 Arbour Place, Greytown.



Lot of delicious samples to taste and buy.



Olive Press Managing Director, Bruce McCallum (second from left), discusses olive selection in the loading bay, and pallets full of olives ready for pressing.



Left: Sorting the olives from any debris, ready to go into the crusher. Right: Part of the crusher.



Left: Extracted oil heading for the storage bladders. Right: Containers filled with oil, ready to be dispatched to customers. Plastic are temporary as the oil needs to be stored in light-proof containers.

Recent Outings

Henley Lake Menz Shed, Masterton

by Lorraine Erith

On a warm sunny June afternoon a group of us gathered outside the Henley Lake Menz Shed. We were welcomed in by Murray who was our guide in showing us around such an amazing facility, packed full of machinery and tools which have all been donated.

He explained the concept of bringing the backyard shed into the community and bringing men together – aimed more at the older retired male, possibly lonely after the loss of a mate, or bored with too much time on his hands. The Menz Shed gives them a place to visit, to communicate, and to share skills and knowledge. Whether just a chat and a cup of tea, or fixing and repairing of equipment, it's all about the camaraderie between blokes. However, younger men and even a lady have joined the ranks of the Menz Shed.

Each school holidays up to 70 children between the ages of 8-14 attend Henley Lake Menz Shed, having fun making trolleys and carts, and giving them the opportunity to work with materials and tools alongside experienced men to guide them safely throughout the process. It's all about safety, so it's only the skilled and experienced people that operate the machinery, but they become supervisors who, in turn, train and teach others how to operate the tools and machinery.

We finished off our afternoon looking at pictures of the various projects made, and a shared afternoon tea and hot drink.

A very enjoyable visit.



Murray, our guide around the Menz Shed, Masterton



Presentations

Totara Oil

by Christine Paul

In July we were fortunate to have Doug Mende, Managing Director of Mende Biotech Ltd, speak to us about his work developing the product called Totarol™ which is a powerful natural antibacterial and antioxidant obtained from the totara tree, *Podocarpus totara*. Doug lives in Carterton and manages his company from there. He is committed to the Wairarapa and is currently expanding his business here.

It is the antibacterial and antioxidant properties of Totarol™ that give totara wood its renowned durability and resistance to decay – used in the past for railway sleepers, fence posts and in buildings. We would all be familiar with fence posts and be aware of how durable they are – many being re-used for garden furniture after a long time as fences on our farms.

Totarol™ is especially active against gram-positive bacteria. This includes bacteria associated with tooth decay, the acne causing bacteria *Propionibacterium acnes*, and methicillin resistant staphylococcus aureus (MRSA). MRSA is a particularly difficult



problem in both our hospitals and the community. It is also reported that Totarol™ has antioxidant, anti-inflammatory and pain relieving properties.

Mende Biotech's focus with Totarol™ now is to develop finished products for animal and human health where Totarol™ has proven to be a very effective replacement to antibiotics. Human health clinical trials are underway.

One use of Totarol™ that Doug explained to us was surgeons using it to cover a joint replacement before inserting it in the joint. This would be a preventative agent to eliminate infection in the wound.

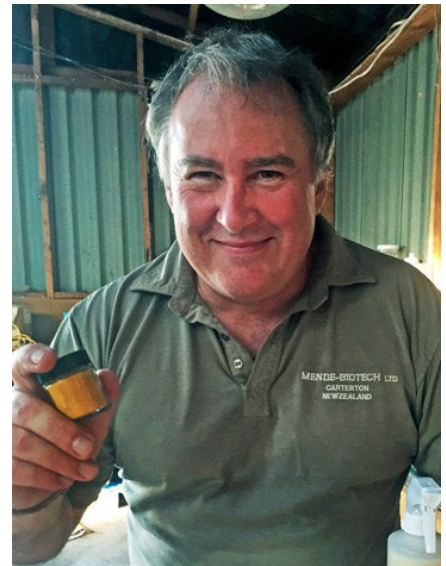
The product is already being used in animal health very successfully.

Products will include:

- Skin cream
- Wound balm
- Antibiotic spray

Research is also taking place in the dairy industry for:

- Mastitis
- Scours drench for calves
- Teat spray



Doug Mende, Managing Director of Mende Biotech Ltd

Doug explained to us that they extract the product from dead totara trees so they do not need to fell trees to manufacture Totarol™.

Doug has been working for 17 years to prove the efficacy of Totarol™, and it is now marketed worldwide and appears in products ranging from toothpaste to anti-acne cream.

For more information, visit www.totarol.nz

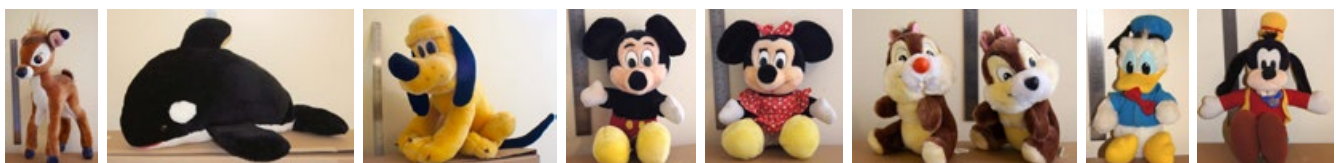
Trading Post

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

FOR SALE

Disney Character Collectables. Original Disney stuffed toys. Purchased from Disneyland, Disneyworld and Seaword in 1988. Buy them all as a collector's set, or individually. **ONLY 4 MONTHS UNTIL XMAS!!!** Bambi, Shamoo and Pluto approx 30-40cm tall – the rest smaller, approx 20-25cm tall. Excellent condition! Email christinemiller177@extra.co.nz All offers considered.



Do you wish to advertise your wares? Promote your business? Or simply have items you 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@extra.co.nz, or drop them in to the next Tuesday meeting of WHS.

New Premises for WHS

The Wairarapa Herb Society has secured the use of the old Courthouse on Holloway Street, Carterton, as the new premises for our Tuesday meetings.

Due to circumstances beyond our control, the Courthouse Trust have yet to confirm when the first WHS meeting can be held there. As soon as we have this information, members will be notified well in advance of our first Tuesday meeting.

At this stage, we are envisaging we will use the main space for our monthly meetings, as this will more than comfortably seat all members, and make for a warmer in winter/cooler in summer facility.



There will also be access to kitchen facilities, as well as a separate lock-up for the Society's materials.

Urgently Needed Please!

Plants for our Courthouse Herb Garden

The WHS have been given an exciting opportunity to showcase our knowledge and skills with herbs.

The Courthouse Trust has approved our application to create a Herb Garden in front of the newly refurbished Courthouse on Holloway Street, Carterton.

The sub-committee have been in talks for the last few months with the Trust and, in conjunction with Mike Palmers who designed the landscaping, we will begin our planting regime in Spring this year.

This garden is a fantastic opportunity for our Society to showcase herbs, herbology, as well as our collective knowledge and experience, so we want to make it the best representation we can, to encourage people to come and look, taste, sniff, take time to wander through and enjoy.

This is a project that you can all become involved in, from sourcing the plants (either from your garden, your neighbours, your friends – whoever!), to planting, to the ongoing care in keeping it looking good at all times during the year – no easy task, but with our 43+ members, a job quickly and easily shared.

We ask that you provide a list – either by email or write-up something to bring along to the next Tuesday meeting – of all the herbs that you can give to the garden.

As you can see by the final approved list at right, the quantities for some plants are quite large, but the garden needs to look 'established' for the grand

**Courthouse Herb Garden
Plants required**

Species	Common Name	Quantity
Lavandula dentata	French lavender	14
Oreganum vulgare	Oregano	60
Salvia rutilans	Pineapple sage	3
Helianthus tuberosus	Jerusalem artichoke	10
Rosemarinus officinalis	Rosemary	3
Allium schoenoprasum	Chives	25
Viola odorata	Sweet violet	30
Chamaemelum nobile 'Treneague'	Roman chamomile	80
Salvia officinalis 'Purpurea'	Purple sage	3
Dianthus spp.	Pinks	30
Monarda didyma	Bergamot/bee balm	3
Thymus vulgaris	Common thyme	70
Echinacea purpurea	Cone flower	10
Santolina chamaecyparissuss	Cotton lavender	10
Hyssopus officinalis	Hyssop	10
Salvia officinalis	Sage	9
Calendula officinalis	Marigold	12
Nepata cataria	Cat nip/mint	65
Petroselinum crispum	Parsley	7
Lavandula angustifolia	English lavender	11
TOTAL PLANTS		522

opening of the Courthouse.

So let us know what you have available, how many, what can be potted up and potted on. The more we can source, the lower our costs in purchasing additional plants.

Many Thanks,

*Christine Voelker, Christine Miller, Debbie Dittmer
Courthouse Herb Garden sub-committee*

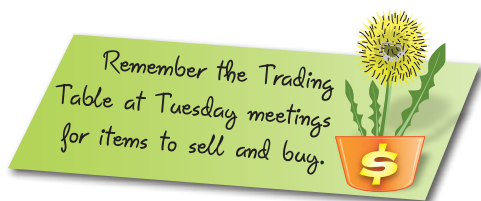


Trading Table

It was exciting to see such a fantastic trading table at our meeting in May, full of lots of lovely goodies for people to buy and to help support our club. Money from the Trading Table goes towards subsidising our many outings, as well as other WHS activities.

If you have items that you can bring along, excess fruit and veges, herbs – whatever you can spare – it will be most gratefully accepted, and you might bag a bargain yourself!

Patricia Deveraux (pictured) and **Agnes Jones** are our lovely members who have volunteered to look after the Trading Table, so have a chat to them.



Get Involved

The longest day has passed and the sun is rising earlier and setting later, soon Spring will be here and energy levels will start to lift ... so why not put all that new energy to good use and get involved!

The WHS encourages our members to contribute in some way, and we are always looking for volunteers to help out at promotional events such as the Daffodil Festival which will be coming up soon, as well as a range of other activities in the community.

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

The Library

Library books can be taken out for one month only, so if you are unable to come to a Tuesday meeting, please can you drop them off at Almo's book shop in Carterton. We have a some lovely new books in the library, and so nice for everyone to enjoy.

I am in the process of sorting through the library and some of our unused books will soon be on the sales table for purchase. Thanks, **Lorraine Erith**.

Recipes

Turmeric Yoghurt Soup

A healing soup, from *Mother Earth News*

Ingredients

½ cup chickpea flour
 1 tsp ground turmeric
 ¼ tsp chilli powder
 ½ tsp salt
 1¾ cups plain low-fat yoghurt
 2 Tbsp peanut oil
 3 cups water
 Fresh parsley sprigs and chilli flakes for garnish

Method

Whisk together chickpea flour, turmeric, chilli powder and salt in a large bowl. Whisk in yoghurt until no lumps remain.
 Heat oil in a heavy saucepan over medium-high heat. Whisk in yoghurt mixture, then water. Bring to a boil over medium heat, whisking constantly. Reduce heat to low; cook, whisking constantly for 8 minutes, or until soup thickens slightly.
 Ladle into warmed soup bowls and top with parsley and chilli flakes if desired. Serves 4 to 6.

Noticeboard

Winter/Spring 2017

Programme of Meetings and Events

	TUESDAY	CONVENOR	SATURDAY	COORDINATOR
August	15 August		5 August	
	Brian Innes – the spring garden	Val Richardson	Adi McMaster Workshop – <i>Cancelled</i>	Vickie Pickering
September	19 September		2 September	
	TBA	Debbie Yoi	Cobblestones Museum and Schoc Chocolates – to be confirmed	Christine Miller
October	17 October		7 October	
	TBA	Nicola Trotter	Foraging	Lorraine Erith

Tuesday Meeting

Our next Tuesday meeting on 15 August will be held at the Senior Citizens' Hall in Carterton.

Our guest speaker – Brian Innes, a retired horticulturalist – will speak about the spring garden and work to be done to make sure you have a splendid summer garden. Brian is very happy to answer any questions, help solve problems and identify plants if you are unsure of what they are (bring a sample).

Brian will also be giving a demonstration on Propagation, and request people bring samples of plants from their garden so he can show how to take cuttings from them – an ideal opportunity to kick-

start herb seedlings needed for our Courthouse Herb Garden such as rosemary, thyme, lavender, catmint, oregano, – whatever herbs you have bring them along! (and perhaps your gardening gloves and secateurs).

We will also be having a Herb of the Month presentation by Val Richardson and Margaret Baylis on Lavender.

Remember to bring something for the trading table, and a few coins to take something home! ... and some very special tasty treats will be laid on for our cuppa afterwards.

See you there...

Recipes

Feta and Chive Spread

Courtesy weeklygreens.com

Ingredients

225g block feta cheese, cut roughly into chunks
2 Tbsp olive oil
1 Tbsp lemon juice
1 Tbsp whole milk ricotta cheese
1 large garlic clove, roughly chopped
¼ cup skim milk
¼ cup fresh chives, chopped
⅛ tsp crushed red pepper
⅛ tsp salt, optional

Method

In a food processor, combine the feta, olive oil, lemon juice, ricotta, garlic clove, milk, chives and red pepper. Pulse until combined but still a bit chunky.

Taste seasonings and if needed, add the salt. Because feta is naturally very briny, you may not need additional salt.

Store refrigerated in an airtight container for up to a week.

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

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
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.

Internet Banking: payable to Wairarapa Herb Society Inc., Westpac Bank 03-0687-0361573-00
Please put your own name against the payment so that it can be identified.

Cheque: Please attach to this form and hand to Debbie at the meeting, or post to:

Wairarapa Herb Society, Treasurer, PO Box 42, MASTERTON

