



We are a friendly group of herb enthusiasts with varying knowledge in all things herbal.

Our goal is to promote the use of herbs for culinary, medicinal and aromatic purposes.

### 1.30pm on the third Tuesday of the month

We meet at the historic Courthouse in Holloway Street, Carterton (next to the Carterton Events Centre), from February through to November.

For our monthly meetings we organise speakers or an activity and take an in-depth look at 'Herb of the Month'. Members can use our library, donate and buy herb plants and seeds while enjoying a cuppa and a chat with other members.

During the warmer months we organise a Saturday outing, visiting gardens and places of interest that have a connection to herbs.

### We warmly welcome new members

**Chamomile** is the name of our newsletter.

Chamomile, the plant, likes to be in full sun and in a well-drained soil. Keep it moist in the heat of summer, and it should grow to a height of around 50-70 cm.

Chamomile has been used extensively in herbal medicine for many years. It has a well-established reputation for healing.

Chamomile has been used in tea as a mild relaxing sleep aid, for the treatment of fevers, colds, stomach ailments and as an anti-inflammatory.



## Membership

**\$20 Single | \$30 Family**

Annual Membership entitles you to **Chamomile** – our quarterly newsletter – which includes details of upcoming events, reports of previous meetings and events, recipes, 'Herb of the Month' summaries etc.

Our subscription year runs from 1 March to the end of February. New members may join any time and payment made from 1 December will automatically roll forward to cover the following full year.

### Your contact details

Name

Email

Phone

I consent to being a member of the Wairarapa Herb Society

Wairarapa Herb Society Inc., Westpac Bank

**03-0687-0361573-00**

Please put your own name against the payment so that it can be identified

**Contact: [waiherbs@gmail.com](mailto:waiherbs@gmail.com)**