

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

Carolyn Peterson - President
Jenny Dey - Secretary
Krysia Grant - Treasurer, newsletter
Amanda Hall - Library, scholarships
Nao Hampton - Sales table
Cindy Munn - Communications
Christine Volker - Enviroschools

Contact

waiherbs@gmail.com

Keep connected

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A note from our President

Greetings to our Herb Whanau

As I start this, my first report as President, we are in Christchurch visiting our son, his wife and baby Mabel, now 5 months old. The snowy Southern Alps was a visual delight, and one of the wintertime wonders of a bird's eye view.

Following our AGM in June at the Gladstone Inn, I'd like to extend my thanks to those who are continuing to stay on as committee members - Jenny, Krysia, Christine and Amanda, and a warm welcome to Nao and Cindy who have joined the Committee. In the panel on the left you can see the roles everyone will look after for the year ahead.

I'm taking particular interest in the edible weeds on our property and nearby surrounds since purchasing the book, "Julia's Guide to Edible Weeds and Wild Green Smoothies". Christine introduced us to the nutritional value and healing qualities of weeds which we otherwise would have been quick to consign to the weed pile. Spring and warmer weather (fingers crossed!) will bring on a flush of new and vigorous growth. This will be the time to enjoy a curious wander, identify and harvest for fresh use or drying. The ones that spring to mind and that I've tried in a few experimental smoothies are Cleavers, Herb Robert, Dove's foot Geranium, Oxeye Daisy, Red Dead Nettle and Speedwell. This one recommended for a cuppa to alleviate tension in neck and shoulders.

Using the book by Kiwi Johanna Knox, "The Forager's Treasury" (available in our library), I experimented with the Wild Weed Loaf recipe and was pleased to have saved some of the dried Heirloom Beans from summer, re-hydrated and cooked and served for dinner. More than anything, it added to an awareness of what could be used to future proof food security in our changing times. Our cost of living has increased dramatically across the whole spectrum and clever cost-saving ideas are something to be shared.

Happily with herbs, Carolyn

Welcome to new members

A warm, herby welcome to our new members:

Sally Downes and Linda Lee.

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

Upcoming meetings

19 September, 1.30pm

Getting practical: Making plant labels & signage.

17 October, 1.30pm

Enviroschools - a presentation by Gill Stewart - what it's all about and how we can get involved.

21 November, 1.30pm

Herbal tea creations - how to make your own tea to enjoy at different times of the day.

Upcoming outings

16 September, 1.30pm

Dursley Garden
1899 Te Ore Ore - Bideford Road, Masterton
First established in 1917 by landscaper Alfred Button; a wonderfully inspiring garden.
\$12 per person, includes afternoon tea.

October

No outing planned, as we have the plant sale on Sunday, 29 October in Carterton.

November

No outing planned, due to HFNZ Conference in New Plymouth at the beginning of the month.

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If you have ideas for meetings or outings for 2024 please send an email to us by 14 October at waiherbs@gmail.com. We'd love hear from you.

AGM - 17 June 2023

We had a good AGM at the Gladstone Inn, where we farewelled Laura Hopkins and Jess James off the Committee and elected Nao Hampton and Cindy Munn onto the Committee. Christine also handed over the President's role to Carolyn.

A Christmas themed lunch followed, and a good time was had by all.



Herb Federation Conference 2023

Monday - Wednesday, 6-8 November, in beautiful New Plymouth. Check your recent HFNZ newsletter or the HFNZ [website](#) for details. An early bird discount applies if booked prior to 15 September.

Any enquiries or questions, please email Carolyn: des.carolyn@xtra.co.nz.

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 this 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.

We are also pleased to let you know that we will support our members to do individual papers of the Certificate Course. Please let Amanda know if you are keen, then choose a paper, sign up directly with the Federation, and when you have successfully completed the paper let us know and we'll reimburse you. Individual papers cost \$45 each.



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 Thursday of the month at 1.00pm. If you would like to help please call Carolyn on 027 404 0739.

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.

Seed saving

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.

Almo Books discount

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

Trading table

At our monthly meetings we operate a Trading Table - an opportunity to give and take (for a small donation). Money raised goes towards subsidising our many outings, as well as other WHS activities.

We welcome your excess fruit, veges, herbs and seeds, and you never know what you'll find to take home.

Library news

We have purchased six interactive and engaging kids books written by Lynn Kirkland of the Herb Farm. Each book is brightly illustrated and focuses on a specific herb. Our set includes Miss Calendula, Professor Rosemary, Allie Aloe, Herb World Eco Heroes, Nurse Lavender and Sir Thyme. The titles hint of a fun and informative read.

These books would be great to share with the little people in your life. The engaging stories share the special qualities of each herb and include simple recipes/activities and fun facts.

The books must be borrowed as a complete set.

You can read more about the books and Lynn Kirkland [here](#).



Our library has lots of great books that are available for you to borrow - we set some of our collection out at our Tuesday meetings, so please keep an eye out for them, or get in touch with Amanda for a catalogue of our books. To help keep things in order, when you return library books, please get the borrowing card out of the box, sign the book back in and slip the card back into the back of the book.

Seed saving and potting up seedlings

The Carterton Plant Sale is coming up on Sunday, 29 October.

Please pot up any seedling herbs or cuttings that you may have and hold on to them until nearer the time.

We will be looking for volunteers to help with sales on the day, so diary and set this date aside as it is our major fundraiser for the year. Ideally, we'd like to have three people on a two hour roster.

Review of previous meetings

Your energy and your mitochondria - 18 July 2023

Presentation and report by Cindy Munn

We talked about energy, herbs and Mitochondria. Mitochondria are not always well understood, and so we don't tend to think about them when we think about herbs.

Mitochondria are organelles in your cells. They use the molecules and substances from the food and herbs you eat, and a process called oxidative phosphorylation, to produce energy. Without going into the complex science of energy production, just know that this is essential to life. Caring about your mitochondria at the cellular level is caring about yourself as a whole being.

Inflammation and negative stress affect the mitochondria by causing them to swell and break down. The other important aspect to mitochondrial health is the role they play in the onset of disease, so it is truly in your favour to treat them like your teeny, tiny best friends.

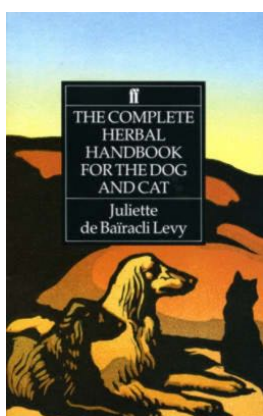
Herbs and good nutrition can encourage mitochondrial replication and integrity. Good nutrition includes good quality protein, top quality fats and fermented foods, and of course herbs. Herbs that will benefit your mitochondria are anti-inflammatory herbs including turmeric, adaptogens like Withania, Rhodiola and ginseng, and herbs that support your immune system to clean up dead cells and toxins, such as Echinacea. Other nutrients that help protect our minute energy power houses are CoQ10, antioxidants, resveratrol and polyphenols.

By looking after your mitochondria you look after your whole self, and by caring for yourself you look after your tiny energy powerhouses.



“Juliette of the Herbs” - 15 August 2023

We had a movie afternoon, where Cindy introduced us to a wonderful documentary about Juliette de Baïracli Levy, a herbalist and author, noted for her pioneering work in holistic medicine.



It was thought provoking and inspiring, and we all wanted to learn more, so we've since purchased one of Juliette's book for our library - "The Complete Herbal Handbook for the Dog and Cat". Please get in touch with Amanda if you'd like to borrow the book.

If you weren't able to make our meeting, you can enjoy the [film](#) in the comfort of your own home or if you're going to the Herb Federation Conference, it will be screened on Monday night of the conference.

We stopped part way through the film to enjoy some delicious treats and green and red teas prepared by Christine. Recipes can be found on the following page.

From our Wairarapa Herb Society Chamomile Collection book (2009) - Bird baths

A sprig of mint, weighed down by a stone, will help keep the water in your bird bath clean.

If you have a clever tip or two, we would love to have you share it for our next newsletter.

Please send to us at waiherbs@gmail.com.

Recipes

Red tea - prepared by Christine Volker for our August meeting.

The recipe came from a book in our library, *Body into Balance*, by Maria Noël Groves.

- 1 tsp hibiscus
- ½ tsp rose hips
- ½ tsp dried elderberries, hawthorn berries, blueberries and/or bilberries
- ½ tsp goji berries
- ½ tsp rooibos

Combine the herbs.

Pour 2 cups of boiling water over them and let steep, covered, for 20 minutes.

Strain and reheat as necessary.

Herb butter - also prepared by Christine Volker for our August meeting

It's easy to make your own herb butter.

The basic ingredients are good quality butter, olive oil and herbs. If you add garlic, the taste will be stronger and the garlic will dominate.

Soften the butter to room temperature and mix in 2 tbs olive oil, put in food processor together with herbs of your choice. Parsley, thyme, some sorrel, a couple of lemon balm leaves. If nicely mixed you can serve and keep in fridge for up to 3 days or freeze in portions to quickly have at hand when guests arrive.



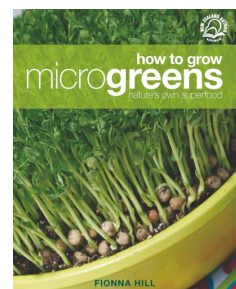
Marketplace

Books for sale

“How to Grow Microgreens, Nature’s Own Superfood” by Fionna Hill.

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

Contact Fionna - fionnahill@gmail.com



Echinacea seed/plants wanted

Seeking white echinacea seed/plant(s).
Contact Krysia - krysia.grant@gmail.com

German Chamomile plants for sale

Two plants for \$5.
Contact Carolyn - des.carolyn@extra.co.nz

Globe artichoke seed/plants wanted

Seeking globe artichoke seed/plant(s). Contact Michéle - michele@perrott.nz