



## MARLBOROUGH HERB SOCIETY

MARCH - MAY 2019

EDITION 166

Welcome everyone to the late, Late Autumn Newsletter, the weather has been extra kind but Winter is coming. We have now had our AGM and welcome new committee member Damaris and note the changes in the Offices held. Nicky and Janne have swapped roles and Meredith has the library. Wendy has stepped down and we thank her for her amazing energy, knowledge and cheerful input to our group as Coordinator for Garden Marlborough and past President. This will be my last newsletter, with kind regards and best wishes to everyone, Janne

### COMMITTEE

President	Janne Hickman	577 9358
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	Kris Fowler	577 6821
	Annette Michna-Konigstorfer	578 4153
	Joanna Hepburn	578 4199
	Damaris Warnick	022 042 8388

## UPCOMING MEETINGS

### **Tuesday 25th June - Tamarind Restaurant (Southern Indian Food)**

We will need to know numbers asap. We have chosen the \$40 menu option for starters, mains and desserts. Friends and family welcome, the meal will be subsidised \$25 for paid up members, drinks and extras pay your own. Meredith will be taking numbers 027 2122 773 or [meredith@thewoolstore.co.nz](mailto:meredith@thewoolstore.co.nz)



### **PLEASE NOTE SUBSCRIPTIONS ARE NOW DUE.**

The amounts remain the same. \$20 for paper copy newsletter ; \$15 email newsletter; \$25 Couples; \$15 Postal members

You can pay the Treasurer Lyn cash or cheque or directly into Marlborough Herb Society's Bank account  
Westpac 03-0599-0316465-000

## MEETING REPORTS

**Weed walk at the Herb Garden Community Gardens** 26th March,  
With Kristina Jensen.

Notes for Marl. Herb Society Newsletter, June 2019 – Kristina Jensen

Thanks for a great little weed walk around the Marlborough Community Gardens. We tasted and compared and shared a great deal of knowledge and experiences. I learned more than anyone I think! This has inspired me to join the Society and come along when I can.

I love foraging because it anchors me very much in the seasons, nature unfolding at its own perfect tempo. Harvesting wild foods helps me to be in the now.

Here's a couple of recipes for weeds that I hope you will try.



### WILD WEED PESTO

3 good big handfuls of landcress, fathen, chickweed, sheep's sorrel, plus the young tender leaves of puha, cleavers, watercress and dandelion leaves (you can also include mint, rocket, parsley, coriander and flowers of nasturtium and calendula plants)

½ cup good extra virgin olive oil

¼ tsp salt

½ cup roasted peanuts/sunflower seeds/pumpkin seeds/almonds/cashews or pine nuts

1 tbsp parmesan or feta cheese (optional)

Juice of 1 lemon

2-3 large cloves of garlic depending on taste

Put all ingredients into a food processor and thoroughly mix.

You can start eating immediately but the flavours blend more the longer it sits.

Wild Weed Pesto will last refrigerated for up to 1 month. Pressing the herbs down under the level of the oil will help to keep it fresh and tasty.

Wild Weed Pesto can also be frozen in small pottles – perfect for that spring BBQ or picnic.

## **DELICIOUS IDEAS FOR ONION WEED**

Chop a handful of stalks into a bowl of cottage cheese, yoghurt, quark or ricotta. Add the juice of a lemon, cracked pepper and sea salt, and a finely chopped red chilli for a refreshing dip to accompany chips, crackers, vegie sticks or patties. Let it sit for half an hour before serving to let the flavours mingle.

In the late summer when the tops begin to die down, dig up the bulbs. For a delicious fresh oniony treat, sauté whole bulbs for 10-15 minutes with garlic, butter, a dash of white wine and sea salt.

The bulbs can be pickled just like ordinary onions or garlic cloves.

Pick the flowers and dip them in tempura batter for a special wild and tasty treat.

The flowers and stalks can be chopped and added to salads, used as a garnish for pizzas, added to a corn bread or corn muffin mixture and in fact, substituted anywhere you would normally use spring onions or chives.

## **LIQUID PLANT FOOD WITH WEEDS – WEED FEED**

Weeds are not only good for humans. You can make a wonderful liquid plant food with them, especially if you want to clean out a patch. Pull up the plants, roots and all, and immerse them in water, preferably a large drum. Add any of the plants listed above, including dock and plantain, to create 'plant soup'. Leave the greens to break down for 2-4 weeks.

Dilute 1:10 into a watering can or back-pack sprayer and shower your plants with liquid love. An old stocking works well as a sieve to get the chunky bits out.

## KRIS REPORTS: DANDELION

Key Actions: Diuretic; Detoxifying; Bitter.

Grows in many parts of the world; is a traditional medicinal herb covering a wide range of health problems and cultivated in France & Germany.

Dandelion is: highly nutritious; contains potent antioxidants; supports healthy digestion and treats constipation; boosts the immune system; used for gallbladder problems; has low toxicity and the fresh leaves can be added to the diet with confidence; is a major liver herb.

More research is needed concerning dandelion with:

- helping relieve inflammation
- blood sugar control
- reduce cholesterol
- promote a healthy liver
- aiding weight loss
- fighting cancer
- may be a useful skin treatment
- bone health support



Self Help uses

- Acne and boils
- Constipation
- Detoxification for hangovers
- Fluid retention
- Nettle rash

Dandelion can cause an allergic reaction to the milky latex and may react badly with diuretic or antibiotic medications.

## **TUESDAY APRIL 30TH: HOME MADE WITH HERBS**

A great turn out we tasted wine from Tupari (Heather), Breads from Schnekel (Annette) Bakery, 2 Feijoa chutneys, Spicy Blackboy peach chutney, Chervil vinaigrette, herbed cheese, super seeded crackers, weed pesto, Red bush tea tarts and macarons. We learned cleaning tips, how to prepare herbed vinegars, herb pillows and herbal remedies. We welcomed Craig and Alet to the meeting.

### **SUPER SEEDED CRACKERS (ELEANOR OZICH)**

Thanks Vivienne

2 Cups quick cooked rolled oats

1 Cup Sunflower seeds

½ Cup each of Pumpkin, Sesame and Chia seeds

½ Cup ground Almonds

2 Tbsp honey or coconut sugar

2 Tbsp Olive oil or melted coconut oil

1 tsp sea salt

1 tsp finely chopped Rosemary or spice as fancied

2 1/2 cups water



Preheat oven to 180 degrees C and line two trays with baking paper.

Combine all the ingredients in a large mixing bowl, stir until well combined. The mixture will be thick and gluggy.

Divide mixture between the two trays and smooth out with the back of a spoon. Lay another piece of baking paper on top and using a rolling pin, roll out mixture to a thin paste about ½ cm thick. Remove top piece of baking paper and score the dough into rectangles or squares.

Bake about 25 minutes or until crackers are lightly golden and crisp on the edges and snap apart easily check toward the end of baking as they burn easily. If slightly soft turn the oven off and leave crackers in there to firm up.

Store in an airtight container for up to 2 weeks

## **SATURDAY MAY 4TH**

Propagation session and working bee at Herb Garden@ Community Gardens

We had a great turnout, we weeded, trimmed, tidied and took cuttings. We noted with horror the edges of the Herb garden had been weed sprayed, these are edible herbs that garden users take for culinary use.

The propagation session is used for starting herbs for the Garden Marlborough Fete and home gardens. Thank you everyone who attended and took plants home to grow on. We welcomed Kristina Jensen to the session.

Thanks to Joanna who maintains the Herb Garden regularly.

## **AGM MONDAY 3RD JUNE**

After a brief meeting we welcomed Stuart Smith our local Member of Parliament and then had a lovely supper provided by Annette. Nicky and Janne have swapped roles Janne is now President and Nicky the Newsletter Editor, Thankyou Nicky for your skill and guidance as President over the past 4 years.

## PRESIDENTS REPORT

I have been in the Presidents role for the Marlborough Herb society for the last 4 years, but this will be my last presidents report as it is now time for me to step down from the role.

In the last year our membership has remained stable and we have carried out a variety of activities including:

- Promotional and Fundraising activities:
- Stall at Garden Marlborough.
- Mistletoe Market.
- Guest speakers:
- Climate Karanga Marlborough
- Josh Harley – planting by the moon.
- Workshops:
- Vine creations
- Watercolour herbs
- Sewing Shopping bags for Garden Marlborough
- Propagation at community gardens.
- Discussions and sharing sessions:
- Home made with herbs
- Outings:
- Dinner at Grovetown Hotel.
- Weed walk at community gardens
- Christmas outing at Jefferswood.

We continue to have our 'herb of the month' talks most months which always seems to have some surprising new information no matter how much you thought you knew!

Thank you very much to the committee and other members who have organised and contributed to activities and thank you to members for attending. I look forward to another interesting year of herbal activities!

Nicky Marshall



## **STUART SMITH – LEGALISATION OF MEDICINAL MARIJUANA**

Our guest speaker this year at our AGM was our local MP, Stuart Smith (National), who came to speak about medicinal marijuana and in particular, his own opinion on the current legislation to amend the Misuse of Drugs (Medicinal Cannabis) Amendment Bill which is currently in Parliament and is nearing completion and will be law under the coalition government.

He stated that the government will pass, due to having the numbers, in his opinion, flawed legislation which will allow possession of any drug including Class A drugs, to be tolerated while still not addressing the illegal black market which will remain the main source of supply. The way the legislation is worded means that if someone is caught with small amounts of marijuana for personal use, this will not be deemed an offence. The police have no appetite to pursue harder drugs either and have openly stated this to the government as it will become too hard to prosecute under this amendment.

Stuart personally does not believe that prohibition works and is in favour of legalisation but at the same time regulating and controlling the supply chain. This would ensure that the products were safe, controlled and provide a revenue stream for the government as per the existing food and pharmaceutical sectors.

With respect to legislation, words matter. Often, the intent of a piece of legislation can fail due to wider interpretation. He gave the example that under the alcohol prohibition in America, the number of vineyards significantly increased due to a loophole that wine used for religious purposes was a legal activity. No doubt the number of registered agnostics in the country dropped exponentially!

The National Party has been working on its own legislation mainly driven by one of their own MP's, Shane Reti who has done extensive research on overseas models of potential new crops which could be grown in New Zealand and possible ways to regulate it based on overseas models. Stuart used the example that Tasmania for instance, has a several billion dollar industry growing opioids and cannabinoids strictly for the pharmaceutical industry which was an opportunity New Zealand missed out on earlier due to the existing

drug laws and in addition to New Zealand's stance on genetically modified crops.

Stuart pointed out that apart from medicinal properties of marijuana, this family of plants and in particular Hemp, has a fantastic properties and will pull up heavy metals from the soil, at the same time increasing soil fertility. This would be of great use when cleaning up contaminated sites. Hemp is recognised as one of the most versatile crops in the world and could provide a path to help solve many of our existing environmental issues including an alternative to plastic packaging for instance. This crop could be particularly invaluable to Marlborough as well as New Zealand in general and would provide a supply chain off season to the northern hemisphere.

A quick google shows some of hems attributes including a highly nutritious food source for humans and animals; a great non-toxic alternative to most body care products and therefore in turn protecting our water quality; ideal for making a high quality paper product and quick to grow unlike traditional tree based paper crops and could save our remaining forests; fabric, textiles and rope products, biofuel from hemp oil, renewable and produces less carbon monoxide, a variety of plastic alternatives can be made from hemp.

Please take time to do a bit of research as it is a fascinating plant and the Marlborough Herb Society will endeavour to follow this plant up for future discussion and hopefully also a site visit to a local grower.

We would like to thank Stuart providing us with some food for thought on this topic and providing a good platform for further discussion.



## FEIJOA AND LEMON MARMALADE

Tangy, sweet and can be made with any citrus, but lemon adds a tang

1 kg Feijoas, unpeeled	1/4 cups lemon juice
4 cups sugar	1 tsp grated fresh ginger (opt)
1/4 thin lemon slices, cut in half or quarters	1/4 tsp butter (Opt -to prevent foaming)

1. Wash feijoas and remove blossom ends. Cut in half and scoop out pulp. Reserve peels Puree pulp to desired consistency using a food processor or blender.
2. Cut the peels into 1/4's then slice thinly (maybe just process the halves all at the same time as the pulp) add 3/4 cup water, then pour all the sugar over this feijoa pulp. Set aside.
3. Cut the lemon in half lengthwise then thinly slice until you have enough to fill 1/4 cup. Put the slices in a small bowl and add 1/2 cup water.
4. Let the lemon slices and feijoas soak for at least 3hrs on the counter or longer in the fridge (over night in a coolish place) -up to 24hrs. This tenderizes the peels and help extract pectin which thickens the jam. Don't worry if the feijoas turn brown; it won't affect the taste or appearance of the jam.
5. When you're ready to make the jam, pour the lemon slices and their soaking water into a small saucepan and simmer until the peel becomes translucent. This may take 30mins or longer.
6. Pour the lemon slices and juice from the saucepan into a large pot. Add the bowl of feijoas and sugar. Add 1/4 cup lemon juice, mince ginger, and butter if using.
7. Warm the pan over low hear, stirring until the sugar is dissolved. Taste, if too tart add more sugar. Turn up heat and bring to a full boil, but scrape the bottom occasionally to prevent sticking. After 10mins of boiling, begin testing for a set (usual method on a cold plate)
8. As soon as setting point is reached remove pan from heat and stir, skim off foam if necessary. Bottle hot jam into prepared jars and cover. Makes 5-6 cups of jam. Acid from the lemon helps from a food safety angle.



Herbs are a glorious group of  
plants

With a rainbow of illuminating gifts  
for people,  
animals and other plants



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