

Canterbury Herb Society



Number 275

April 2015 - May 2015

Hi Everybody,

“The Bug House”

I do not like it when the clocks are turned back at the end of summer. Reminds me that winter is not too far away. We have had a good summer and some really lovely evenings and that is when I like to get out into the garden. My witch hazel tree and the Virginian creeper are both putting on a great show of autumn colours.



The herb garden is looking not too bad although it will need a good tidy up before winter. Colleen and I cut down the fennel but I think we had left it a bit late as there were seeds dropping everywhere.

Our visit to the New Brighton Community garden was very interesting. I especially liked the colour of the black tomatoes. Also like the bug house that had been built by some students. Would like to make one for my own garden in the hope it will encourage some good bugs.

Once again our fondue evening was a great success. With so many lovely nibbles for dipping it was hard not to over eat.

At our next meeting we will be discussing seed saving. If you have any spare seeds please bring them along to swap.

I know it is a little way off but keep in mind that this year the Herb Conference is being held in Masterton from Friday 30 October to Monday 2 November. The theme this time is “Celebrating the Olive” .

Heather



FEBRUARY DAY MEETING -



Eleven enthusiastic members met at the New Brighton Community Gardens Rawhiti Domain for our February monthly meeting.

We were greeted by the head gardener, Catherine, and shown around the combined meeting, kitchen, and utility room. It was interesting to hear

how the garden originated and was set up by a band of enthusiastic workers. There does not seem to be a lack of volunteers who enjoy fresh vegetables and fruit grown on site

Community gardening is a rewarding way to meet people as well as doing some thing for the community. It is very therapeutic as we found out by the stories we were told of some of the workers. It was interesting to hear about the great asset of having and acquiring a wonderful meeting room due to another organization disbanding.

From there we were shown around the garden of luscious and healthy looking plants, and wandered around the well groomed paths wondering with envy why our own gardens were not doing as well.

The ground is well nourished, and watered regularly during the hot weather that we have been having. Of course the compost is made on the premises along with the worm farms - the juice of which was for sale. There is not much room for expansion and every inch of ground is well utilized.

After a good cup of tea and some healthy eats we said goodbye vowing to go back at a not too future date.

Colleen Paulsen

The garden is open for visits or for those wishing to help, on Mon. Wed. Frid. 10 to 4, and Sat. 10 to 2. Take your lunch. Ed.

MARCH EVENING MEETING



Twelve members and two visitors attended our March meeting. Colleen Paulsen gave us an informative talk on the herb of the month 'evening primrose'. From all accounts it sounded like a miracle herb but when all the possible side effects were read out it made us all think twice about ever using it.

Heather then gave a demonstration on making pot pourri, using flowers and leaves dried by Marina. Everyone was able to take home a small bag of pot pourri.

Once everything was cleared away it was time to sample the different fondue's committee members had brought along. Chocolate, cheese and garlic flavoured, all went down well and there was a great variety of nibbles for dipping. A most enjoyable evening.

Heather Crow



.HERB OF THE EVENING:

EVENING PRIMROSE *Oenothera biennis*

Native to North America, evening primrose, a biennial, was introduced to Europe in the early 1600s. It is now well established in many parts of Europe mostly in moist places. It grows well in riverbeds in our South island, especially around Otago. The common name refers to the fact that the yellow, fragrant flowers give off phosphorescent light at night. The Geek name indicates that the thick round yellowish root was once eaten to promote an appetite for wine! In the late 19thC the pickled roots were still being eaten in Germany as an aperitive. The plant has large basic leaves, and flowers on reddish stems a metre high, in late summer- autumn.

All parts of the plant are edible and may be used externally for wounds etc. and internally for coughs, gastric and intestinal problems. However, Evening primrose can have side effects and should not be eaten/taken indiscriminately. It appears to have a direct effect upon the liver. It became very popular in the 1990s for rheumatic and heart problems but today is treated with caution.

RECIPIES:

Cheese Fondue - Dorothy Neal

500gm of cheese, grated (preferably a good tasty cheddar)

Half a glass of white wine

Half a tsp of garlic

Gently warm cheese and wine over a low heat, stirring often.

Once melted, mix 1tsp brandy with 1tsp cornflour and add to cheese mixture.

Continue stirring until smooth.

Serve with cubes of bread and/or some crisp fruit or vegetables



Chocolate Fondue - *Heather Craw*

1 cake dark cooking chocolate

300mls cream

Break up chocolate and put into a bowl. Put bowl over a pot of simmering water. Do not allow water to get into the chocolate. When chocolate is melted slowly add the cream until desired consistency. Orange or brandy essence may be added.

Savoury Fondue - *Colleen Paulsen*

300 ml cream

Tasty Cheese (Tasty , Gruyere Mozzarella for a special dish

Herbs to taste Marjoram Chives Salad Burnett your choice

Capsicum any colour. Small clove garlic

Enough Spinach to at least 3/4 fill a cup when cooked

Pepper and salt to taste

1/4 tsp each mace cinnamon nutmeg your preference

*Method:*

Steam spinach slightly then leave to drain.

Heat the cream - do not bring anywhere near to the boil

Grate the cheese, add enough to the cream to thicken mixture.

If necessary add a little cornflour.

Add chopped herbs capsicum and crushed garlic also spices.

Drain spinach on paper towel or squeeze out well and cut into pieces.

Add gently to cheese mixture with seasoning

For a bit of tang add some cubes of feta cheese.

Makes quite a bit but any left over will go nicely over a PASTA dish.

Also if left in the fridge over night will set to a thick mixture and goes well on biscuits for a snack so no waste.

Members of the Canterbury herb Society extend condolences to our secretary, Janet Porton on the recent loss of her Mother.





FENNEL

How could you call it vulgar,

This Florentine delight?

Delectable to savour,

With uses infinite

Aroma aniseedal,

A princely dish to grace.

Sliced finely as a salad

Or braised, its fleshy base

The feathery fine leaves conjure

A sauce, the perfect foil

For mackerel and herring

All fishes rich in oil.

It's umbels of bright yellow,

held high as flower heads

To give a final bounty

Of seeds for soups and breads.

This wonderous Florence fennel

For sunny southern climes.

For cook or old Culpepper,

A gem since ancient time.

Foeniculum vulgare's

Leaves brew herbal tea,

Though flatulence combatin

Will want to make you pee.

Susan Therkelsen

GET WELL SOON LOIS

Our Past President and valued committee member,
Lois Nobbs recently suffered a massive heart attack.

- Lois never does anything by halves! -

Our kind thoughts and best wishes go out to
Lois for a speedy recovery. We need you, we miss you.



NOTICES:

1. **Subscriptions now overdue. \$15.**

Please pay Colleen NOW if you have not already done so.

2. **Monthly meeting sales table:**

Please bring spare produce, books, magazines, items of any kind.
Sales from our February 8th. 'white elephant' stall at the Craft Centre Gala have now gone to the Charitable Hospital Fund.

3. **April meeting:** Remember to bring along any seeds you have to swap or give away and please make sure they are named !

4. **Garden:** If you can help in the garden please phone Heather.

LIBRARY: OPEN 1ST – FIRST THURSDAY OF EVERY MONTH MIDDAY UNTIL 2PM. *Wonderful collection. Please do use it.*

THE HERB SOCIETIES OF CANTERBURY

ASHBURTON HERB SOCIETY MEETS:

WHEN: 1st. Wednesday of each month at 1.30pm.

WHERE: 1/51 Peters St, Ashburton. (or phone Thelma, 03-3087146)

TIMARU HERB SOCIETY MEETS:

WHEN: 3rd Monday of each month at 7:30pm, usually in members homes.

CONTACT: Jeannette Greenyer 78 Lindsay St, Timaru

PHONE: Home 6861646, Work DD 6867486, Cell 027 237 2518.

COMING UP:**NEXT DAY MEETING:**

Thursday April 23. @ 10am.

GUEST SPEAKER from SEED SAVERS

Bring seeds to share and exchange

Herb of the day: **VANILLA**



Tastings: please bring something using vanilla

NEXT EVENING MEETING:

Thursday **28 May** @ 7.30pm.

“CLEANERS”

Herb of the Evening: **CLOVES**



Tastings: Please bring food using baking soda.

All meetings held at the Avice Hill Craft Centre 395 Memorial Ave. unless advised.

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