

Chamomile



Objectives

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

Charities Act No. C.C. 29074

Meetings and outings

Meetings of the Wairarapa Herb Society are normally held on the third Tuesday of the month from 1.30 – 3.00pm at the Old Courthouse in Holloway Street, Carterton.

Outings are normally organised on the first Saturday of the month.

Committee members

Christine Volker - Chairperson
Anne Heynes - Secretary/Treasurer
Amanda Hall - Library
Carolyn Petersen - Sales table
Laura Hopkins
Jess James

Contact

waiherbs@gmail.com

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A note from our Chairperson

Hello WHS whanau

As this year draws to a close we can look back and reflect on a lot of obstacles every one of us has had to overcome. The latest challenges are rising living costs and food prices, that affect us all. As gardeners we can supplement our diet with produce from our patch. The recent weather events have made it difficult to get anything going but with more sunshine hours the first spring vegetables will be ready for harvesting. Purple sprouting broccoli is number one in my garden at the moment, as well as our ever-so-plentiful herb selection.

Weeds, as usual, are everywhere and who could be a better expert than Johanna Knox to take us foraging? The author of the “The Forager’s Treasury” is coming to Carterton. Details can be found in this Newsletter.

Talking about rising living costs, it’s also coming up to the season where we have to spend more than usual as it’s also called the season of giving. WHS has over the years collected a lot of ideas how to make wonderful gifts using natural materials, produce from our gardens and second hand items in a creative way. From pillows filled with dried lavender/hops/lemon balm leaves, to herbal vinegars, herbal teas in nice containers and preserved lemons (read the report on our meeting when we made preserved lemons), as well as homemade cosmetics and aromatic body oils. Herbs cover it all.

A new team has produced this newsletter and has refreshed the look! Let us know what you think!

There are lots of interesting meetings and outings coming up, including our Christmas picnic at Stoney Hall on 3 December.

It would be lovely to see you before the year draws to a close.

Noho ora mai rā.
Christine

Christmas get together

3 December, 12.30pm

Stoney Hall, 113 Parkers Road,
West Taratahi. \$5 per person.

Our Christmas get together will be in Ivy and David's wonderful garden. Their garden was open in the annual garden show last year. Please bring:

- a picnic of finger food to share,
- a mug,
- an eco present (an op shop treasure or an item which is preloved or a potted up herb from your garden), and
- a folding chair if you have one.

Ivy has plants for sale, please bring cash.

Parking is next door to the property; look out for the ribbons. This is a fair weather event only.

Upcoming meetings

17 January, 1.30pm

Community herb garden picnic and tidy up.

Upcoming outings

11 February, 1.30pm

Come and visit a garden in the making!

A year ago, Kathryn and Jeremy moved from a 140 year old property and built new on a paddock in Masterton.

They have rabbit proofed one and a half acres for the garden area and have an orchard, citrus grove, berry beds and vegetable/picking garden.

Kathryn enjoys sourcing herbs and vegetables that can be hard to find in the Wairarapa.

March 2023

Vagabond Vege - details to be confirmed.

Johanna Knox, foraging expert, is coming to Carterton!

We are pleased to support Wai Word and the Wairarapa Library Service in bringing Johanna Knox to Carterton:

Wai Word and the Wairarapa Library Service are proud to welcome
JOHANNA KNOX
in conversation with Caren Wilton

04 • DECEMBER • 2022
Carterton Courthouse
50 Holloway Street, Carterton
3-4.30PM
Free and open to the public!

Writing Workshop
05 December 2022
Greytown Library
89 Main Street, Greytown
10-11.30AM
Space is limited—
Email dan@wls.org.nz to sign up!

Johanna Knox (Ngāti Tukorehe, Ngāti Raukawa ki te Tonga) is one of the country's top foraging experts and the author of *The Forager's Treasury*, *Guardians of Aotearoa*, and *Ethical Fashion*.

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Annual plant sale

Thank you to everyone who potted up herbs and who came to sell herbs at our annual plant stall on 30 October. There was good interest in our herbs and we had a lovely time talking about herbs and their uses. We raised \$343.00. Requests for sage (regular, purple and white), creeping rosemary and dill and coriander seeds were made, but we didn't have any or only had very few plants; herbs to think about growing/propagating/saving seed for next year.



Update on scholarships

The Herb Federation of New Zealand received two applications for our scholarships. Congratulations to Joshua Boyd and Krysia Grant (WHS member) who were both successful with their applications. We wish them all the best with their study.



Herb garden clean up

The Society's herb garden is located in the Community Herb Garden at Haumanu House, behind the Police Station in Carterton. Everyone is welcome to visit and pick herbs.

Regular working bees are organised on the third Saturday of the month. If you would like to help - whatever time you have - please call Christine 027 280 6739 or just turn up on the day advised.

The team usually enjoys a drink afterwards.

Marketplace

Do you have something to share, swap or sell, or are you looking to source a plant or seeds for your herb garden? Please send your request to waiherbs@gmail.com.

Almo Books discount

Support local! Herb Society members can enjoy a 10% discount at Almo Books and Cafe in Carterton.

Review of previous meetings

Preserved lemons - 20 September 2022

- Report by Carolyn Peterson

The theme of this meeting was arranged in an impromptu time-frame as we'd had a late cancellation from our guest speaker Katrina, due to a health issue. Katrina is president of the HFNZ and lives over on the Kapiti Coast. Soooo, skates on, lemons & jars were gathered, recipe & salt located, goodies bundled in the car and the show was on the road!

We had a practical hands-on demo with using the wonderful yellow bounty of the season (no, not daffodils), and made PRESERVED LEMONS. Anne joined me at the table to squeeze the lemon juice that was poured in around the segmented fruit, that was layered into the jar with salt. Plain or fine pink Himalayan salt can be used. There are plenty of recipes available on-line.

I'd only preserved lemons fairly recently so I'm not an authority on the subject. However, being the experimental gardener & enthusiastic foodie that I am, was hopeful that we would soon be enjoying them in Moroccan inspired cuisine. I had once enjoyed a meal at "Out of Africa" at Sydney's Manly restaurant, many moons ago.

Krysia shared a Moroccan Chicken Recipe with me, which also called for olives, so it delighted me to use the olives I had preserved earlier this year. And WOW, was I impressed! It did not use the fragrant spices that I expected, but I tried those later with the lamb shanks I had finally reached at the bottom of our freezer. Two divinely different eating experiences enjoyed in-home by the fireside, accompanied by a vino. So good as a winter comforter.

I hope everyone who made a jar has been enjoying some experimenting. We'll look forward to hearing anything you might like to share.



The toxicology of Medicinal Cannabis - 19 October 2022

- Report by Laura Hopkins

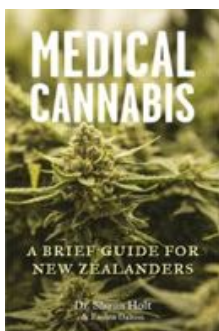
A fascinating topic presented by John Reeve, consultant toxicologist and retired Principal Advisor (Toxicology) with MAF (now MPI). We had a great turnout, with the Courthouse room full to capacity!

The cannabis plant has 121 cannabinoids, with THC and CBD the main ones. THC is the principal intoxicating substance and contained in most parts of the plant. It is generally smoked and so rapidly absorbed into the blood stream. When it is taken orally it is first metabolised in the liver. Purified THC is used in treating anorexia and the nausea and vomiting effects of cancer chemotherapy. THC is absorbed into body fat and slowly released which is why it can effect driving.

Most of the cannabis medical benefits appear to come from CBD and it is generally well tolerated. There is current research into epilepsy treatment and some illnesses resistant to other forms of medication.

The WHO reports 5 medical conditions where cannabis is most used – back pain, sleep disorders, depression, post-injury pain and multiple sclerosis. It also appears to work well in other neurological conditions. However, there are effects from short-term intake and these need to be weighed up against benefits. The adverse effects from long-term intake are more serious, particularly if used began at a young age. Smoking cannabis also causes the health issues of any smoking.

THC can be used in medicines, but not medicines licenced under the NZ Medicines Act.



Medicinal cannabis is bred to have little detectable THC and can be licenced. Pharmaceutical cannabis is a formulation of CBD and gives a consistent dose. Growers are licenced.

Research trials on cannabis are occurring but the study methods and quality are variable. There are issues with human trials and also finding participants who have had no exposure to cannabis. There are too many variables for definitive results at this stage.

You can read more about medical cannabis in New Zealand in the book by Dr. Shaun Holt and Emma Dalton.

Review of outing to Waiawa Botanicals - 5 November 2022

- Report by Christine Volker

What an inspiring outing to visit Tracey and Trevor's wonderful property on the Ruamahanga River.

Fifty years of protecting and replanting left us marvel at rare species of NZ plants, many of them under threat. Tracey showed us Mingimingi, a plant which resemblances the European juniper, Kawakawa, Karamū, Horopito, Harakeke, Koromiko and many more. Of special interest was Kūmarahou, also known as poverty weed. It's very rare now and Trevor and Tracey are cultivating the plant to replant in the wild.



Most of the plants explained to us were used by Tracey for rongoā Māori, which includes the medicinal side, like ointments and tinctures, and the spiritual. Connecting deeply with Papatūānuku our mother earth will help to find the right plant to help with a particular health complaint.

If you would like to know more about Tracey's medical ointments and salves go to waiawabotanicals.co.nz.

Pictures: Tracey with her still; Trevor explaining about the many natives on their property; 2 year old native mistletoe on host tree.

Recipe

Harvest Baked Chicken - Lauraine Jacobs

- uses preserved lemons

Ingredients

1 organic chicken, cut into large portions (or 4 legs divided into 8 portions)
½ cup black olives
½ cup green olives
3 tablespoons preserved lemon, flesh discarded and rind diced
2 juicy lemons, cut into wedges
½ cup rosemary leaves, stripped from the stalk
Sea salt and freshly ground black pepper
4 tablespoons extra virgin olive oil
2 tablespoons good quality balsamic vinegar
1 punnet cherry tomatoes
Chopped parsley to decorate

Method

Pre heat the oven to 200°C.

Place the chicken portions in a large roasting dish. Toss with the olives, preserved lemon, lemon wedges, rosemary leaves, salt and pepper, olive oil and balsamic until all are really well mixed.

Place in the oven and roast for 25 minutes, turning occasionally. Add the tomatoes and continue to cook another 20 minutes. Check to ensure the thighs are cooked well.

Allow to stand for 10 minutes, and transfer to a large serving platter. Serve immediately, or if transporting to a picnic, place in a covered dish and refrigerate until needed. Serve hot or at room temperature, sprinkled with parsley.

Serves 8 -10.



Marketplace

Organic wool for sale



Our sheep on our organic property have wonderful wool. This wool has never been treated, not on the animal or in the process; it's just carded. As you can see I giant knitted a blanket but the wool can be used for spinning. Mainly grey in colour but some brown/white will be available soon.

Also available is raw wool which can be used as garden mulch and works well to deter snails.

Carded wool 500 gram \$20

Raw wool in bags \$5

Contact Christine - 027 280 6739 or christine.v@farmside.co.nz