

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 - President
Jenny Dey - Secretary
Krysia Grant - Treasurer, newsletter
Amanda Hall - Library
Laura Hopkins
Jess James - Facebook page
Carolyn Petersen - Sales table

Contact

waiherbs@gmail.com

Keep connected

Facebook

A note from our President

Kia ora WHS whanau

Cool and crisp mornings and colder nights are a sure sign that we are heading into autumn.

It's harvest time and also a particularly important time for seed saving. Please find a link in our Newsletter for tips on how to do this.

The past month has shown us how important it is to future proof our lives. Right now we can plant winter vegetables and then let some of them self seed. If we save our seed it will make it more cost effective for the next round of sowing and planting. Many herbal plants can be divided now and planted around your fruit trees as disease protection e.g., lemon balm, calendula, comfrey, thyme etc.

We all like the convenience of tea bags but nothing beats a brew from your own grown herbs, fresh or dried. It's easy to create a mix and our WHS library has some great books for inspiration. Again a wonderful money saver and good for the environment!

Our WHS Programme for the coming months reflects the theme of sustainable living with the emphasis on local community and economy. There are wonderful creative gardeners delivering healthy food in a box, which we will visit and also have as a guest speaker.

What would we do without our honey bees and the bee keepers looking after them? Let's find out more during our outing planned for May. See page two for our upcoming meetings and outings.

Best wishes for a wonderful autumn with many golden colours.

Christine

Welcome to new members

A warm, herby welcome to our new members:

Cindy Munn
Fiona Ross,
Anne Clarke, and
Marg Lawson

Upcoming meetings

21 March, 1.30pm

Resilient future - a practical session to help us prepare for natural disasters - what to have in your herbal first aid kit, pantry staples, grab and go bag etc. Please come along with your ideas.

18 April, 1.30pm

Inflammation - presentation by Christine and Amanda.

16 May, 1.30pm

Little Farms - Alex Morrissey will talk to us about the produce business she started with her best friend and their lasagne-style, no dig garden.

Upcoming outings

11 March 2023, 1.30pm

Vagabond Vege

33 Monty's Lane, Greytown.

Come and hear their background and their story about Healthy soil = healthy produce = healthy people.

1 April 2023, 1.30pm

La Dolce Vita garden visit

Details to be advised.

6 May 2023, 1.30pm

Greytown Honey

58 Moroa Road, Tauherenikau

Karly and Alex run a family business producing delicious honey. They are fifth generation beekeepers and will treat us to a tasting of the different varieties of honey that they produce.

Christmas get together - 3 December 2022

Our last meeting of the year was a wonderful gathering at Stoney Hall, the property of Ivy and David.

Stoney Hall must have been just that, a stony hall, before Ivy and David set to work to transform the house and garden into the stunning property it is now. At every corner there was a surprise; a small water feature, a lovely garden chair under a shady tree etc. There were flowers galore and unusual plants in abundance. A small gazebo amidst all this wonderland invited us to rest. A lovely spread with bubbles made for a perfect afternoon.



Herb Awareness month - March 2023

Each year the International Herb Association selects a herb to be the International Herb of the Year. The Herb Federation of New Zealand selects a further three herbs, and the four herbs become the subject of study. This year the International Herb of the Year is Ginger, and the three herbs chosen by the Herb Federation are Sorrel, Rosemary and Red Matipo. Carolyn talked to us about Red Matipo during our February meeting, and you can hear more about the other herbs in upcoming meetings.

If you want to know more about a particular herb check out the Herb Federation of New Zealand [website](#).

Seed saving and potting up time

Many of the herbs in our gardens will be setting seed about now, so it's a good time to collect seed for sowing next spring, as well as a good time to pot up seedlings for our spring plant sale later in the year.

Spare seeds can be given to Carolyn Peterson, who will send them on to the Herb Federation. Ensure your seeds have the correct label and are dated. The [Herb Federation](#) provides a useful summary on how to collect seed.

Annual membership

Membership to the WHS runs from 1 March through to the end of February. Subs were set at the AGM last June, and it was agreed to continue at the same level as previously: \$20 for individual membership, and \$30 for you and your spouse, partner or one family member. If you wish to continue your membership, please deposit your subscription into the Wairarapa Herb Society bank account: 03-0687-0361573-000, noting your name and 2023 Sub.



Herb garden tidy 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

Aloe barbadensis / Aloe Vera - 15 November 2022

- Presentation and report by Christine Volker

Aloe Vera is part of the Liliaceae family and was originally from a small east African island of Socotra where it was first cultivated.

It is a very important herb and has probably been used for over 3,000 years. Cleopatra added it to her beauty cream and today it is still used widely in the cosmetic industry.

Aloe vera can be used for burns, including sun burn and radiation burns. The aloe plant contains blocks up to 30% of the sun's ultraviolet rays. It heals leg ulcerations and generally helps to heal skin infections. The pH of the plant gel is 4.3; skin is between 4.3 and 6.

Internally, the gel is used diluted to reduce the pain and swelling of arthritis and rheumatism. It is also a laxative and a very soothing drink for people with stomach ulcers and digestive irritations in general.

A wonderful healing plant to have at hand. My plant loves the indoors and is seldom watered. If kept in a pot outside they need shade or filtered light. Our Wairarapa winters are too cold to leave them outdoors as the plant can not tolerate frost. They are ok until 40C. Plants develop little pups which can be repotted into loose soil, similar to the cultivation process for succulents.

I used this [recipe](#) by James Wong to make Aloe Vera & Marigold Frozen Gel Cubes.

Next time you have sunburn, an insect bite or a rash use a cube to help soothe the inflammation.



Stress and keeping our body in balance - 21 February 2023

Our very own herbalist, Cindy Munn, took the hot seat and gave us some herbal ideas for us to use to counteract stress. As we know, a stressed system can be the start of a serious illness. Prevention is important.

Cindy prepared an Oatstraw decoction and a lemon balm infusion. Oatstraw (*Avena sativa*) is rich in minerals, calms our nervous system and is nutritive. Cindy made the decoction with ginger root to give a warming effect, and as a digestive; it is a great night time drink. The Lemon Balm (*Melissa officinalis*) infusion is a calming and soothing tonic and good as a daytime drink either hot or cold.



Cindy's three top tips for using herbs to keep ourselves in balance:

1. Drink 1 or 2 cups of a nutritive infusion daily - e.g., nettles, red clover, dandelion leaf, lemon balm.
2. Eat lots of fresh herbs in your salads - calendula petals, blood sorrel, chopped up dandelion leaf, purslane and anything else you know you can eat. Chop up well and use a good vinaigrette to aid digestion.
3. Cultivate a relationship with a herb that makes you happy. Lemon balm grows easily, smells great, is a lovely nervine and is easy to use.

Review of outing to Kathryn and Jeremy's garden - 11 February 2023



We had a delightful visit to see this newly established and impressive garden. Kathryn and Jeremy gave us the opportunity to explore the different parts of their garden, and they were on hand to provide lots of tips and inspiration. Included in their tips and tricks:

- They regularly use a foliage spray on their plants. Sprayer and seaweed fertiliser available from [Grand Illusions](#) in Greytown (Facebook page only).
- Pheromone sticks are used to disrupt the mating of codling moths. The sticks are sourced from [Hawi Winter](#) via messenger.
- Many seeds are bought from [Setha's Seeds](#), specialists in NZ heritage seeds.
- Many trees were sourced from Sarah Frater of [Edible Garden](#) in Ashhurst.



Recipes

Plum cake - shared by Fiona Ross, and enjoyed by everyone that came to the February meeting

Ingredients

- 125g butter
- 1 cup sugar (white or raw)
- 2 eggs
- 1 cup flour (Fiona substitutes 2 tbsp for 2 tbsp almond meal)
- 1 tsp baking powder
- ½ tsp almond essence

- 3-4 plums
- tsp cinnamon
- 1 tbsp white or raw sugar

Preheat the oven to 180°C

Grease a 20cm round cake tin



Instructions

Halve the plums, remove the stones and slice the plums. Sprinkle with cinnamon and sugar.

Prepare the batter by mixing all the other ingredients together.

Spoon the batter into the prepared cake tin and arrange the sliced plums on top.

Bake for 45 - 50 minutes.

Dust with icing sugar and serve with yoghurt or whipped cream and your favourite herb tea.

Note: Plums can be substituted for any other fruit, nectarines, peaches, apples, pears.

Kawakawa fritters - shared by Carolyn Peterson

Ingredients

- 1 cup flour
- 1 tsp baking powder
- Spices eg, paprika, cumin
- 1 egg
- 1 cup corn
- Salt and pepper

Mix all ingredients together then stir through thinly slice handfuls of kawakawa leaves.
Serve with sour cream and chilli sauce.

Marketplace

Workshop - facilitated by Cindy Munn, Herbalist, Clinical Nutritionist, Teacher

Herbs and Nutrition to Increase Vitality, Reduce Inflammation and Improve Gut Health www.thegoodearth.org.nz

Fun, Informative and Interactive Workshop

Saturday, 25 March, 12.30 - 4.30pm
Old Courthouse, Carterton

- Make herbal remedies, sauerkraut, super-energy balls and more
- Learn how inflammation occurs, how to dial it down, and increase vitality

Cost: \$50 (includes materials)

Maximum 12 spots available

Text 0221077525 or email cindymunn@outlook.com to book your place.



Organic wool

Organic wool that has never been treated, not on the animal or in the process; it's just carded. Mainly grey in colour but some brown/white is available. Raw wool also available 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



Hazelnut rods - eco plant supports

Flexible and strong. \$5 for bundle of 6.

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



Saffron corms

Grow your own saffron! 10 corms for \$10.

Contact Krysia - 027 475 3383 or krysia.grant@gmail.com

