



CHAMOMILE August 2013

Notice Board

August

Tuesday, 20th 1.30 p.m. Senior Citizens Hall, Carterton.

September,

Tuesday, 17th 1.30 p.m. Senior Citizens Hall, Carterton.

Saturday 28th 10.30 a.m. - 2.30p.m. Herbal Day Seminar: 'Living With Herbs', YMCA (opposite the Warehouse) 371 Queen Street Masterton. Details about the workshops and a registration form are attached in the annex to this newsletter. Closing date for registration 14th September.

October



Saturday, 5th. Visit Abbotsford Garden, Abbotsford Road, Masterton. From Masterton, turn off SH2 into Castlepoint Rd. Travel 13km, and then turn left into Abbotsford Rd. Garden on right. We shall be taking our own afternoon tea. No entry charge for WHS members. We are expected at 1.30. We could all meet at the service station (cnr SH2 and Te Ore Ore Road) first and maybe car pool. There are apparently plants on sale.

November

Friday 22nd – Monday 25th November in Nelson. HFNZ 14th Biennial Conference. Nelson/Tasman sits on the Waimea Inlet, the largest enclosed estuary in the South Island, where participants will visit on the Sunday field trip. The entire region is a wine growing area – thus the choice of herb for this conference, *Vitis vinifera* (common grape) which has culinary, beverage and medicinal value. See <http://www.herbs.org.nz/conference.html> for conference details. Rosa Vallance and Andra Bramwell are planning to attend the Conference and the AGM of the Federation.



Herb of the Month (June: May Brown) Sage

Sage's botanical name is a clue to its medicinal importance. *Salvia* comes from *SALVARE* meaning "to cure" in Latin. A medieval saying echoes this "why should a man die while sage grows in his garden". It is an ancient herb. Today sage is an excellent remedy for sore throats, poor digestion and it can be taken as a gently stimulating tonic. It has a slightly warm, noticeably bitter and astringent taste.

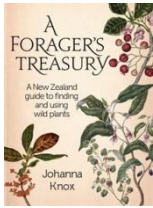
It is native to the Mediterranean, and is cultivated all round the world, thriving in sunny conditions. It has a strong taproot, square woody branching stems, and grey-green oblong pebbled leaves with a strong fragrance. It has attractive mauve flowers. Sage grows in well-drained rich soil, in full sun and with shelter from cold winds. It can be propagated from cuttings in spring and summer, or by layering. Nip off points of shoots to induce bushy growth and renew every 4-5 years as shrubs become leggy.

Parts used are the fresh or dried leaves, picked before flowering for herbal use or when in flower for oil. It is used as a condiment for meat, good old fashioned sage and onion stuffing, fish, as a basis for sage tea, and can be taken to counteract sweating, an infusion used to treat depression, nervous anxiety and liver disorders, homeopathic preparations given for circulation and menopausal problems. The leaves are also antiseptic, used in gargles for laryngitis and tonsillitis and as a mouth freshener and tooth cleanser. Chew a sage leaf. The essential oil is used in perfumery.

There are various types of sages — Pineapple sage is one. This grows into a tall shrub with pointed leaves. It has a delicious pineapple fragrance and bright red flowers. The dried leaves may be used as for common sage — floated in cold drinks and with chicken. It can be made into a delicious tea with the addition of lemon or lemon balm — use some of the flowers too and the tea will be a beautiful pink colour.

Agnes Jones at 80

Agnes Jones, 'Our wonderful secretary', as retiring Chair May Brown referred to her at our AGM this year, has recently celebrated her 80th birthday. We congratulate Agnes on this significant occasion and wish her continuing health and happiness.



Book Review (June: Lyn Tomlinson) *A Forager's Treasury (A NZ Guide to Finding and Using Wild Plants)* by Johanna Knox

This book helps you to look at the plants around you and features profiles of many edible plants commonly found in New Zealand, including advice on where to find them, how to harvest them and how best to use them. The book is divided into six parts:

1. Ready to forage.
2. The treasures.
3. Preserving the harvest.
4. Choose your own adventure cuisine.
5. Wild ways.
6. Bringing the wild to your garden.

In 'Ready to Forage' the reasons given for foraging are to keep yourself healthy, save money, explore the valuable chemicals in plants, rediscover the common spaces e.g. bush, beaches, parks, practise thrift, and gather and use any greens or herbs that would otherwise go unused. This part also tells us about safe foraging with respect to allergies and poisons.

The author also gives some tips for harvesting and processing and gives the foragers store cupboard staples such as honey, rice, apple cider vinegar, fruit and vegetables. She then lists useful kitchen equipment.

Her vanilla essence recipe on page 26 lists eight dried vanilla bean pods and a cup of vodka. Chop the pods into small pieces. Put the pieces into a jar or bottle with the vodka. Leave for a month and remember to shake the bottle every now and then.

There are so many plants and recipes in this book that are useful such as: 'Make your own Jasmine Tea', p97; 'Aromatic Honey', p177; 'Tasty breadcrumb Pasta', p230; 'Butterscotch Sauce', p119

This book has so many things that are useful to know and so many great recipes that I highly recommend it to you.

(A copy has been bought for the WHS library. Our thanks to Almo Books for a generous discount.)

Eric Radersma

We are sad to record the death of our fellow member, Eric Radersma. At Eric's funeral, May Brown paid the following tribute.

'Eric joined the Wairarapa Herb Society in 2006. Rosa had met Eric at the Tinui Craft Shop and knowing he was interested in gardening invited him to come along.....

He was always so generous and he loved to prepare the most wonderful meals for us when we visited his home. Our last visit was in March for our AGM. We so loved to visit him and enjoy his great curries - we always ate too much.

Eric was a wonderful photographer and we have in our Library an album of photos he took when we visited Mt. Holdsworth to look at fungi. He told me once to guard it carefully as it was worth \$250. But I think it is worth much more than that.

We will miss you Eric.'

Buy, Sell, Swap

Looking for a specific herb? Got something to swap or sell? List it in Herbnews. Buyers, sellers and those swapping plants can then get in direct contact with one another and make arrangements for payment, postage, etc. Send details to Herbnews editor Jane at: jane@plainjanemedia.co.nz.



Herb of the Month (July: Lyn Tomlinson) Thyme

There are many varieties of thyme, all edible, all evergreen and most of medicinal value.

Some Varieties of Thymes:

Garden Thyme

Lemon Thyme

Silver or Variegated Thyme

Wild Thyme

Caraway Thyme

The name thyme is said to derive from a Greek root meaning to fumigate.

1. Garden Thyme has grown everywhere in Britain since ancient times. This variety was first grown throughout the Mediterranean countries, mostly in Greece, Italy and Spain.

It is a low growing bushy herb with woody stems which have small greyish-green leaves that are tightly packed on the stem. Thyme enjoys an alkaline soil and a hot sunny position.

Thyme and lavender grow together, both need the same conditions. This is the variety that is used in stews, soups and stuffing.

2. Lemon Thyme has a finer flavour and a true lemon scent. It is a lovely compact cushioning border plant, with softer and longer leaves of clear green and not woody stems.

3. Silver or Variegated Thyme. This thyme is an ornamental rather than a useful herb.

4. Wild Thyme. This is a true native of the British Isles and grows everywhere, on cliffs, in fields and on steep hillsides. It is both culinary and medicinal. It is a tiny creeping plant with rosy-purple flowers covering it in the summer months. In modern times this variety has not been used much in the kitchen but of all the thymes it has the highest medicinal value.

5. Caraway Thyme. It has arching stems rooting at tips, bronze leaves and a strong caraway flavour.

Uses of Thyme

It is a culinary herb with a powerful flavour; leaves make a tonic and a stimulating tea. It is used to treat digestive and respiratory disorders. It is an excellent cough remedy. Thyme is one of the best antiseptic substances available which makes it valuable in the treatment of infections.

It can be added to toothpaste, disinfectant, perfumes and liqueurs.

Thyme Essential Oil (Thymol)

- Always dilute before use.
- Do not use neat on the skin

An excellent anti-fungal and anti-parasitic oil when used externally - dilute with apple cider vinegar for best results.

It is a warming oil great for arthritis, sciatica and rheumatism. Thyme oil is considered one of the best anti-viral oils. It is an antiseptic for all sorts of mucoid conditions and kills airborne bacteria when used in a burner. It may be used in creams, lotions, oils and washes to stimulate circulation.

Thyme Recipes

Savoury Thyme Butter

50 gm of low salt butter at room temperature, 1 heaped tbslp fresh thyme (stripped from the stalks and finely chopped), 1 tsp finely grated orange zest. Mash thoroughly together. Shape into a cylinder shape - cover and refrigerate until firm or mixture may also be frozen. Delicious melted over steamed veges, potatoes, fish or meat dishes, or in scones, muffins etc.

Thyme Hair Rinse

Removes shampoo residue and leaves hair fragrant and shining.

Mix 1 cup of thyme vinegar with 2 cups of hot water - rinse hair after shampoo and conditioning. Run into bowl and repeat - do not rinse out.

Herb Certificate Course

The Herb Federation of New Zealand has developed a Certificate programme: "Herbs and their uses" for distance learning. The Certificate Course consists of 12 modules, which are studied by distance learning. Previously, the course completion deadline was two years, but this deadline has now been removed. Having no completion deadline may be more attractive to potential students. See <http://www.herbs.org.nz/certificate.html> for details.



At our July meeting Christine Paul talked about Soup

Soup is something that comes to the fore in the winter; it is an easy meal with great nutritional benefits. Most herbs can be thrown into the pot and nowadays there are many different recipes so there is no need to become bored with the same old soup.

The origin of soup correlates directly with the discovery of pottery and the invention of containers that could hold cooking liquid on the fire without breaking. This puts soup as the second oldest cooking method in history, (roasting being number one) and dates back to around 5000 B.C.

The word "soup" itself is derived from the Old French word sope/soupe whose Latin root is the verb suppare meaning to soak. Soup by definition was "to soak with bread" or "pour over bread." The original term soup primarily referred to a broth or porridge.

Furthermore, the addition of bread was as pivotal as it was essential. In the middle Ages, soup became a staple of dinner fare when one would use bread as more a utensil than a garnish. The use of the bread to sop up the leftover liquid at the end of the meal is how the word supper was created.

Theoretically, a soup can be any combination of vegetables, meat or fish cooked in a liquid. It may be thick (like gumbo), thin (such as an aforementioned consommé), smooth (like a bisque) or chunky (chowder or bouillabaisse). Though most soups are hot, some like vichyssoise and many fruit soups are served cold.

So there you have it. Soup started it all.

We all have our own traditions within families and ours is no exception. Over the years I have built up a list of my favourite soup recipes, most of these use herbs such as garlic, onion, parsley and thyme. I am happy to share these with anyone who would like them. Just email me at paulownia@farmside.co.nz and I will send them to you.

My favourites are Fish Chowder, Everyday Vegetable Soup, Kumara, Carrot and Lentil Soup, Uncle Geoff's soup served with cheese rolls, Leek and Corn Chowder, Pumpkin Soup, and Minestrone Soup. I always look for easy recipes which have plenty of goodness.

Saturday Programme: Secretary's Report

For our June weekend meeting we enjoyed a Mid-Winter luncheon. This was held at Te Whiti which is an old homestead that has been well preserved and is now used as a restaurant. We started with nibbles which were so plenteous we hardly had room for our meal. The meal was three courses, well cooked, well presented and the staff were attentive. We enjoyed the charming ambience of the dining room and as usual the company of our fellow members.

On our August Saturday visit to Fantail Grove the weather forecast wasn't great. However, it turned out windy but fine and we were able to don our gumboots and go for a tour of the olive and hazelnut groves, part of a growing business. We then went inside and had several tastings of the olive oils and crunched the hazelnuts. As well as it being an enjoyable, social afternoon, we learned a lot.

Seed Collecting

Collected, dried, named and dated seed may be sent to the Herb Federation Seed Bank for distribution. Collect on a dry day and choose plants that are strong and free from disease, seeds are usually dark in colour. Collect in paper bags with the correct name and date on. Send seed to:

**Bunny Rathbone
Otago Herb Society
P O Box 5078
Moray Place
Dunedin 9058**

(From the April Newsletter of the Otago Herb Society):

This will be Bunny's last year for collecting seed. Seeds that Bunny would like more of are:

Agastache rugosa — Korean Mint
Artemisia annua — sweet wormwood Baptisia tinctoria - wild indigo
Borago officinalis "Alba" — white borage
Carthamus tinctorius — safflower
Digitalis lanata — Grecian foxglove
Glycyrrhiza glabra — liquorice
Lathyrus odoratus — any old-fashioned sweet pea with a good perfume
Lobelia symphilitica — great blue lobelia
Lomatia tinctoria — guitar plant
Nigella sativa — black cumin
Ocimum basilicum — basil
Papaver somniferum — opium poppy — double flowered forms if possible
Perilla frutescens — shiso Phacelia species
Salvia viridis — annual clary sage.

The Wairarapa Herb Society (Estab. September 1982 and registered under the Charities Act No. C.C. 29074)

P O Box 42 Masterton.

Objective: To promote and share knowledge of herbs, their cultivation and use.

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

Meetings held on the third Tuesday of the month at the Senior Citizens Hall, High Street North, Carterton (opposite Wild Oats Café).

As far as possible, Saturday meetings will be held on the 1st Saturday of each month.

Annual Sub:

Individual: \$20*

Families: \$30*

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

Quarterly Newsletter

Executive Committee: Lyn Tomlinson, May Brown, Agnes Jones, Gail Edwards, Val Richardson, Andra Bramwell, Christine Paul, Bill Edginton.

Officers

Chairperson: Lyn Tomlinson; Secretary: Agnes Jones; Treasurer: Gail Edwards; Publicity: Andra Bramwell; News/Library: Bill Edginton.

Annex

Living with Herbs

Herbal Day Seminar Saturday 28th September 2013

Venue: YMCA, 371 Queen Street, Masterton (opposite The Warehouse)

Time: 10am - 3pm

Cost: \$30.00. \$25 for member (numbers are limited)

Programme

- 10.00 am Doors open, Enrolment.
- 10.30 am - 10.45 am *Val Richardson*
Introduction to the Wairarapa Herb Society.
- 10.45 am - 12.15pm **Practical sessions/Workshops**

Anthony North,
Chef de Cuisine, Wakelin House, Greytown.
Cooking with Wild Weeds

Ian and Marilyn Wightman,
The Fragrant Garden, Fielding
Herbal Wines and Liqueurs

Claire Bleakley,
Homeopath, Herbalist Featherston
Making a Gardening Handcream
- 12.15pm - 1.15 pm Lunch [this is provided.]
- 1.15 pm - 2.45pm **Practical sessions/Workshops repeated.**

There will be products, plants, books, and a raffle. available to purchase,

How to Register

Payment by cheque made out to
Wairarapa Herb Society. Post to
Wairarapa Herb Society
PO Box 42
Masterton

Payment by internet banking
Account No 03-0687-0361573-00
Please put your name in the reference field and
post registration form to the above address.

Registration form

Name:

Address:.....

.....

.....

Email:

Telephone:

Do you have any dietary requirements?

.....

Please indicate your 2 preferences for the
workshops.

Cooking with Wild Weeds _____

Herbal Wines and Liqueurs _____

Making a Gardening Hand cream _____

Every effort will be made for you to attend your workshop
preference, however numbers will be limited.

Closing date for registration 14th September 2013