



CHAMOMILE August 2015

Notice Board

Tuesday 18th August 1.30 p.m. Senior Citizens Hall, Carterton. Convener: Rosa Vallance. *The Art of Seasoning*, a workshop, will explore how herbs - natural convenience foods - can enliven and supply extra nutrition to everyday meals. A little bit of kitchencraft will demonstrate One Stop Seasoning, used in soups, salad dressings, stews and casseroles and the distinctive classic blend of Herbes de Provence. Members are asked to bring their own small containers for samples. Recipes will be provided.

Saturday 5th September 1.30 p.m. Senior Citizens Hall, Carterton. Workshop (details later), followed by afternoon tea at Clareville Bakery.

Tuesday 18th September 1.30 p.m. Senior Citizens Hall, Carterton. Convener: Lorraine Erith.

Saturday 14 November 1.30 p.m. Visit to Herb Society member Joan Beaumont's garden, 95 Chester Rd. When Joan bought the property there was a bare paddock, which she has developed with the help of her daughter, Stacey Burkett, who is a gardener. Stacey will talk about how they planned the garden.



Olive -Wonder food, wonder drug

Tree, food, herb, medicine, cosmetic, garnish, source of heat and light

At our June meeting, Christine Voelker and Andrew Priddle gave us a comprehensive presentation about olives: their history, nutritional value, the different kinds of olive oil, the olive varieties, health benefits and use in cosmetics.

Andrew quoted a comment made by a visiting American Professor of Chemistry, Pat O'Hara, that the chemical composition of fat in olive oil is particularly consistent with human biology. Basically this is to do with digestion.

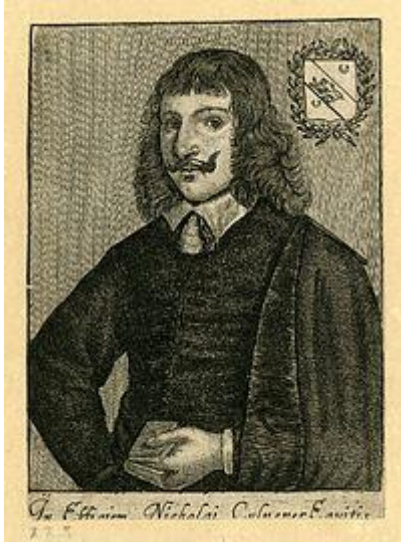
The certification requirements for Extra Virgin Olive Oil were outlined, as well as the differences between Virgin Olive Oil, Olive Oil, Pomace/Lite/Refined Olive Oil, Lampante Oil and Infused Oil.

The various cultivars of Olive were described: Table and Oil varieties and their regional development. In the Wairarapa we tend to grow Koroneiki (Greece), Banea, Manzanillo (Israel), Picholene (France), Picual (Spain), and Leccino, Frantoio, Pendolino (Italy).

Andrew advocated Extra Virgin Olive Oil over potatoes, in mashed potatoes, sloshed in your soup, put on toast under poached/fried eggs, and drizzled over vanilla ice cream with a dash of salt. Also Lemon/Lime Infused Oil to fry fish.

The detailed information provided in the presentation is available on request from edginton@actrix.gen.nz

Culpeper's Complete Herbal & English Physician



"Culpeper, the man that first ranged the woods and climbed the mountains in search of medicinal and salutary herbs, has undoubtedly merited the gratitude of posterity." *Dr Johnson*

To better serve the poor, and improve the standing of his profession as an apothecary, Nicholas Culpeper (1616-1654) translated the *London Pharmacopoeia of the College of Physicians* from Latin into English, calling it the *London Dispensatory*. He added to this large tome practical tips, clear guidance and many sarcastic comments on the cost and effectiveness of some of the medicines.

Addressing the College of Physicians, Culpeper asked, "I would they would consider what infinite number of poor creatures perish daily who else might be happily preserved if they knew what the herbs in their own gardens are good for."

A few years later, in 1653, Culpeper published his herbal, *The English Physician*, a clear, comprehensive and practical guide to herbal medicine that became a huge success and has remained in print ever

since, running to more than forty editions.

Wairarapa Herb Society member, Helen Cook, has offered for our interest her copy of *Culpeper's Complete Herbal & English Physician*. Helen's copy is a true facsimile of the 1826 edition of this famous work. The book may be borrowed from our library.

More of Helen's Books

As well as *Culpeper's Complete Herbal & English Physician*, Helen has lent us the following titles:

Growing Herbs (Lorna Rowland); **New Zealand Medicinal Plants** (Brooker, Cambie, Cooper); and **British Herbs and Vegetables** (George M. Taylor).

These books will be available from our library while members wish to borrow them.

Card Making

Our monthly Tuesday meeting in July took the form of a workshop. Helen Simonsen's guest, Yvonne Payton, demonstrated how to make a card with an inside pocket for a small packet of seeds. A picture of the flower was attached to the front of the card. It was a very social meeting as people were busy chatting while they made the cards. All the cards will be for sale at the WHS sales table at the Biennial Conference 30 October - 2 November.



Christmas Lunch

Saturday 5 December Christmas lunch: volunteers /suggestions are requested as to where we could hold a shared lunch.

Workshop with Adi McMaster



Saturday 4th July 19 WHS members met in the Featherston Community Centre for a workshop with Adi McMaster who produces from home her successful 'Martygirl' skin products from natural ingredients. And a fun afternoon it was! Several people painted each other with the chocolate/olive leaf extract/goats milk and clay facemask while Adi started her preparation of the products. As she explained what was being used, examples were passed around to smell and feel, and later testers of many other products were experimented with. Adi made a coconut olive oil scrub, a solid bugoff bar, and a wonderful healing balm made from comfrey, plantain and borage infused in olive oil. These, when ready were packed and labelled by volunteers and we all took a sample of each

home. Adi also brought along 'the Beast' – her alembic still, a magnificent copper piece of equipment (see the photograph), which she uses mainly for hydrosols of ingredients as more of the active plant ingredients are extracted this way, and the distillate is more skin friendly than just the essential oil. And to end the afternoon many of us bought some of her wonderful products. A great afternoon, and we hope to see more of Adi as she has now joined WHS.

Andra Bramwell

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.