

herbnews

HERB FEDERATION OF NEW ZEALAND INC

FOUNDED FEBRUARY 1986

Volume 31 No.2



WINTER 2017



2015/17 Herb Federation of New Zealand National Executive Committee

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Cover image: Herbs for winter ailments

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ISSN 1176-970X
Website: www.herbs.org.nz

President's letter



Hi everyone

We're into winter now, and it's the time when pilewort (*Ranunculus ficaria*), also commonly known as lesser celandine, is just coming into flower here in Nelson (pictured below right). The common name is a give-away – yes, the whole plant is used to treat piles, or what we refer to medically as haemorrhoids. Plants are lifted just after flowering, complete with roots, and used in ointments and suppositories to apply to piles.

AGM and dates

Christine Whitaker and her team in Invercargill have been busy planning our Biennial Conference for November 17–20 this year and it is shaping up to be a fantastic conference. HFNZ National Executive met via Skype on 8th June and we need to let you know dates for the business part of the conference. If you have any remits/changes to the



Constitution, these need to be in writing to Heather Halliday, our Secretary, by Friday 6th October 2017. Any other motions you want voted on at the AGM must be in writing to Heather by Wednesday 1st November 2017. Remits and motions will be circulated to members, along with the Financial Report and the President's Report on Friday 3rd November 2017. Please note there will also be an election of the National Executive of the Federation at this Biennial Conference, and the positions being vacated.

Sad news

Over the past few months we have bid farewell to two of our HFNZ Life Members, Heather Young and Margaret Port. We will remember these two wonderful herb people with great affection and admiration for the work they did for their herb societies and the Federation.

Donation of herb books by Gilian Painter

In moving from her own home into a care facility, Gilian and her family have kindly donated 200 herb-related books to the Federation. Thank you to Lynn Brown for storing these for the Federation in the interim. We can discuss at the AGM whether these books go into the HFNZ library in Christchurch or whether perhaps we look at locating these books in the North Island. Our grateful thanks to Gilian for these books, and we hope that she can continue to gain pleasure from herbs in her new location.

Best wishes

Chris

Herb Federation of New Zealand's Herb Certificate Course

On 23 April 2017, Dr Sharon Stevens, the third graduate of the Federation's Herb Certificate Course, received her certificate from the Treasurer, Ian Wightman. The presentation was made in Sharon's garden in Ashhurst. "The HFNZ Certificate Course helped me extend my learning – and my interest – by covering a diverse range of topics," said Sharon. "I'm grateful to all those volunteers who work behind the scenes to make the course available." Our congratulations to Sharon.



New individual members

We welcome the following new members:

Elizabeth Bedford, Auckland
Jessie Dong, Porirua
Jeanette Greenyer, Timaru
Ann Kerr-Bell, Coromandel
Siwei Zhang, Palmerston North

Elena d'Eon, Wellington
Helen Elscot, Waiheke Island
Helen Hardcastle, Lower Hutt
Nicola Two Bears, Tauranga

NOTICEBOARD



Herb Federation Online

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www.facebook.com/HerbFederationNZ

VISIT www.herbs.org.nz

DRIED HERBS AVAILABLE

I have been given another large variety of dried herbs to sell for a donation to Stratford Herb Group and to raise money to send me to the HFNZ Conference in November. These are items left over after the Stratford Health Store closed a couple of years ago. Although they are a couple of years old, they have been unopened and well stored. If anyone would like a list of the available herbs, contact Shonagh Hopkirk, ph 021-255-6390; email shopkirk@gmail.com

HERBS WANTED

I am still looking for a variety of thyme plants to use in my rooftop thyme garden. If anyone has a special variety (or has excess plants of any variety) they would like to pass on, it would be gratefully received. I will pay postage and am happy to find something to trade. Thank you for your help.

Shonagh Hopkirk, ph 021-255-6390 or email shopkirk@gmail.com

LOOKING FOR RECIPES, TIPS, NEWS

Have you or your herb group visited a garden of interest? Are you growing any interesting herbs? Have you tried some great herb recipes? Let us know! We invite you to send in your herb recipes, growing tips, news or articles to feature in Herbnews. You don't need to be an experienced writer – we're just looking for great tips and recipes. Send to editor: jane@plainjanemedia.co.nz

Horehound submission

The following submission was sent by HFNZ President Christine Tuffnell to New Zealand Landcare Research on behalf of the HFNZ. We encourage herb societies and groups to use it as a basis for their own submissions.



HERB FEDERATION OF NEW ZEALAND P.O. Box 546, Feilding 4740

SUBMISSION TO NEW ZEALAND LANDCARE RESEARCH RE PLAN TO
CONTROL HOREHOUND VIA BIOCONTROL. SUBMITTED 12 JUNE 2017

1. THE REQUEST

FARMERS SEEK BIOCONTROL FOR
SMELLY WEED

Monday 15 Aug 2016

A high country sheep farmer, Gavin Loxton, on his 8000 hectare property, Sawdon Station, in Lake Tekapo, has formed the Horehound Biocontrol Group, which is working with Landcare Research in a bid to introduce to New Zealand two moths that are proving successful biocontrol agents against the weed in Australia. Moths were introduced as biocontrol agents in Australia in 1994. He asserts that horehound reduces lucerne yields, wool quality (due to seed burrs) and taints meat. Loxton believes a few decent droughts over recent years has assisted the weed. With New Zealand drylands predicted to become even drier, he's concerned the weed will become worse.



The Horehound Biocontrol Group has applied and been granted funds for a Biocontrol Feasibility Study from the Ministry for Primary Industries' Sustainable Farming Fund. He says to date use of herbicides leaves residual chemicals that stunt the lucerne and significantly reduce yields as much as 30 per cent. If it happens to coincide with a dry year you can also lose a lot of lucerne plants. The herbicides were also difficult and costly to apply in high terrain, Loxton said.

Dr Groenteman of Biocontrol in Landcare Research NZ said introducing the moths, one which feeds on the weed's foliage and the other the roots, should prove to be a "relatively straight-forward undertaking" given the extensive safety testing carried out in Australia

before it was introduced there. The first biocontrol agent could be introduced in as little as two years, with the cost estimated to be around \$400,000.

HERB FERDERATION OF NEW ZEALAND

The Herb Federation of New Zealand Incorporated is the umbrella entity for 16 herb societies throughout New Zealand, seven herb groups in the Auckland region and 136 individual members in various parts of New Zealand.

The objects of the Federation are:

(1) To promote education in the cultivation and use of herbs amongst the general public through the production of written educational materials, coordination of national programmes, presentation of public workshops and any other relevant activities.

(2) To promote co-operation and encourage unity among herb groups throughout the country and to assemble and disseminate information of interest to members from sources within and beyond New Zealand using appropriate means of communication.

(3) To speak to Government through a national body and to promote or oppose legislative bills or other measures or programmes relating to herbs and allied fields.

2. HERB FERDERATION OF NEW ZEALAND'S OPPOSITION TO BIOCONTROL OF HOREHOUND

(1) HOREHOUND (*MARRUBIUM VULGARE*) – LONG HISTORY OF MEDICINAL USE

Marrubium vulgare (white horehound) is a member of the mint family (Labiatae) and is native to Europe and now naturalised in North and South America. It is a square stemmed perennial growing to about 50cm in height. It has toothed downy leaves and double-lipped white flowers. It contains a volatile oil 0.6% in the leaves which gives the plant a smell. It also contains diterpenes marrubiin (0.3 – 1.0%). Other diterpenoids include marrubenol, peregrinol and vulgarol. The plant also contains flavonoids and alkaloids (including betonicine and stachidine).

Marrubiin is considered to be the main expectorant principle in this plant but the volatile oil also contributes to the spasmolytic, expectorant and vasodilatory activities. *Reference:* Ben-Erik van Wyk and Michael Wink (2012). *Medicinal Plants of the World*. Briza Publications, South Africa. Pp198.

Marrubium vulgare has been used medicinally since ancient times. The Greek physician Dioscorides (AD 40-90) recommended a decoction of the leaves for tuberculosis, asthma, and coughs. In 1597, the herbalist John Gerard praised white horehound as “a most singular remedy against cough and wheezing”. (Andrew Chevallier (1997) *The Encyclopedia of Medicinal Plants*. Dorling Kindersley, London.pp 231.)

White horehound's bitter constituents stimulate the flow of bile from the gallbladder and thus aid digestion. (David Hoffmann (1996) *The Completed Illustrated Holistic Herbal*. Element Books, Brisbane. Pp112.)

In New Zealand, family doctor James Neil, in 1891, first published his guide to recipes and herbal remedies and regarding hoarhound states: "This well-known herb is a great favorite with herbalists. It has several well-recognised virtues, in addition to its expectorant, which is the chief. We need not describe it as most people are familiar with it. As is said of other common mercies, "their abundance causes them to be despised." So with hoarhound. It is growing by the acre in some places in nearly every land under the heavens. There are some people who have it growing at their doors, and yet are so ignorant of its virtues that they go about with sore throat or cold, or they will give money for medicine that is not so good, when a judicious use of this useful herb would cure them soon.

"For a sore throat get 2oz of the green or 1oz of the dry. Simmer 10 minutes in a pint of water; strain through a cloth; sweeten with honey, and take in a wineglassful three to six times a day. This way it is good for hoarseness, coughs and colds. As a tonic (and it is a good one), omit the honey. In our business we gather in yearly about half a ton of this plant, and generally we find it is gone before the following season. We make a saturated tincture of the green herb, which preserves its virtues and flavor even better than the dried herb. Hoarhound is also one of the ingredients in our Balm of Gilead, Herb Beer extract, Stomach Tonic, &c." *Reference: James Neil (1998 edition) The New Zealand Family Herb Doctor*. Senate Publishers, UK. Pp 92/93.

Marrubium vulgare is wildcrafted by our Herb Federation of New Zealand members for use medicinally.

(2) ECONOMICS OF HOREHOUND

Marrubium vulgare grows well in dry climate and land with low productivity. There is a history of its use commercially in New Zealand, i.e. wildcrafting and use in medicines, particularly those to treat respiratory conditions.

It is easy to grow (self seeds in the wild) and requires no use of herbicides, thus easily meets organic requirements. Harvesting is uncomplicated as it is the aerial parts of the plant that are used medicinally.

At present two of the main suppliers of herbal tinctures to the New Zealand market wholesale price of 1:2 200ml tincture of *Marrubium vulgare* is \$23.90 and \$25.70 respectively. In the above examples 1 kg of herb is used in 2 litres of menstruum, part of which uses alcohol as a solvent. So to make a 200ml bottle of herbal extract/tincture, 100grams of herb is used.

Each healthy horehound plant, harvested at the right time, is likely to provide at least 200grams of herb.

Two horehound plants can easily come to harvest in an area of one square foot. Minimal harvest volume of herb in this square foot would be 400grams and worth say half the tincture price, i.e. say \$12.00 x 4 = \$48.00 for 400grams. There are 107639 sq. feet in 1 hectare so price per harvest could be \$5,166,672 per hectare.

So why would Mr Loxton persist in growing lucerne and running sheep and cattle on all of his 8000 hectares? Why not use some of this land to grow the medicinal herb *Marrubium vulgare*?

(3) INDUSTRY GROWTH POTENTIAL

There is huge potential for the Ministry of Primary Industries to help New Zealand farmers create wealth through growing medicinal herbs. It is called diversification and it's about growing something markets both within New Zealand and internationally want.

(4) POTENTIAL LOSSES IF HOREHOUND SUBJECTED TO BIOCONTROL

Loss of an incredibly useful medicinal herb to New Zealand, and one which may well play a future role in treatment when antibiotic resistance results in increasing death from infections.

Loss of potential for a new and thriving business – medicinal herbs – given that other growing areas of the world have become contaminated or use unsafe growing and harvesting methods.

Fumitory - Fumaria officinalis

Karina Hilterman puts the spotlight on a common 'weed' grown worldwide that has excellent medicinal properties.

Best known as a weed, fumitory (*Fumaria officinalis*) is a member of the Fumariaceae family, which is closely related to the Papaveraceae (poppy) family. There are about 50 other species in this group of 'ramblers'. *Corydalis* and *Dicentra* species are related. This particular species is native to Western and Central Europe and has been transported to the colonies around the world.

Fumitory is an annual herb grown from seed that germinates in winter and early spring. It has soft,



straggling stems that are quite fragile, but they grow quite vigorously in good, fertile soil with a good level of moisture. The flowers are self-fertile and are a soft mauve pink tipped with a deep purple. Other species vary in flower colour from clear pink to white.

Character: Bitter, drying, toning.

Constituents: Alkaloids (including isoquinolines, bulbocapnine, canadine, coptisine, corydaline, dicentrine, cryptopine, fumaricine, fumariline, fumaritine, N-methylhydrastine, protopine, sanguinarine, sinactine), fumaric acid, bitter principle, resin, mucilage, amino acids, flavones.

Therapeutic actions: Alterative, laxative and diuretic, tonic, 'blood cleanser', hepatic tonic, diaphoretic and aperient.

Parts used: Aerial parts – harvest at flowering time during late spring and summer.

Medicinal uses: A wide range of skin conditions, including eczema and psoriasis. It helps to support, detox and strengthen the liver and kidneys; they are organs of 'elimination'. This affirms the long tradition of use of fumitory for treating skin disorders such as acne and eczema, as well as such conditions as conjunctivitis, constipation and liver and gallbladder dysfunctions. For skin conditions and conjunctivitis, it was used topically as a skin wash or poultice, or as an eyebath. For internal use, because it is so bitter, it was mixed with wine. It was also used this way to improve digestion and appetite.

"Helps such as are itchy and scabbed, clears the skin, opens stoppings of the liver and spleen, helps rickets, hypochondriac melancholy, madness, frenzies." – Nicholas Culpeper (1616–1654). English herbalist, botanist and astrologer.

Dosage:

Infusion: 1–2 teaspoons dried (2 teaspoons fresh) herb to 1 cup boiling water. Infuse for up to 15 minutes. Take 1–3 times daily. If it is too bitter, reduce the amount, or sweeten with some honey. It is advised not to use long term.

Tincture: Take 1–2ml up to three times daily.

Fumitory combines well with burdock and/or cleavers as a purifying, tonifying blend.

****Caution:** It is advised that this herb be used in low doses (unless under guidance from a qualified herbalist) and stopped if found to be too stimulating.

History & Mystery:

Common Names: Common fumitory, earth smoke, fumus, wax dolls, fukus terrae, fumiterry, beggary, hedge fumitory, scabweed, vador, naphos, scheiteregi, taubenkropp

The name fumitory is derived from the Latin word fumus, meaning smoke. Folklore says that this herb didn't grow from a seed, as other plants do, but arose from the "vapours of the earth". With its appearance, that is understandable. Another reason it was known as smoke weed was that its very sharp and bitter taste supposedly made one's eyes water, as smoke does.

This herb has a very long history of use for a wide range of skin conditions "to purify the body of impurities and evil". Dioscorides used it internally as a diuretic and Pliny prescribed it for eye conditions and to improve eyesight. In the Middle Ages it was sold as a syrup of fumus terrae as a tonic to rid the body of impurities, therefore enabling one to live longer.

Mrs Maud Grieves, in her book *A Modern Herbal*, writes of some of the old recipes and prescriptions for fumitory. They include: "The spirituous tincture is good against plague, fevers, colic and griping of the guts, whether in young or old – Dose, 2–3 drachms in Canary* or other fit vehicle." Another suggestion: "A decoction makes a curative lotion for milk crust on the scalp of an infant." (* meaning Canary Island wine, not the birds!)

Mrs Grieves has quite a number of recipes and ways to use this herb, including the use of the plant's juice: "Take four or five spoonfuls in the morning, fasting, with a glass of white Port wine. It purges a little downwards, but more especially if mixed with an infusion of Senna in wine. It purifies the blood from salt, choleric, or viscous humours, and strengthens all the Viscera, not leaving any evil quality behind it." I would suggest this would be an excessive dose and when combined with the senna, would be very laxative indeed!

***Advisory Note:** This text is given as a general guidance. If any adverse reactions occur or symptoms persist, please contact a qualified medical herbalist or doctor immediately.

Karina Hilterman, Medical Herbalist

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Email: karina@lavenderhillherbals.com & website www.lavenderhillherbals.com

DIY Cough Syrup

Christina Anthis, the self-described Hippy Homemaker, makes her own cough medicine from herbs.



It is that time of year when coughs, colds and runny noses are rampant. So it may be only a matter of time before you or your family find yourself with an incessant cough causing everyone to lose sleep. There are two types of coughs: dry, unproductive coughs and wet, productive coughs. Dry and wet coughs are not the same type of coughs and both have different needs for treating them.

Unproductive Dry Cough: Dry, unproductive coughs have the tell-tale signs of an incessant tickling in the throat with intense bouts of hacking or spastic coughs. Sometimes they're accompanied by difficulty breathing or talking. Dry coughs can be caused by the common cold, laryngitis, asthma, bronchitis, upper respiratory infections, sinus problems, or pneumonia. Soothing anti-inflammatory herbs are the best choices for dry, unproductive coughs. Rubbing vapour rub onto your feet and covering them with socks is also a great help when trying to ease cough symptoms for a good night's rest.

Productive Wet Cough: A wet cough is very obvious with the constant production of mucus and phlegm. Symptoms can include a phlegmy feeling in the chest and throat, as well as coughing up yellow/brown/green mucus. Wet coughs are most often caused by the presence of excess mucus in the upper respiratory tract that is usually common with a cold, the flu, or allergies and hay fever. Hot steamy remedies are best for wet coughs, such as hot tea, soup, baths, and steams, which all help to loosen up the phlegm and help to break up the congestion. When making a syrup for wet coughs, choose herbs that have expectorant properties, to help with expelling the phlegm from the body.

Raw honey is good for coughs

A study by the Department of Pediatrics at the Shahid Sadoughi University of Medical Sciences in Iran on the effects of honey compared with dextromethorphan and diphenhydramine on nocturnal cough and sleep quality concluded: "After studying 139 children, ages 24 to 60 months, researchers found honey to be more effective in controlling cough symptoms compared to conventional treatments. Additionally, honey-treated children slept more soundly through the night."

Herbs to calm and soothe a cough

There have been many herbs over the centuries that have been used to heal coughs of all types. You can pick and choose the herbs you want to try in your homemade cough syrup.

Anise seed: Warm and spicy, anise seed is great at relieving dry, painful, spasmodic coughs with phlegm that is difficult to release.

Chamomile flowers: Chamomile's anti-inflammatory properties help to soothe all kinds of coughs. It also has calming capabilities that can help you to sleep better while getting over your cough.

Cinnamon: Cinnamon is a warming herb that helps with circulation, congestion and boosting your immune system.

Elecampane root: A natural expectorant, elecampane is perfect for wet, phlegmy coughs that produce thick yellow/green mucus. Also great for bronchial and sinus infections that produce coloured phlegm.

Garlic: Garlic has been used for centuries for all sorts of cold and flu symptoms, as a natural antibiotic. Not only will garlic help boost your immune system, it is a drying herb and an expectorant, making it great for wet coughs that are producing a lot of phlegm.

Ginger root: A warming herb that has been shown to reduce inflammation, increase circulation, boost immunity, and even help to relieve coughs and sore throats. Ginger is an all-around herb that I use in all my cold-related syrups.

Hyssop: Hyssop is a fabulous addition to any cough syrup. Its natural abilities to cool and moisten make it great for dry, unproductive coughs. It's also a great herb to help relieve pain from sore throats.

Liquorice root: Liquorice is great for all sorts of coughs. Its mucilaginous properties are good for dry, irritated membranes, while it's also a natural expectorant, helping to rid a wet, productive cough of all the phlegm. Liquorice root is also used in many syrups to help sweeten the flavour.

Marshmallow root: Marshmallow has mucilaginous and anti-inflammatory properties that are great for dry, inflamed throats. It soothes sore throats and dry, irritating coughs, including bronchitis.

Mullein leaf: Mullein has both antispasmodic and expectorant properties, making it a great remedy for deep, wet coughs and spastic coughs. It is very effective at fighting an infection and reducing pain.

Onion: Probably one of the most surprising ingredients that I find is great for all sorts of cold and flu symptoms, onion has been used for centuries to help clear a room of germs. With natural antibacterial, expectorant and anti-inflammatory properties, onion is a great addition to any cough syrup.

Thyme: Thyme is a powerful disinfectant and antiseptic, so it helps to fight off colds and infections. Great for all coughs but especially for dry coughs.

Wild cherry bark: A Native American medicinal staple, cherry bark has long been used for coughs and colds. It's great at combating dry and irritable coughs. Overuse can be toxic. Do not use for more than two weeks at a time.

Slippery elm bark: Another great mucilaginous herb, slippery elm is great for all sorts of coughs, helping to soothe inflamed membranes.

Red clover blossom: Red clover has long been used to treat bronchitis and other upper respiratory infections and boost the immune system. A warming expectorant, red clover is known to help relieve chest congestion.

Soothing Herbal Cough Syrup

This recipe is the one that I make in my own home for coughs and chest congestion. I have set up this recipe so that you can pick and choose which cough-soothing herbs that you have on hand to make your own herbal cough syrup. Cinnamon and ginger are great for coughs, circulating blood, and helping to boost your immune system.

3 cups filtered water	¼ cup liquorice root (or herb of your choice)
¼ cup wild cherry bark	¼ cup mullein leaf (or herb of your choice)
1 tablespoon cinnamon chips	1 tablespoon ginger root
1 cup raw unfiltered honey	¼ cup freshly squeezed lemon juice

Directions

In a saucepan, combine water and herbs. Bring to a boil and reduce to a simmer for 20 minutes. After 20 minutes, remove from heat and strain herbs with a mesh strainer or cheesecloth. Squeeze the herbs to get all of the herbal liquid from them. Combine herbal liquid with raw unfiltered honey and freshly squeezed lemon juice. Allow to cool on the counter top before putting a lid on and storing in the fridge. Will keep in the fridge for 4–6 weeks.

To use: Safe for use in children 12+ months. Take ½ to 1 teaspoon every half hour, or as needed.

Visit Christina's website: www.thehippyhomemaker.com

HFNZ 16th Biennial Conference 2017

By Christine Whitaker, Southland Herb Society

The Southland Herb Society is looking forward to hosting you at the Herb Federation of New Zealand's 16th Biennial Conference in Invercargill from Friday 17 November to Monday 20 November 2017.

Here in Southland we are very proud of our bounty from the land, the sea and the environment; these are some of the areas that we are highlighting at this conference entitled Southern Bounty.

The Sessions: All attendees will participate in *Crayfishing in the Southern Waters – a Family Affair* delivered by April Fisher; *Open Orchard Heritage Apples*, the work of Robyn Guyton with assistance from the Open Orchard team; *Herbal Medicine for your Heart* delivered by Lena Williams, a qualified clinical herbalist from Windsor Health; Southland Institute of Technology Hospitality students demonstrating cooking from their cultures; *Natural vs Chemical* delivered by Honorlea Massarella Mangion (Dip Cos Chem); *Artisan Spirits and Rose Oil Cardrona Distillery* delivered by Linda Jones; and after dinner speaker Janice Lee from Koha Kai, a Charitable Trust that works with people who have been marginalised and isolated in the community due to living with the challenges of disability, and the gardens these people work in.

There is a choice of workshops: *Herbs in Art through the Ages* by Lyn Henry; *Garden Thugs* by Lynne Huggins from DOC; *Tussie Mussies and Pot Pourri* with Betty Snell, and *Foraging* with Maggie Elford.

Along with the above we have organised a trip for all attendees after the HFNZ AGM on Sunday morning to the Riverton area. Here we will visit the award-winning Te Hikoi Museum, the South Coast Environment Centre and a guided trip around the area with a local Riverton historian. This trip is not to be missed as it covers a wealth of history and knowledge of the area. Following this we will have a gourmet packed lunch, get back on the bus and head to our very own Lyn Henry's Briarfield Farm garden where we will feast on not only her creativity in the garden but her amazing artwork as well.

For those planning on indulging in the above, I suggest you consider staying on for either of our trips planned for Monday:

- Bus trip to Maple Glen garden. This 30-acre private garden, nursery, woodland and wetland set in the rolling green countryside is also home to a large population of native and exotic birds. The garden, itself, is a beauty to behold no matter what the season. This will be hosted by Southland Herb Society members.
- Our second option is a day trip to Stewart Island which encompasses a flight across Foveaux Strait, water taxi to Ulva Island and open bird sanctuary, followed by a 1½ hour bus tour of the island with time allowed to enjoy the tranquillity of the island, explore, purchase a souvenir and have lunch. This is a dream opportunity to visit Stewart Island and will be hosted by our very own member, Avis McIntosh.

We are very much looking forward to hosting you all here in Southland.

**** Download the full registration form from www.herbs.org.nz**

Christine

Registration Form

**** Download the full registration form from www.herbs.org.nz**

The Southland Herb Society
is proud to host
the 16th Biennial Conference
of the
Herb Federation of New Zealand



SOUTHERN BOUNTY

Elmwood Garden Function Centre
309 Dee St, Invercargill
17-20 November, 2017

FRIDAY 17 NOVEMBER 2017

6.30-7.30 pm	Registration, mix and mingle, Elmwood Garden (bar open)
7.30 pm	Crayfishing in the South. Speaker - April Fisher
8.30 pm	Supper

SATURDAY 18 NOVEMBER 2017

8.45-9.00 am	Welcome and housekeeping
9.00-9.40 am	Heritage Apples – Robyn Guyton
9.50-10.30 am	Choice of Workshop: 1. Herbs in Art through the Ages – Lyn Henry 2. Garden Thugs – Lynne Huggins
10.30-11.00 am	Morning tea and stalls
11.00-11.40 am	Herbal Medicine for Your Heart – Lena Williams
11.50-12.30 pm	Choice of Workshop: 1. Tussie Mussies and Pot Pourri – Betty Snell 2. Foraging – Maggie Elford
12.30-1.30 pm	Lunch and stalls
1.30-2.10 pm	Cooking with Herbs – SIT Hospitality students
2.20-3.00 pm	Natural vs Chemical – Honorlea Massarella Mangion (Dip Cos Chem)
3.00-3.20 pm	Afternoon tea
3.20-4.00 pm	Artisan Spirits and Rose Oil Cardrona Distillery – Linda Jones
6.30 pm	Pre-dinner drinks
7.00 pm	Dinner. Keynote speaker, Janice Lee - Koha Kai

SUNDAY 19 NOVEMBER 2017

8.45-10.00 am	HFNZ Annual General Meeting
10.00-10.30 am	Morning tea (announcement of competition winners)
10.45 am	Bus trip to Riverton, Te Hiko Museum, Environment Centre and more (lunch included)
2.30 pm	Briarfield Farm garden and art, afternoon tea, conclusion
4.30 pm	Return to city

Questions About Conference

Please contact: Christine Whitaker

Phone: 03 217 4563

Email: christine.whitaker1@outlook.com

MONDAY 20 NOVEMBER 2017

Bus Trip to Maple Glen Garden – 8.30–mid afternoon

A 30-acre private garden, nursery with plants for sale, aviary, woodland and wetland set in the rolling green countryside of eastern Southland. Home to a large population of native and exotic birds, including hand-reared parrots and waterfowl. Lunch at own cost.

Stewart Island Visit – full day (subject to numbers)

Cost pp: \$294 (lunch at own cost)

- 15 minute walk to Golden Bay to catch your water taxi to Ulva Island Bird Sanctuary.
- Spend an hour or two on Ulva, strolling the excellent walking tracks amongst predator-free podocarp forest, home to many endangered species.
- Return to Golden Bay, walk over to Oban township, where you may purchase lunch at one of the many and varied dining establishments.
- Depart for a 1½ hour bus tour on the Island Explorer, exploring landmarks and the history with your local guide.
- Spend time exploring, buying a souvenir or just absorbing the tranquillity of the island.

Return flight to Invercargill with Southern Air.

Herbal Competition

Bring your entry to Registration at the Friday night function:

- Go Forage (in any form, no bigger than 200mm squared, eg, painting, sculpture, table decorations, collage)
- A herbal poem or haiku
- Embroidery – featuring a NZ plant

Judging: By popular vote, to be announced after the AGM.

Accommodation

The following options are close to the venue:

Queens Park Motels

85 Alice Street, Invercargill. Phone 03 214 4504

Homestead Villa Motels

Cnr Avenal and Dee Streets, Invercargill.

Phone 03 214 0408

(We have secured some units. Please refer to HFNZ when booking.)

Or try: www.booking.com - destination Invercargill

Using Essential Oils for Winter Health

Aromatherapist **Melanie Harrison**, of *Quiescent*, outlines three essential oils that can help protect us from winter ailments.

Protecting ourselves from colds and flu in winter is where essential oils really come into their own. They are effective at fighting nasty germs and viruses, supporting our immune system and cleaning our environment and the air we breathe.

There is a huge range of oils that have antiseptic and healing properties, but if I had to choose only three, these would be the ones I'd pick.

1. Eucalyptus Blue Gum (*Eucalyptus globulus*)

Eucalyptus essential oil is my go-to weapon against colds and flu. At the first sign of a niggly throat, cough or blocked nose, I pull out a bottle of eucalyptus essential oil. I prefer to use *Eucalyptus globulus* (also known as eucalyptus blue gum, Tasmanian blue gum or southern blue gum), but *Eucalyptus radiata* also works well.

Eucalyptus has a range of impressive therapeutic properties: it's analgesic, antibacterial, anti-inflammatory, antiseptic, antispasmodic, antiviral and decongestant, among others. In particular, its antiviral and decongestant properties are very powerful and can be useful for clearing stuffy noses and fighting germs. My preferred method of using eucalyptus is by steam inhalation.

Eucalyptus steam inhalation

- Fill a bowl or basin with very hot (not boiling) water and add 3–5 drops of eucalyptus essential oil.
- With a fork, agitate and disperse the oil in the water.
- Place a towel over your head and hold your head over the bowl. Keep your eyes closed, as the essential oil vapours may irritate your eyes.
- Inhale deeply through your nose for approximately 1–2 minutes, then take a break. This can be repeated 2–4 times, as necessary.

For an extra boost, you can also do a steam inhalation using a combination of other essential oils. For example, 2 drops eucalyptus (*radiata* or *globulus*),



2 drops tea tree (*Melaleuca alternifolia*) and 1 drop thyme (*Thymus vulgaris*) can be added to the water. Just make sure the total number of drops does not exceed 5. The combination of antimicrobial properties from these three essential oils as well as the decongestant properties from eucalyptus make this a powerful and supportive blend to help combat cold and flu germs.

Steam inhalations work wonders for:

- Clearing congestion in the upper respiratory tract (cold or flu)
- Relieving sinus infection or sinusitis
- Enhancing respiratory function

Avoid using eucalyptus essential oil around children under 10 years of age (tea tree essential oil is safer).

2. Tea Tree (*Melaleuca alternifolia*)

Tea tree essential oil has been referred to as a natural Dettol. The oil is unusual in that it's effective against all three categories of infectious organisms – bacteria, viruses and fungi.

Alongside its antimicrobial, antifungal, antiseptic, antiviral and bactericide properties, it also has the supportive ability to stimulate our immune system, which protects us when we are tired and run-down.

The refreshing and stimulating aroma of tea tree is a great pick-me-up and is beneficial for use in oil burners and diffusers as it helps to purify the air of any winter nasties and provide respiratory support.

It can be used in a massage blend, but if you have sensitive skin it is best to use a low dilution and do a test patch on your skin first.

As a general guide for sensitive skin, a 0.5 – 1% dilution is a good place to start. This equates to 30ml carrier oil (both apricot kernel or sweet almond oil are lovely on the skin) plus 4-6 drops of essential oil.

3. Thyme (*Thymus vulgaris*)

I love the smell of thyme. There's something medicinally comforting about it. Since records began, thyme was believed to instil courage and strength and the Greeks used it in their religious cleansing ceremonies and medicine. During the First World War, the oil was used in hospitals to sanitise the wards and operating theatres.

The properties of thyme essential oil include antimicrobial, antiseptic, antispasmodic, bactericide, expectorant, tonic and immunostimulant. It soothes respiratory discomfort associated with colds and flu and assists the body with clearing congestion and mucus. It's an excellent immunostimulant, stimulating the production of white blood cells, boosting your immune system.

Again, this is a great oil to have in an oil burner or diffuser to help prevent a cold or to kick one to the kerb. The aroma is restoring, supportive and strengthening – just what you need when you're feeling unwell.

Note: Do not use thyme oil if you have high blood pressure, are pregnant, or around young children. Thyme has different chemotypes, some of which may cause skin sensitising. Use in low dilutions in massage blends.

Simple ways to use essential oils to combat a cold

- If a steam inhalation is inconvenient, apply 1–2 drops of essential oil to a tissue or cotton wool ball and sniff intermittently. This is perfect for when you're at work or out and about.
- The best way to make your environment and home germ-free is by diffusing essential oils into the air. Add 5–7 drops to an oil burner or diffuser and use throughout the day and evening. This method is great at spreading the oils' therapeutic properties into the air to relieve sinus congestion as well as kill the bacteria and viruses that cause a cold.
- Having a bath with essential oils and Epsom salts not only helps to relieve stress but also aids the detoxification process of the body. Add 3–5 drops of essential oil to half cup of Epsom salts and mix together before dispensing into a warm bath. Soak for at least 20 minutes. This is a lovely way to breathe in the therapeutic properties of the oils and ease aches and pains.

Essential oils are highly concentrated chemical substances, so use them carefully. It is advised not to use them undiluted on the skin (the exception is lavender essential oil) due to potential skin irritation and sensitisation. There are lots of other ways to use essential oils to support your health and wellbeing. When in doubt, always check with a qualified aromatherapist.

Here's to a very healthy winter.

Visit Melanie's website: www.quiescent.co.nz

Herbal Folklore

By Marilyn Wightman

Folksongs have always been of special, personal interest. Many are sung unaccompanied, and out there in the herb patch, on occasions, there is a need to just burst into song. What better than a folk song to just let rip roar and enjoy the moment, the day, and sing to the heavens. (Being on 5 acres helps, as the neighbours are far away. Or is that further afield?)

One TV programme enjoyed a few years back was the Sharpe series. John Tams adapted the 18th-century marching song, first published in 1706 and popularised in the folk song:-

Chorus – O'er the hills and o'er the main
Through Flanders, Portugal and Spain
King George commands and we obey
Over the hills and far away

Fall in lads behind the drum
With colours blazing like the sun
Along the road to come what may
Over the hills and far away

Perhaps it is 'in the blood', an inbred trait to burst into song. It is recorded that my great-great-grandfather, John Stenton Workman, already in his seventies, at his granddaughter's Kekerengu wedding in 1898, danced a few steps of the Sailor's Hornpipe and sung verses of an old Jacobite song of the '45 rebellion (he had been an early New Zealand whaler).

Folksongs and nursery rhymes often had a hidden meaning. Each culture has its own stories and legends. As a speaker of English, my own experience is mainly British-based. Rhymes were written for a variety of reasons. It may have been to record an event, such as the Guy Fawkes song. Or there was a sarcastic dig at political events, edict of the government or monarch of the day. Many others were like modern music, expressions of love and romance. One theory for the popularity and enduring quality of rhymes was they are easy to remember. Back in the 'good old days' the majority of the population were illiterate. What better medium to teach than rhymes and songs, easily remembered, to be a vehicle of expression and committing repetitive wording to memory? And getting back to plants, the objective of this magazine, here are a few that are herb related.

RING, A RING A ROSIE

This nursery rhyme first appeared in print in the late 1800s when publications of nursery rhymes began to be popular. The Americans already were using it with different words, and the earliest recording there is 1855 when it was noted that children sang the rhyme as they played a game together. There is a legend suggesting the rhyme is about either the black plague of the 1340s or the later Great Plague of London in 1665, the analogy being citizens of the time made a posy of herbs to protect themselves from catching the plague – and if they did succumb then they sneezed and eventually collapsed. However, many believe this is just myth as folklorists so far have found evidence that this ‘story’ does not go beyond the 1950s. Hence the version:

Ring, a ring a Rosie
A pocketful of posy
Atishoo! Atishoo!
We all fall down

Interestingly, there is an earlier German rhyme of similar content. The earliest printed version is dated 1796, which is a full century before the English rhyme. So did it in fact go further back in history? When translated to English it is:

A ring, a ring of roses
Beautiful apricots
Blue violets, Forget-me-nots
All children sit down

A RED, RED ROSE

A well-known and favourite song featuring that wonderful herb was written first as a poem by the popular Robert Burns. Since publication, it has been set to music many times.

O my luve, is like a red, red rose
That's newly sprung in June
On my luve is like the melody
That's sweetly played in tune

MARY, MARY QUITE CONTRARY

There are many stories surrounding this nursery rhyme. They range from its religious meaning regarding Mary, mother of Jesus, with references to pilgrims travelling to the shrine of St James in Spain, as the cockle shell is the badge of pilgrims. Then there are the two Marys of English history: Mary, Queen of Scots

and the other Mary, half sister to Queen Elizabeth 1. Both stories are rather derogatory about these girls. There is a slight flaw to these legends though, as the earliest printed recording exists from the 1700s, which is a bit after all three of these historical suppositions. Whatever, the obvious herbal version to admire is:

Mary, Mary Quite Contrary
How does your garden grow?
With silver bells and cockle shells
And cowslips all in a row

LAVENDER BLUE DILLY DILLY

This English folk song does go further back in time, as it was printed on a broadsheet of 1672. As with all folksongs though, this early version varies from the later 1805 style:

Lavender green diddle, diddle
Lavender blue
You must love me diddle, diddle
Cause I love you

The written 1805 version includes a few more herbs and differs again to that style that is commonly known today. In all of these explanations about this folk song it has no 'hidden meaning' as such. Rather, they are expressions of love for a courting couple:

Lavender blue and rosemary green,
When I am king you shall be queen

GREEN GROW THE RUSHES O!

I'll sing you one, O
Green grow the rushes O
What is your one O?
One is one and all alone
And evermore shall be so

This song goes on for 12 verses. It was thought to be religious and based on Christianity, a way of teaching the Creed, and may have origins going back for hundreds of years. Of course, there are folklorists and musicologists who dedicate themselves to theorising on song origins. Cecil Sharp, one such, wrote a book in 1916 and insisted this particular folksong, like so many of its ilk, because they were vocalised and learned by rote, they were easily

corrupted. He went on to suggest, in his book *100 English Folksongs*, the original meaning of this particular song had been completely lost over time.

SCARBOROUGH FAIR

And there is nothing new in folksongs, is there? It is believed it originates again in the era of the Great Plague of the late Middle Ages. It had been set to music with a composition by Paul Simon, of Simon and Garfunkel, in 1965. It was recorded and released by Marianne Faithful in April 1966. However, Bob Dylan had also borrowed the melody in 1963. This one is truly herbal with the chorus extolling:-

Are you going to Scarborough Fair?
Parsley, sage, rosemary and thyme
Remember me to one who lives there
She once was a true love of mine

Hopefully this story has engaged you, the reader, enough to get humming, get kitted up and set off to the herb patch to lighten up and do some carousing while you work.

PS – Some of the above theories have been gleaned from the internet, which, in itself, could be just further perpetuating the myths.

Recipe from Otago Herb Society

Roasted Carrot & Pumpkin with Tahini Dressing

Preheat oven to 220°C and toss 4 large carrots, sliced into batons, and ¼ pumpkin, peeled and thinly sliced, into a baking dish with olive oil. Season with 1 teaspoon Moroccan spice and salt and pepper. Roast 30 minutes or till tender. Place the vegetables onto a large platter and cool to room temperature.

Meanwhile, make the Tahini Dressing: 125ml plain, unsweetened yoghurt, 5 tablespoons tahini, juice and zest of 1 lemon, 1 large crushed garlic clove, 2 tablespoons parsley, ½ teaspoon ground cumin, salt and pepper, ½ teaspoon honey and 3 tablespoons warm water. Drizzle over the vegetables and scatter with ½ cup microgreens and mint. Serve.

Society News

Remembering Heather Young 1940–2017

By Jane Carden



I feel very privileged that Francis has asked me to write this remembrance of Heather who passed away in April. I knew Heather only in her life in New Zealand for the past 19 years, after her 30 years in America.

Heather was born in Invercargill from where she moved, at age 3, to Christchurch. There she graduated with a BA in Tudor history and early English language studies. She then married and accompanied Francis to England for two years where Francis did a PhD. They returned to New Zealand and had their two children, then off to America where they spent the next 30 years. Now in her thirties, Heather became an enthusiastic environmentalist, which led her to achieving various tertiary degrees, teaching and tutoring roles in soil health, plant biology and various related subjects. Through this was born her lifelong interest in herbs, culminating in the USA with a life membership of the Illinois Herb Society.

When they came back to New Zealand they bought a lifestyle block near Katikati to retire on. Not a leisurely retirement, however, as they both worked very hard to develop this wonderful piece of land next to the estuary. So the 15 years she gardened at Matahui Rd was the pinnacle of her gardening life, which achieved national recognition. Heather was very gracious the way she always welcomed people to her garden and I remember many happy times there. In the early days I attended Federation meetings and we had many potluck dinners with produce from her garden. She entertained large groups of herbies and you never left empty handed. She was great at propagating plants and must have contributed to innumerable trading tables and plant sales for fund raising.

In Katikati she started the Katikati Herb Society with Karina Hiltermann and Lynn Gowthorpe and established two herb gardens there, and she was made a Life

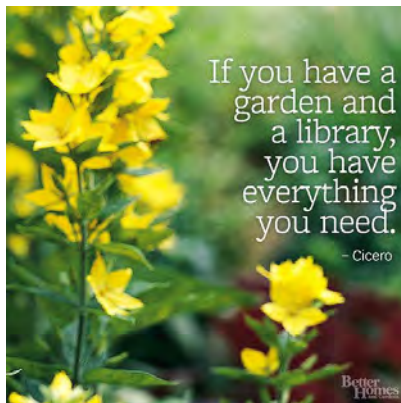
Member of Katikati Herb Group. She then became heavily involved with the Herb Federation of New Zealand.

Heather was a people person and got on with everyone. She was quite inspirational, touching many lives with her very down-to-earth personality and her boundless enthusiasm and can-do attitude. She was an avid reader and her vast collection of books was testimony to that. She had a very enquiring mind and was full of herbal knowledge. She was a prolific writer, including her prosing. We had some great times together at conferences and other outings. She had a wonderful disposition and always seemed to be full of joy and so very generous with her time helping others.

Heather, we will miss you and your zest for living. You were an inspiration in so many ways.

I feel this quote really sums up Heather.

Jane Carden



Final Prosing – Heather Young (sent in by Francis Young)

Heather June Young (nee MacQuarrie)

6th June 1940 – 9th April 2017

Heather June MacQuarrie was born in Invercargill. When she was about 3 years old her parents moved to Christchurch and she grew up there. She was dux at New Brighton Primary School and advanced to Avonside Girls High School. Then she entered Canterbury University College where she graduated BA in Tudor History and Early English Language Studies. She and Francis met shortly before he graduated and they married a year later on July 21, 1962. A week later they sailed to London, England where Francis was to study for a PhD.

Francis claims it was a case of false identity as he was invited to a party to meet Aunt Hazel; he had never met an aunt so young and attractive. Heather claims

it was a case of bait and switch as she was offered marriage and the promise of a life of leisure but found she had to work to earn money to pay for the fare to England. His prospects seemed ephemeral at the time.

In England, Francis had sufficient scholarship money to keep them housed and fed, but to see the world Heather had to earn extra. Her extensive education earned her the lucrative post of checkout clerk at the Brixton Public Library. Soon she was studying to become an Associate of the Library Association (ALA), which she duly did. After this she moved up to the post of Librarian for the Department of Zoology and Applied Etymology at Imperial College where Francis was studying chemistry. Mouldering in the basement library were the papers of Thomas Huxley, which she duly cleaned and catalogued during her time there. Quite a mammoth task.

We returned to NZ for a few years where Warwick and Helen were born and then we were off again to Chicago in 1969 for two years at the premier cement lab of the time. Two years turned into 30 years at the University of Illinois at Urbana-Champaign where Heather really blossomed. It was the height of the Vietnam War and a picture that has stuck in our minds is the State Troopers standing around the flagstaff in front of the Illini Union. It was a time of ferment and activism, but when Heather went along to attend a meeting of Women for Peace and Freedom and found them ready to march around the local shopping centre demonstrating against the war she decided this was not for her. She found her way to HIPS (Households Involved In Pollution Solutions) that had been founded by chain-smoking, bourbon-sipping Barbara Anderson and knew she had found her niche. Heather was into the environmental movement with gusto, helping to organise recycling drives, the first Earth Day celebration, the local environmental awareness centre. It is interesting to see the similar women two generations later doing the same things. Life truly does go in cycles; knowledge is lost and relearned.

In the late 1970s Heather persuaded the Urbana Park District to set up a community organic gardening project, which she directed until she started teaching at the University of Illinois. (This was before most people knew what organic gardening meant.) Phyllis Brussel, her gardening buddy, succeeded her and the programme is still going today. Heather taught gardeners the fundamentals of plant biology and soil health, but realised she needed more knowledge to do this rigorously. So she went to Parkland College to study soil science. Alas, to do this she needed chemistry and to do chemistry she needed math and to do math she needed remedial math. To cut a long story short, she ended up with enough credits at Parkland to enrol in the horticulture programme at the UI. Heather graduated in 1984 with a BS cumma sum laude

in Ornamental Horticulture and two years later an MS in Extension Education. She now had more letters after her name than her husband!

You might think this was the end, but the next thing she was into the new urban gardening programme and set up the Champaign County Extension Program. She helped launch the Master Gardener programme in the roles of both instructor and student and then was part of the group that planned and implemented the Idea Garden to show urban gardeners the possibilities available to them. The programmes prosper 25 years later.

For eight years Heather worked as a Teaching Laboratory Specialist in the Dept. of Plant Biology at the UI. She taught PLANTBIO 102 to non-majors, i.e. engineering students who thought it would be an easy credit and then found themselves learning more than they had expected to. Heather loved this job; she was a born teacher and enjoyed interacting with the students. She got them thinking about nutrition and the environment as well as plants. All is inextricably linked.

While this was going on, Heather was busy exploring her love of herbs. She and Marie Fowler founded the C-U Herb Society and she was the driving force in establishing two herb gardens for them. She was made a Life Member for her efforts. Then she came to New Zealand and did it all over again, helping to form the Katikati Herb Society with Karina Hilterman and Lynn Gowthorpe and establishing two herb gardens here. She was made a Life Member of KKHS also. Lured by Lizzie Partington, the then president, she got involved heavily with the New Zealand Herb Federation (HFNZ), being Vice President, Librarian, Herb Awareness Coordinator and Journal Editor at various times. Here her services were also rewarded with a life membership two years ago. This, I think, was her most valued recognition as she made many good friends around the country through this work.

Her final big project that you read so much about over 15 years was the garden at Matahui Road. This was the holy grail of her gardening life, which achieved national recognition. Heather was a truly remarkable woman who touched so many lives and who had so much boundless enthusiasm and a can-do attitude. I was privileged to share her life for so many years.

Goodbye from Katikati.

Francis

Society Contacts

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AHS Central Day Group

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Otago Herb Society

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Website: www.herbs.org.nz

Facebook page: www.facebook.com/HerbFederationNZ

MEMBERSHIP APPLICATION FORM

I/We wish to apply for membership to the **Herb Federation of New Zealand Inc**
(PLEASE PRINT)

Mr/Mrs/Ms/Miss _____

Address: _____

Phone: _____ Email: _____

INDIVIDUAL \$35.00

FAMILY (For two members) \$40.00
Add \$5.00 for each additional member.

OVERSEAS \$40.00

DONATION \$ _____

TOTAL ENCLOSED \$ _____

Payment by direct credit is available. Our bank is Westpac, Account No. 03-1549-0030463-00. Please make sure you name is identified with the payment.

- ☐ Please tick if you require a receipt.
- ☐ Please tick if you want your details kept confidential. (Your name will only appear on any membership list required for official **HFNZ** business.)

Please send your application to: The Treasurer,
Herb Federation of New Zealand Inc., PO Box 546, Feilding, 4740

For office use

DATE: _____

RECEIPT: _____



The Aims and Objectives of the Federation

- To promote greater interest in herbs and an appreciation of the value of herbs and their safe use.
- To increase knowledge through education.
- To assist in maintaining the diversity of herb collections.
- To protect and promote the use of herbs, now and for future generations.
- To encourage accurate identification of plants and the use of botanical names.

Activities we promote include Herb Awareness Week events, establishment and maintenance of herb gardens and plant collections, seed and plant exchange, workshops and booklets on specific topics, visits to interesting gardens, nurseries and garden centres, exchange of newsletters.

Long term aims include the possibilities of a national garden and support for recognized herbal qualifications.

CONTRIBUTIONS FOR SPRING 2017

**Herb Society members are invited to submit
contributions for the next edition of Herbnews**

Deadline for next edition: August 20th, 2017

Editor: Jane Wrigglesworth

email: jane@plainjanemedia.co.nz

Production: Fishers, Feilding

Contact the EDITOR for subscriptions, advertising, articles, circulation enquiries and other details.



herbnews

REGISTERED AT GPO WELLINGTON AS A MAGAZINE

RETURN ADDRESS

**HERB FEDERATION OF NEW ZEALAND
PO BOX 546
FEILDING**