

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, scholarships
Laura Hopkins
Jess James - facebook page
Carolyn Peterson - sales table, seed collection

Contact

waiherbs@gmail.com

Keep connected

Facebook

A note from our President

Tēnā koutou Wairarapa herb whanau

It's a winter's afternoon and I can hear the pumpkin soup bubbling on the stove. Nicely spiced with turmeric, ginger, black pepper and herb salt, it will surely ward off winter colds.

This is my last editorial as chairperson and it has been an absolute pleasure to be in the position; I have had a wonderful time sitting in the "hot seat" for the last three years.

I can recall so many wonderful events, but actually it's the people who are most memorable. To be part of a hard working and dedicated committee has been wonderful. Thank you to the outgoing committee members, Laura and Jess, for your hard work and commitment.

It's been very important to me to focus on our Herb Society objectives, and the completion of our very own herb garden has been one of the highlights in achieving this. Having a place where we can interact with the public and promote and educate people about herbs has been fantastic. Thanks to everyone who helped with setting up the garden and those members, family and friends that help maintain the garden.

COVID presented a challenging time for us, but it's been great to see that the interest in herbal medicine and remedies has grown stronger after the pandemic. More people have moved to the Wairarapa and more gardens will have herb beds inspired by our Society and the dedicated members who encourage a natural health approach.

Let me close by encouraging you or someone in your whanau to take up the study of herbs. The WHS provides this great opportunity to just do that, for free! Check out the information on the Herb Federation site and get in touch with Amanda.

Ngā mihi
Christine

Welcome to new members

A warm, herby welcome to our new members:

Sandi Duckett, Gillian Haste, Alison Hobbs, Cheryl Jaggard, Julie McGillicuddy, Sue Millar, Sylvia Smith, Michèle Perrott,, Angela Thurston and Tony Yates.

It's great to have you as part of our herb community.

Congratulations to Angela Thurston who has been awarded a WHS Scholarship. All the best with your studies!

Upcoming meetings

The June meeting is replaced by our AGM and lunch:

17 June, 11.30am

AGM followed by mid winter Christmas lunch.

Gladstone Inn, 571 Gladstone Road.

18 July, 1.30pm

Mitochondria - presentation by Cindy Munn.

15 August, 1.30pm

Details to be advised

Upcoming outings

Over the winter months we take a break from our outings.

Outings will resume in September and we are working on an exciting programme of places to visit.

Herb garden tidy up - April 2023

Many thanks to everyone who came and spent a couple of hours in our community herb garden.

Many hands make light work, and we were able to give the garden a good tidy up, including removing the hops, which was no easy task!

Now it's time for the garden to take a rest.



Enviroschools Wairarapa and Garden to Table

Open session - 22 May 2023

The WHS was invited to see the [Garden to Table](#) programme in action and to meet with the Great Kai Facilitator at Masterton Primary School. Christine attended the session, and on behalf of the WSH, gifted some herb books aimed specifically at children's understanding and learning, and some herb plants that will be planted in the lush vegetable garden as companion plants.

The programme runs in six schools within the Masterton and Carterton districts and is a positive response to climate change. It is expected that it will, over time, contribute positively to the wellbeing of our tamariki and whānau.

WHS Scholarships

We continue to support WHS members and community members to undertake the [Certificate Course in Herbs and their uses](#), administered and run by the Herb Federation of New Zealand. The course consists of 12 modules which can be completed in any order, but need to be completed within three years.

Applications close on 30 September each year, though the Herb Federation is open to people starting their study at any time.

If you are keen to undertake the study programme, or know someone that might be interested, then please talk with Amanda Hall about the next steps.

Seed saving and potting up seedlings

A reminder to continue to save seeds and pot up any seedlings that are coming up in your garden. We have an annual herb sale later in the year; this is our annual fund raising event, so the more herbs the better!

Spare seeds (labeled and dated) can be given to Carolyn who will send them on to the Herb Federation. The [Herb Federation](#) provides a useful summary on how to collect seed.



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

Resilient Future and emergency preparedness - 21

March 2023

Report by

Our session covered three areas:

1. Top herbs to have in your herbal garden box
2. Basic care kit containing 10 essential oils
3. What to pack in your emergency bag

Cindy talked to us about the herbs that are most readily available and useful to help us with our resilience. They included Aloe Vera, calendula and ginger.

Christine guided us through a basic care kit containing ten essential oils: lavender, tea tree, peppermint, camomile, eucalyptus, geranium, rosemary, thyme, lemon and clove. Each oil was chosen for their medicinal properties and their ability to deal with a wide range of health complaints. Lavender oil is the only essential oil that can be used neat. All other oils mentioned need a carrier oil, and Christine recommended almond oil to use as the carrier.

And Carolyn guided a discussion about about what to pack in your emergency bag. The [Get Ready website](#) has lots of ideas and some of the additional things we talked about including were:

- a thermos flask
- work/garden gloves
- multi tool
- eye mask and ear plugs (for sleeping)

Think carefully about where you store your emergency bag so that it is easily accessible during an emergency.

Krysia's olive harvest

It's time to harvest olives, and a clever friend, Lori, wrote this poem for me:

Foraging for olives
Amidst a grove of trees
Their herbal scent danced merrily
Upon a gentle breeze

An operatic chorus
Regaled from branches high
As olives gathered joyfully
Though some of them were shy

It didn't seem to matter
That abundance was amiss
Just memories of a wondrous time
A day of utter bliss 🫒

Inflammation - 18 April 2023

Report by Christine Volker

As a follow up to the session on long term stress and herbal remedies in February, the health issue of inflammation was explored. It has major deleterious effects on the body and affects the whole body, starting with adrenal stress and leading to cortisol overload.

Cortisol circulation, particularly from long term stress can have an inflammatory effect on the body. In itself inflammation is not a bad thing. It gets worse in its untreated development. Inflammation is part of the body's natural response to illness. It causes blood vessels to dilate, which allows more white and red blood cells to reach areas of the body that are damaged. Acute inflammation helps the body to heal from things like injuries or infections. Long term inflammation is harmful and the next phase, chronic inflammation, is seen as a major role in numerous health issues like arthritis, autoimmune conditions and irritable bowel disease. Chronic inflammation diseases are one of the leading causes of deaths world wide.

The following diet, lifestyle, and herbal supplements are helpful to avoid a chronic condition.

The diet approach:

Eat lots of leafy greens; balance your plate with one half produce, one quarter protein, one quarter carbohydrates which should be whole grains. Take Omega 3, no capsules, use hemp or linseed oils, oily fish. Balance blood sugar levels and eliminate sugar, biscuits, sweets etc

The lifestyle approach:

Eliminate stress, sleep 8 hours, walk at least 20 min each day.

Recommended herbs and spices:

Turmeric (see Amanda's recipes for turmeric balls)

Zinc (pumpkin seeds)

Rose hips, high in vitamin C

Sunshine, vitamin D

Dandelion leaves, vitamin E

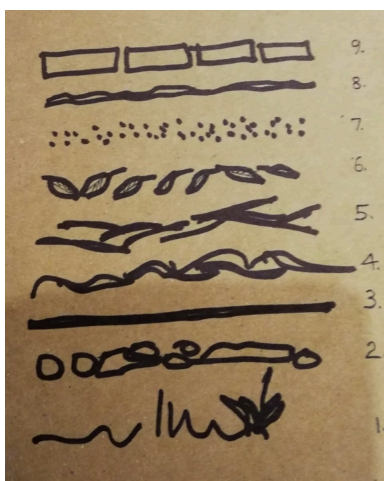
Magnesium - best supplement you can buy; take in the evening

Ginger and Spirulina

Chicken broth.



No Dig Garden - 16 May 2023



Alex Morrissey, and her daughter Zola, came to talk to us about her business [Little Farms](#), and their no-dig, organic, lasagne style garden. They don't dig into the soil, rather start with grass and weeds, then layer everything on top ... manure, cardboard or wool dags, dried, washed up seaweed, green waste and tree branches, leaves and grass clippings, sawdust and coffee grinds, compost and a top layer of pea straw.

They have banded together with other small producers and sell seasonal fruit and vegetable boxes and their web page and instagram account are full of lots of interesting ideas and recipes.

It was an inspiring session and challenged us to think differently about how we manage our own vegetable gardens.

Review of outings

Vagabond Vege - 11 March 2023

Report by Carolyn Peterson

We enjoyed a visit to a rural property leased by Vagabond, situated on the outskirts of Greytown. This is a bio intensive horticulture practice of leased land, developed by a group of four and their enthusiastic friends. The property enjoys a backdrop of historic totara in a QEII trust dating between 200-500 years old.

Our guides, the knowledgeable Sheldon and his partner Saskia, (with youth on their side) guided us around the garden starting with the 130 orchard trees of apples and plums, most of which were espaliered. These have been labour intensive to date with their three-weekly pruning. The strong W & NW winds (160 kph) were their biggest enemy, hence the espalier experiment, and shelter belts were planted with natives and Italian alder (nitrogen fixing) once the macrocarpa came out.



GWRC were integral with the removal of the rocks that generously littered the land and were able to return these to the Tauherenikau River. The group tilled the land once only (and dug the rocks out by hand) to encourage their planting to grow down to the subsoil aggregation which helps retain moisture. Rabbit control has been a constant for them.



They belong to CSA NZ. Check out the following for an explanation on the following website: [CSA Network Australia & NZ](#).

They strive to grow a diverse range of vegetables to have a diverse spread each week, but there are crop failures from time to time. The financial contribution may not always equate to the value of the box - during times of abundance the share will be larger and during leaner times it will be less so.

Vagabond supply local restaurants throughout the lower Wairarapa and two sizes of boxed produce for on-line orders.

A cuppa and a chat were enjoyed afterwards in their historic wool shed.

Alex and Zola of Little Farms, with Carolyn Peterson at the end of our No Dig Garden session.



La Dolce Vita - 1 April 2023

Report by Amanda Hall



La Dolce Vita translates to “sweet life” – a perfect name for this splendid semi rural garden only minutes from central Masterton.

Ruth and Roger Eggers generously hosted our visit, and baked us a gorgeous cake for afternoon tea!

The garden was created out of a bare farm paddock in the late 80's, early 90's. The Eggers inherited the garden and have cared and added to it for the past 10 years. The property is a mix of trees, flowers, formal hedges, lawns – there is plenty of variety.

The mature generally English trees frame the garden, and will soon be glorious in their autumn colours. Under the trees is an abundance of shrubs and flowers. Running through the garden are moss covered walking tracks with little sculptures and ornaments to spy throughout. There was a juvenile rimu maybe 6-10 meters high, very happy alongside the English specimens. Plenty of bird chatter could be heard in this miniature 'wood'.

Ruth loves roses, and planted Iceberg near the house, and Pierre de Ronsard to soften an archway into a picturesque dell with a wedding gazebo.

Around the back was a small orchard, tunnel house and vege patch. An unexpected surprise was their very busy duck pond with an arching bridge, with a pukeko perched upon it's rail.

Our afternoon tea was out the front, with a view of the garden. I really appreciated the size of the trees while gazing up from my cup of herb tea.



Greytown Honey - 6 May 2023

Report by Krysia Grant

For our last outing before the winter months, we had a warm welcome from Alex and Karly at Greytown Honey. They are fifth generation beekeepers who do all they can to take good care of their bees. They have their own honey production unit, and we were able to have a look at how the honey is extracted and processed, as well as hearing about the different things that affect honey supply.



Some of the things we learned:

- A single bee produces about half a teaspoon of honey in their lifetime.
- Having healthy bees is important - Alex makes his own winter bee feed, which includes lemongrass, spearmint and thyme.
- During the peak nectar collecting period - approximately six weeks - bees die because of wing fatigue; they literally wear out their wings.



We finished our visit with a honey tasting - and it was great hear where the different honeys are harvested and learn about their unique qualities.

Recipes

Spiced Apple cake - shared by Anne Scott, and enjoyed at our March meeting

Ingredients

125g butter	Crumble topping
2 cups grated apple, skins on	1½ tsp melted butter
1 cup sugar	½ cup rolled oats
1 egg	¼ cup brown sugar
1 ½ cups flour	1 tsp cinnamon
1 tsp baking soda	
2 tsp cinnamon	
1 tsp allspice	
Pinch of salt	

Preheat the oven to 180°C and grease and line a 20-22 cm spring form cake tin

Melt butter

Add apples, sugar, egg

Add dry ingredients

Pour into cake tin

Mix all ingredients for topping and spread topping on cake.

Bake for 30-35 minutes.

Coconut biscuits - shared by Krysia Grant, for our visit to La Dolce Vita

Ingredients

125g butter
1 tea cup sugar
1 egg
½ tsp vanilla essence
1 cup flour
1 tsp baking powder
2 cups coconut (I use the shredded variety)



Melt the butter and then beat in the sugar and egg.

Add the remaining ingredients.

Place spoonfuls on a cold tray (don't flatten) and bake at 160°C for about 10 - 12 mins.

I use the fan bake option on the oven.

Enjoy with a cup of (herbal) tea.

Healing digestive tea

From Wild Remedies by Rosalee de la Foret & Emily Han

Strong herbal teas are a powerful way to support digestive system healing, and are easy for the body to break down and absorb.

½ cup dried plantain leaves
½ cup dried calendula flowers
¼ cup dried rose petals
1 tablespoon dried liquorice
1 teaspoon fennel seeds

Place all of the herbs in a quart jar or tea press.

Bring 3 cups of water to a boil. Pour the water over the herbs, stir well, and cover. Infuse for 30 minutes.

Strain well and drink within 24 hours.

Turmeric anti-inflammatory balls

From The Handmade Apothecary by Vicky Chown & Kim Walker

Based loosely on a traditional Ayurvedic preparation. These are a tasty way to get turmeric into your diet.

2 teaspoons turmeric powder or fresh turmeric
1 tablespoon spoon thick honey
1/2 teaspoon freshly grown black pepper
2 tablespoon spoon ground almonds, plus extra for dusting
1 teaspoon coconut oil

Roll into chickpea sized balls.

Take 1-2 daily.

Store in a container in the fridge for 1 month.

Marketplace

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



Fig trees (2 available)

Two years old.
Unknown variety.
\$10 each

Contact Carolyn
063773698 or des.carolyn@xtra.co.nz



Books for sale

"How to Grow Microgreens, Nature's Own Superfood" by Fionna Hill.

Still selling overseas including on Amazon, eBay, and more at high prices.

Usually RRP NZ\$29.95; now \$10.00 plus freight, \$5.00.

Reviews have been great.

Contact Fionna
fionnahill@gmail.com

