



# CHAMOMILE

Wairarapa Herb Society Inc  
P O Box 42 Masterton

## November 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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### **November**

### **Saturday, 10<sup>th</sup>**

Visit to The Fragrant Garden.

### **Tuesday, 20<sup>th</sup>** 1.30pm

Convenor: Marilyn W.

### **Saturday, 24<sup>th</sup>** 12pm

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



Dear Members

As I was out in the garden enjoying the warmth of the spring sun as well as the gorgeous fragrances that are so bountiful at the moment, I thought I would include some ideas on bringing fragrant herbs into the garden so that their delicious scents permeate the warm air as you brush up against them or step through them.

All herbs have fragrance, however for a heady concentration, plant only herbs with a high volatile oil content and surround them with hedges of lavender, myrtle, rosemary or roses. To get the most pleasure out of a fragrant herb garden, there will need to be paths or stepping stones, so that herbs can be touched or brushed against so that the fragrance can be enjoyed. Gaps left in pathways can be planted with chamomile, low thymes and penny-royal. If there are steps in the garden, grow these herbs under the risers and down the sides. When they are crushed underfoot, the aroma will be released. Use archways to train roses, honeysuckle or jasmine at the entrance or, if the garden is symmetrical in design, use several arches where the paths meet in the centre. For an alternative centre piece, grow a lemon tree in a container. It can be pruned to form compact growth while still producing fruit.

Heat releases the fragrances from plants, so to enjoy the scents even on the hottest day, make an arbour of shaped bay or elder to provide shade for a seat. A bower of jasmine, roses and/or honeysuckle would serve the same purpose. The thought of sitting, surrounded by scents, listening to the bees and possibly the sound of water makes me want to rush out there right now and soak it all up!

### ***Herbs for a Fragrant Garden.....***

***Background*** – Bay (as a tree, free-growing or as a high hedge); Elder – (as a tall shrubby tree, free-growing or as a high hedge – but not suitable as a windbreak); Juniper; Lemon (in sheltered gardens); and, Myrtle (free-growing or as a high hedge).

***Windbreakers*** – Lavender (tall), Myrtle; Pelargonium (free-growing); Roses (entwined, layered or clipped).

***Low hedges*** – Box varieties (buxes); Lavender; Marjoram (sweet); Rosemary; Santolina; Southernwood; and Thyme (common).

***Creepers*** – Honeysuckle; Jasmine; Roses.

***Biennials, Tall*** – Evening Primrose; Lavender varieties; Lemon verbena; Pelargonium (rose & lemon); Roses and Rosemary.

***Perennials, Medium height*** – Bergamot, Lemon Balm, Marjoram, Mint, Peppermint Pelargonium (shade); Pineapple Sage, Southernwood, Tansy and Thyme varieties.

***Annuals, Medium height*** – Basil varieties; Meadowsweet (shade).

***Perennials, Low-growing*** – Chamomile; Lavender (dwarf); Marjoram (creeping); Mint; Soapwort; Thyme varieties and Violets.

***Annuals, Low-growing*** – Basil (dwarf).

**The following is an article on Pest Plants which Andra Bramwell had published in the Midweek....**

### **Pest Plants**

Recently members of the Wairarapa Herb Society were given an enlightening presentation on pest plants in the Wellington and Wairarapa by a Biosecurity Officer from the Greater Wellington Regional Council (GWRC). Exotic plants have been introduced into New Zealand since early colonization, often to try to replicate northern hemisphere environments. Many of these plants have found optimal growing conditions in New Zealand enabling them to spread extensively to the detriment of New Zealand native plants, and there are now more exotic plants growing wild in New Zealand than natives. These pest plants have, in many cases, become weeds, threatening parks, reserves and waterways and can cause serious harm to the environment and agricultural industries, and may also pose health threats to people. Under the Regional Pest Management Strategy the Regional Councils have established a list of the major 'pest plants' in each region, grouping these into four categories - Total Control, Regional Surveillance, Containment and Boundary Control.. Each region throughout the country compiles a folio of the worst 'weedy' pest plants to identify those that require intervention to minimize and contain their spreading. Many of these pest plants, such as Old Man's Beard, have become well established and have spread extensively making eradication now unlikely to be achieved, therefore containment and control is of great importance. Holly and ivy, originally from Europe, and Japanese Honeysuckle and Cotoneaster from Asia, as well as thorny blackberry are among plants with berries that are attractive to birds that then spread the seeds extensively as they move through native habitats. There are also several exotic water plants which need elimination or containment to minimize contamination and blocking of waterways and drains. Removal of pest plants can be very difficult once they are well established and often it is necessary to resort to the use of chemicals, which is not without problems as they can be very harmful to both human health, and also insect and aquatic life and residue may persist in the soil for a long time threatening non-pest species. Research continues to try and find effective biological controls for weeds and release of insects – moths, weevils, beetles, which within their life cycle attack targeted plants has met with varying success.

Everyone interested in our local environment can play a part in minimizing the impact of pest weeds by ridding your land of these plants, or notifying the regional councils of infestations. GWRC have great information packs which outline pest plants of our region and suggesting means of control and disposal. Biosecurity officers are also available for onsite visits for identification purposes and help with control, so if you think you have a pest plant nearby please ring the local GWRC Masterton office on 06 3782484 or try [pest.plants@gw.govt.nz](mailto:pest.plants@gw.govt.nz) . Another interesting and useful website to view is [www.weedweedbusters.co.nz](http://www.weedweedbusters.co.nz). This offers not only identification help but also what work is being done in your area by volunteer groups such as Weedbusters and Forest and Bird Society. We can all do something to benefit our native environment.

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### **A word about measures & equivalents....**

- When using dried herbs, a helpful guide is to allow ¼ teaspoon to every four serves.
- A dried herb equivalent to an average bouquet garni is:
  - ¼ teaspoon dried thyme, powdered
  - 1 teaspoon dried parsley, powdered
  - 1 dried bay leaf (small)Place all together in a muslin bag.

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### **Following on from my introduction on fragrances, here's a delicious Bread and Butter Pudding.....**

**600ml (1pint) milk**

**12 Lemon Verbena leaves**

**75g (3oz) Seedless raisins or currants**

**15ml (1 Tbspn) Sugar**

**6 Rose Pelargonium leaves**

**8 Slices buttered bread**

**3 Large eggs**

**Heat milk with herb leaves. Remove from heat and leave to steep until cold. Strain. Butter a pie dish or any suitable ovenproof dish. Cut bread slices into triangles and arrange in dish with raisins sprinkled in between. Beat eggs and milk together and strain over bread and butter. Sprinkle sugar over pudding and bake at 180°C (350°F, Gas 4) for about 45 minutes or until custard is just set.**

**Serves 6-8**



## Upcoming Events.....

<b>Saturday 10<sup>th</sup> November</b> <b>Tuesday, 20<sup>th</sup> November</b> <b>Saturday, 24<sup>th</sup> November</b>	Visit to The Fragrant Garden. 1.30pm monthly meeting convened by Marilyn Williamson. 12pm Christmas luncheon at Keith and Marilyn Williamson's home, 120B Gordon Street, Masterton. Please bring a plate of Christmas fare.
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## Meaning of herbal/medical terms....

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

- **Bacillus** Any rod-shaped bacterium.
- **Bactericidal** Destroys bacteria.
- **Balsam** An aromatic oleo-resin obtained from various woody plants and used as a base for medicines, perfume and ritual ointments.
- **Beta-carotene** The most important form of carotene, the orange-yellow plant pigment, which is converted in the body to vitamin A.
- **Bile** A thick, bitter fluid secreted by the liver and stored in the gall bladder; aids digestion of fats.
- **Bitter** Stimulates secretion of digestive juices, improving appetite.
- **Bittersweet** A flavor that combines bitter-tasting and sweet.
- **Blood coagulant** A substance that aids blood clotting.
- **Blood clotting** The process in which blood protein is changed by an enzyme from a liquid to a solid, in order to arrest bleeding.
- **Blood sugar** The concentration of glucose in the blood.

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



### Garden Tasks

- **Plant out those tomatoes and basil plants. By now we should feel fairly confident that the frosts aren't going to damage them.**
- **Keep up watering those young seedlings – best time is in the morning or after 3pm.**
- **Give basil, dill and coriander about 30cm of space when planting out.**
- **Take measures to control codling moth in pip fruit trees.**
- **Get your clippers out and shape those camellia trees.**
- **Remove the spent centres of Rhododendron blooms as this will result in multiple side shoots of buds for next season.**

**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).**

**Dear Members - This will be my last newsletter to you, as Bill Edington will be taking over as Editor of Chamomile in the New Year. My sincere thanks to Bill for accepting this role. Please do send Bill your snippets of news, recipes or anything you would like to share with fellow members – they are always greatly appreciated. Bill's email address: edginton@actrix.gen.nz**

## 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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