



CHAMOMILE June 2015

Notice Board

Saturday 6th June Mid-Winter lunch. Gladstone Inn, Carterton. 11.30 a.m.. Cost - approx. \$18.00-\$20.00

Tuesday 16th June 1.30 p.m. Senior Citizens Hall, Carterton. Convener: Christine Voelker. The session will be about olives, to get members in the mood for the Biennial Conference where the theme is 'Celebrating the Olive'. It is expected there will be two speakers: an olive grower and a maker of olive products.

Saturday 4th July 1.30 p.m. Featherston Community Centre, 15 Wakefield St. Adie McMaster. 'Marti Girl' body products based with olive oil, herbs etc. Bring small plate for afternoon tea. Cost \$15 (desirably paid at June Tuesday meeting). Everyone will go home with sample products.

Visit to Gordon Tarrant's Property



It was an idyllic environment for our 2 May event at Gordon Tarrant's property. We heard how Gordon and Heather had developed their herb garden and herb supplies as well as their nut trees, citrus and feijoas. It was a delight to walk through the groves of trees and gather nuts.

Agnes Jones



May Brown – WHS Life Member

May's first encounter with the Wairarapa Herb Society was at its AGM back in the 2005.

At that time the Society was in a state of turmoil. There were very few members and serious talk of disbanding the organization – in fact there was no one to chair the AGM. May stepped up, took charge and chaired the AGM. She obviously did a great job of it and having demonstrated her masterful leadership skills was elected Chairperson of the Wairarapa Herb Society at that same meeting, an office which she held until 2013.

During May's time at the helm she steered the Society in developing financial stability and security, coupled with strong membership growth to where we stand today, a well respected organization within the wider Wairarapa community.

Along the way, May restructured the Society to gain registration with the New Zealand Charities Commission proving beneficial to the Society.

May was instrumental in our bid to host the 2015 New Zealand Herb Federation Conference and is still leading the charge to make it the most successful national conference.

May remained on the Society's committee until stepping down at the 2015 AGM.

It is with great pleasure and the Society's sincere gratitude that we bestow upon May Brown, Life Membership of the Wairarapa Herb Society.

Calendula and Comfrey Cream

At our Tuesday meeting in April, Claire Bleakley demonstrated the preparation of calendula and comfrey cream. Claire says she really enjoyed the meeting. The photo below shows May introducing the meeting. Here is Claire's recipe.



Ingredients:

300ml Calendula oil
300ml Comfrey decoction
60gms Beeswax
60gms Cocoa butter
1tsp. Borax

Preparation of ingredients:

Steep calendula in oil for up to two weeks - strain.
Grate 2" Comfrey root and leaves in 300mls water.
Bring to boil, steep for 3 hours, cool & strain.

Making the Cream:

Place strained calendula oil in a bowl, stand it in boiling water. Dissolve the cocoa butter and beeswax in the oil. Cool to blood temperature.

Warm comfrey decoction add borax and dissolve. Cool to blood temperature.

With an electric hand mixer, slowly drizzle the warm comfrey decoction into the oil mixture until thick and creamy. Pour into clean sterilized jars - Arthur Holmes is the best outlet for these jars.

Request for Thyme and Marjoram

Diana Hivon is looking for Thyme and Marjoram to dry for her workshop at the Herb Federation's Biennial Conference 30 October - 2 November. Please bring these herbs along to the Tuesday meeting.

Workshop on Prebiotics and Probiotics



The May monthly meeting had an unprecedented attendance listening to a presentation from Rosa and supporters on the benefits of naturally fermented foods and the effects on one's health and well-being. We learned the difference between prebiotics and probiotics and how these microbiota have a role in managing certain gastrointestinal conditions. Simply put - "probiotics are beneficial microorganisms while prebiotics are foods (or soluble fibres) for the probiotic microorganisms. Samplings of pre-made Kimchi (a Korean preserved food using probiotics) and Kamboucha (a probiotic drink originating in Russia/China) were tried and commented on and fresh jerusalem artichoke slices (an inulin soluble fibre) were consumed - a first

for many. The Kimchi recipe follows and should anyone wish to make the Kamboucha drink there were two members at the meeting who have a 'starter bug' to share.



KIMCHI (or Kim-chi) – a Korean pickled cabbage dish
(Makes 1kg jar)
500g white cabbage, roughly chopped
4 tbsp sea salt
6 cloves garlic, finely chopped
3 spring onions, finely chopped
1 tbsp ginger, finely chopped
2 tsp dried red chilli pepper flakes
2 tsp sugar

Lay cabbage leaves in a ceramic or glass dish..Sprinkle 3 tablespoons of salt evenly over them. Add 4 cups of cold water, cover with plastic wrap and place in fridge overnight. Be sure water covers all leaves – place a plate on top to ensure they stay covered with water.

The next day, pour off water and thoroughly rinse cabbage leaves. Shake gently to remove excess moisture.

Place cabbage leaves into a large clean bowl. Mix garlic, spring onion, ginger, dried red chilli flakes, sugar and 1 tablespoon of salt with about a cup of warm water before adding mix to cabbage.

Transfer cabbage leaves into a clean, large glass jar. Use firm pressure with your hands to push down on cabbage leaves to pack tightly. Transfer any liquid into the jar as well, leaving 5cm of room at the top before capping tightly with a lid. Allow to sit at room temperature for 2 – 3 days (in summer) up to a week during cold spells.

When to your liking, refrigerate the jar. The kimchi will continue to ferment slowly over time and will keep for up to a month and more in the fridge.

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 are 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: Debbie Dittmer, Agnes Jones, Val Richardson,
Andra Bramwell, Christine Paul, Bill Edginton, Shelah Agnew, Lorraine Erith.

Officers: Chairperson: Debbie Dittmer; Secretary: Agnes Jones; Treasurer: Val Richardson; Publicity: Andra Bramwell; Newsletter: Bill Edginton; Library: Lorraine Erith.