



CHAMOMILE

Wairarapa Herb Society Inc
P O Box 42 Masterton

September 2012

Meetings held on the **third** Tuesday of the month at the Senior Citizens Hall, Main Road, Carterton (opposite Wild Oats Café)

Annual Sub:

Individual: \$20*

Families: \$30*

*\$5 reduction on subscription if paid up member of Herb Federation

Quarterly Newsletter Published

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Newsletter

Marilyn Williamson

Notice Board

September

Tuesday, 18th 1.30pm

Convenor: Andra Bramwell.

Saturday, 29th

Visit to Pip Fowler, Little Branches.

October

Tuesday, 16th 1.30pm

Convenor: Di Grant.

Saturday, 27th

Visit Daysh House, 393 Chester Road.

November

Saturday, 10th

Visit to The Fragrant Garden.

Tuesday, 20th 1.30pm

Convenor: Marilyn W.

Saturday, 24th 12pm

Christmas Luncheon at Marilyn & Keith's 120B Gordon St, Masterton.

Dear Members

Well Spring has certainly Sprung with daffodils heralding the growing season. However, today the poor daffs are battling to hold their heads in the violent winds that are blowing across my garden, so I have decided to abandon any thought of tidying up my herb/veggie garden and instead get this newsletter out to you all before another week passes me by!

At our Committee meeting last month, members decided against setting up a website for the society. It was agreed that we would put our newsletters as a link which the New Zealand Herb Federation provides on its website and which offers a platform for those interested in all that we do.

We are currently investigating the design of a new logo. This could be used to identify us at the heading of the wonderful articles that Andra writes for the Wairarapa Midweek, for our own newsletters and any literature we intend sending out in the future. Our old logo is no longer printable.

Don't forget to look at our Library which Bill looks after very well. He usually has a display of books out for perusal at our meetings.

For our visit to The Fragrant Garden in Fielding on Saturday 10th November, home and nursery of Marilyn and Ian Wightman, we are looking at hiring a minibus from Cross Country Rentals. Your Committee has decided to subsidise the trip which will now only cost \$10 per person. The bus leaves Cross Country Rentals, Chapel Street (next to Firestone Garage) at 9 a.m. We will travel through Pahiatua Track and stop on the way for morning tea (at your cost). Please bring your own lunch and Marilyn Wightman will provide us with a cup of tea or coffee.

Nearer the time we will be asking for numbers wanting to go. We will be asking for a commitment from folk who are planning to go to pay the \$10 (non-refundable) which will book you a seat. If, for some reason you find you cannot go, it will be up to you to on sell your ticket. The minibus will hold 12 people. Should there be more people interested, then we will consider taking a car or even hiring another bus!

The Wightman's have over 500 herb varieties for sale and we will be able to browse around their herb gardens taking in all the wonderful fragrances at this time of year. If our previous trips are anything to go by, it should be a great day out.

Recipe for

Egyptian Leek Omelette. *Serve with a dressed salad of your rocket leaves, lettuce, celery, pears, sunflower or pumpkin seeds (or walnuts).*

Ingredients:

3 Tblspns oil/butter	500gms leeks	1-2 tspns sugar
Juice of ½ lemon	salt & pepper	4 eggs

Cut leeks into slices. Cook in oil/butter. Add sugar, lemon juice, salt and pepper. Put lid on and stew for about 20 minutes until very soft. Beat eggs lightly and pour over leeks. Cover pan and cook over a low heat until the bottom is set. Grill until top is firm. Delicious served hot or cold.

Book Review by Andra Bramwell – July 2012

FIND IT EAT IT – by Michael Daly (An Irishman married to a Kiwi)

After 25 years working as a chef around the world Michael Daly decided to set off in a gypsy caravan – he, his wife, 2 sons and dog left the Waikato. This book features the first 6 months of their new life. Urban neighbours are starting foraging communities using Facebook and Google maps to highlight where food may be collected. Wild food equals free, green, health benefits – exercise and healthy connection to nature and seasons. Eating seasonally and locally sourced being beneficial.

The book is broken down into the following sections:

- ³⁵/₁₇ **Guidelines on foraging** – where to look, identification, bylaws, trespassing.
- ³⁵/₁₇ **Edible weeds** – including chickweed, dandelion, onionweed, purslane, wood sorrel.
- ³⁵/₁₇ **From the field** – includes elderberry, Japanese honeysuckle, red clover, rosehips
- ³⁵/₁₇ **From the tree** – includes the fruits you might find in old orchards, plus pineneedles, totara berries, pine nuts.
- ³⁵/₁₇ **From the seashore** – shellfish, plus flaxseed, bull kelp, kawakawa.

Recipes using the food as above, look inviting – or at least the photographs certainly do. I think some recipes may be very time consuming, but give ideas as to what to do with these foraged foods.

The section titled '**Recipes for the pantry**' tells how to achieve things like black flaxseed powder, kawakawa powder, nasturtium powder and how to incorporate them into spice mixes and rubs to store in the pantry. For example the Native Salt and Pepper mix uses coarse sea salt, kawakawa powder, nasturtium powder and black flaxseed powder. These mixes are used in the recipes within the book. Also included are '**Basic stores**' to make – pineneedle vinegar and dried nettle and mustard butter among others.

Published this year – 2012 – by New Holland Publishers (NZ) Ltd, this book was retailing for \$39.95. Fun to have, beautiful photos and you never know when you may have to 'live off the land'!

Ginkgo Tree (Ginkgo Biloba)

There aren't many things on earth that have a history like the ginkgo tree. This is a species that was already ancient when the first dinosaurs cracked out of their eggs. It made it through their subsequent extinction and then an ice age! It is the only surviving species of an entire botanical order that dominated 125 million years ago. It is so hardy, ginkgo trees survived the atomic bombs that devastated Hiroshima and Nagasaki even though every living thing around them was destroyed. Within months of the blast, new shoots appeared from the charred trunks.

Also known as the Maidenhair tree because its leaves are so similar to that of the maidenhair fern, Ginkgo is now famous for its health properties. It has been a popular ingredient for Chinese herbalists through the ages and now modern research has shown it also helps boost memory and ease depression. As a tree in the garden it is also striking being resistant to cold temperatures, frost, hail, drought, air pollution (making it very popular in cities with air quality problems), it transplants easily and is very long-lived. About its only pre-requisite is good drainage and it tends to dislike tropical conditions.

The Ginkgo is dioecious; male and female flowers are borne on separate trees so to obtain fertile fruits, both sexes must be grown close together. That presents a problem for the home gardener as the female ginkgo tree eventually (after 35-40 years) produces a very bad smelling fruit, similar in size to a plum.

The fruit is toxic, although like the karaka berry in NZ, it can be processed to make it edible. In China and Japan it is actually a delicacy and is said to resemble a mild Swiss cheese in flavor.

The leaves of the Ginkgo tree are acidic, containing both malic and oxalic acid. This makes them very unattractive to insects and most grazing animals. Their acidic nature also means small fronds of the ginkgo can be used within the pages of a book to prevent insect damage.

(From Growing Today, August 2006)



Upcoming Events.....

<p>Tuesday, 18th September Saturday, 29th September Tuesday, 16th October Saturday 27th October Saturday 10th November Tuesday, 20th November Saturday, 24th November</p>	<p>1.30pm monthly meeting convened by Andra Bramwell. Visit Pip Fowler at Little Branches. Please bring afternoon tea. 1.30pm monthly meeting convened by Di Grant. Visit Daysh House, 393 Chester Rd at 1.30pm. Please bring afternoon tea. Visit to The Fragrant Garden. Bus hire to be organised. 1.30pm monthly meeting convened by Marilyn Williamson. 12pm Christmas luncheon at Keith and Marilyn Williamson's home, 120B Gordon Street, Masterton. Bring a plate of Christmas fare.</p>
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Meaning of herbal/medical terms....

(Taken from Deni Brown's Encyclopedia of Herbs & Their Uses)

³⁵ ¹⁷	Anti-Inflammatory	Reduces inflammation.
³⁵ ¹⁷	Antioxidant	Prevents or slows the deterioration of cells by oxidation.
³⁵ ¹⁷	Antipyretic	Relieves fever.
³⁵ ¹⁷	Anti-Rheumatic	Mitigates the symptoms of rheumatism.
³⁵ ¹⁷	Antiseptic	Prevents or controls infection.
³⁵ ¹⁷	Anti-Spasmodic	Reduces spasm or tension, especially of involuntary muscle.
³⁵ ¹⁷	Aperient	A mild laxative.
³⁵ ¹⁷	Aphrodisiac	Promotes sexual excitement.
³⁵ ¹⁷	Astringent	Precipitates proteins from the surfaces of cells, causing contraction of tissues; forms a protective coating and reduces bleeding and discharges.

To be continued in the next newsletter.....



Garden Tasks

- Spread fertilizer and dig in compost or water in the liquid stuff (some diluted comfrey juice will get those plants going.
- Prune frost-ravaged foliage to allow new growth.
- Don't snip off those new shoots on buxus hedges, rather leave them to grow and wait for warmer weather to give them a cut.
- Scatter some tall poppy or clary sage seeds in that summer border.
- Tie up and stake the new growth from your climbers.
- Hydrangeas – sprinkle lime around those you want to turn pink and a dose of aluminum sulphate around the blues.
- It's may not be warm enough yet to plant those impatiens or petunias, so try to hold off.

In our next newsletter, I will include an article on Pest Plants which Andra Bramwell had published in the Midweek....

Trading Table Please bring along your plants, seeds, home-made products, fruit/vegetables etc. to our Tuesday monthly meetings for our trading table. (We may extend this to our Saturday outings, where possible).

Request from Marilyn.....Please send me your articles, items of interest, recipes and whatever herb-related snippets you would like to share with members – they are most appreciated.

Wairarapa Herb Society Information

(Established in September 1982)

AIMS: The objective of the Society is to promote and share knowledge of herbs, their cultivation and use. The Wairarapa Herb Society is registered under the Charities Act No. C.C. 29074

Disclaimer: The Wairarapa Herb Society can accept no liability for any ill-effects resulting from information presented in this newsletter.

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