



## CHAMOMILE March 2016

### Notice Board

**Remember the Trading Table at Tuesday meetings - for items to sell and buy.**

**Subs are due 1 March.** They remain at \$20.00. If paying by internet banking please put your name on the payment and also send Val an email to let her know. See payment details on page 3 of this newsletter.

**Saturday 5 March, 1.30 pm.** Visit to garden of Lyn Eglinton, owner of Stablehouse Garden Design. Lyn is a renowned New Zealand landscape designer and has been featured in several publications including House and Garden and NZ Gardener. Tea & coffee making facilities are available on site and Debbie will bring along some biscuits for afternoon tea. Meet at the property, 39 Morris Road, Te Ore Ore.

**Tuesday meeting, 15 March, 1.30 pm,** Senior Citizens Hall, Carterton. Convener: May Brown. Workshop on Serviette Art. Bring along: an old placemat or flat plate (to save time you could paint the top with white undercoat); an old small paint brush and a hair dryer (if you have these); and an apron, or wear old clothes. May will provide other materials. We shall undercoat the mats, dry them, then glue on serviettes. This all takes time to dry. In between we shall talk over gardening tips and about anything special folk are up to.

**Programme for 2016.** Planned Activities for the year are listed in the table on page 5 of this newsletter.

### Visit to Helen Wilson's Lavender Farm - Report from Val Richardson



We opened our 'Saturday Programme for 2016' at the end of January when a large group visited Helen's lovely lavender farm on the Castlepoint Road. It was good to see some new Saturday people.

As usual when WHS members gather for a shared lunch we had a sumptuous meal in a friendly atmosphere. There was so much catching up to do since our last get-together I'm surprised we were able to use our mouths for eating!!

After lunch Helen gave us a tour of the lavender fields, and talked about growing, harvesting, distilling and marketing the lavender essential oils and products. It was the first visit for a few of our members, so there were many questions and a lively discussion about marketing within New Zealand and overseas. Unfortunately a southerly wind did nothing to encourage us to stay outside, so the impromptu discussion about the forthcoming year's programme took place indoors. Members were able to purchase lavender oil and products to take home, before we thanked Helen for once again welcoming the Wairarapa Herb Society to her home.



Photos from: (top) Vickie Pickering; (bottom) Dianne Christenson.

**Officers:** Offers from members to serve on the Society's committee in the 2016-17 year would be welcomed. In particular we need someone to take on the job of Secretary. Also, if someone would like to edit the newsletter, the present editor would be happy to provide initial assistance.

### **Tinctures: Preparing for Winter Ailments**

At our February Tuesday meeting, Lorraine Erith demonstrated the preparation of Herbal Tinctures and provided samples to take home. She has provided the following notes and photos for Chamomile.

#### **Solvent**

I prefer to use vodka because it is colourless and tasteless and allows the flavour of the herb to come through, but you can use whisky, brandy or gin provided it is 40 percent alcohol. If made with lower concentrates, it quickly deteriorates.

You may use glycerine, cider and white vinegar. But these tinctures will not keep as long as an alcohol tincture. When using vinegar, make sure you use a plastic lid as vinegar corrodes metal.

#### **Let's get started**

3/4 fill your jar with plant material and completely cover it with alcohol. Seal, label, date and store in a dark place for at least 3 weeks. Roots and bark will take longer than leaves and flowers. Check regularly that the plant material stays covered in alcohol. When ready, strain into dark coloured bottles, label and date.

To help prepare for winter ailments, February is a good time to collect elderberries, plantain leaves, woolly mullein, and yarrow. All of these are extremely beneficial herbs in helping boost the immune system and aiding a quick recovery from flu and viruses. February is a great time to go harvesting as these herbs seem to be growing everywhere then in abundance.

#### **Elderberry**



Get in quick before the birds. Elderberry is a very useful herb for treating coughs, colds, and flu and improving overall respiratory health. Apart from tinctures, you can make jams, chutneys, wines and liqueurs with elderberries.

#### **Plantain**



Plantain is a first aid herb growing on your doorstep. It makes another great cough remedy. It protects the mucus membranes and reduces the urge to cough. It dissolves mucus and inhibits bacterial growth and inflammation. It calms fevers and expels toxins. It is a major remedy for healing wounds, sores, burns and boils. The juice from the leaves alleviates pain and poison from insect bites - even the white tail spider.

#### **Yarrow**

Yarrow is very useful in the treatment of colds. It helps stimulate perspiration and bring calm to the body. Externally, it aids in the healing of wounds. Soldiers used it to draw out infections and heal old wounds. It is a beneficial herb for the bladder and kidneys.

#### **Mullein**



Mullein (sometimes known as Woolly Mullein) is very beneficial in the relief of colds and coughs. It helps dissolve phlegm and encourages expectoration. The large yellow flowers can be dried and mixed with other herbs that offer similar benefits.



#### **Red Clover**

Red Clover is beneficial in clearing respiratory congestion as it has expectorant qualities. It is very useful in treating bronchial infections. It regulates hormone imbalances. It provides a female herbal tonic and prostate protection for men. Red clover has a very

calming effect and aids in a good night's sleep.

#### **Let's Keep It Safe**

For drug/herb compatibility, check drug and herb interaction on [www.drugsdigest.org](http://www.drugsdigest.org)  
At the end of the day you are responsible for what you take.

**WAIRARAPA HERB SOCIETY MEMBERSHIP FORM 2016-2017**

Name.....

Address.....

Postcode..... Telephone number .....

E-mail (please print clearly).....

Are you an individual member of the Herb Federation?      Yes/No\*

Delete as appropriate:

I do/do not wish my details to be published on the Membership List.

I do/do not wish to receive the newsletter by e-mail.

*(To help keep costs down we will send the newsletter by e-mail unless you let us know. A copy in the mail will be sent out to those who prefer to receive by post or do not have a computer).*

*\*If you are an individual member of the Herb Federation of NZ you are entitled to a \$5.00 subsidy on your fees. Please indicate on this form if you are a member.*

Please attach your cheque for \$20.00 individual or \$30.00 family and hand to Val Richardson at a meeting or forward to: The Treasurer, Wairarapa Herb, PO Box 42, Masterton. For payments on line, the Wairarapa Herb Society account number is 03-0687-0361573-000. Please put your name under Particulars, and Sub under Reference. Please also email Val (mo217@vodafone.co.nz) to let her know you have paid on line.

**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 (Chamomile)**

All past issues from inception of the Herb Society are in the Wairarapa Archive and also in folders in our own library. Our library copies can be borrowed like any other book. Some members may enjoy reading about the Society's activities in the past.

**Trading Post**

Items which members wish to advertise within the Society may be listed in the Newsletter upon request to the editor.

**Executive Committee 2015-16:** Debbie Dittmer, Agnes Jones, Val Richardson, Andra Bramwell, Christine Paul, Bill Edginton, Shelah Agnew, Lorraine Erith.

**Officers 2015-16:** Chairperson: Debbie Dittmer; Secretary: Agnes Jones; Treasurer: Val Richardson; Publicity: Andra Bramwell; Newsletter: Bill Edginton; Library: Lorraine Erith.

## Wairarapa Herb Society

### Programme for 2016

#### Tuesday Programme

#### Saturday Programme

Date	Topic	Convenor*	Date	Activity	Coordinator
16 <sup>th</sup> Feb	Herbal Tinctures	Lorraine Erith	30 <sup>th</sup> Jan	Lavender Gardens	Val
15 <sup>th</sup> Mar	Serviette Art	May Brown	5 <sup>th</sup> Mar	Morris Rd Garden	Debbie
19 <sup>th</sup> Apr	AGM	Debbie Dittmer	9 <sup>nd</sup> Apr	Otari, Wellington, Native Plants, Medicine & Legends	Andra
17 <sup>th</sup> May	Question time at Garden Barn	Debbie Dittmer/ Shelah Agnew	7 <sup>th</sup> May	Propagation/ Organics	Debbie
21 <sup>st</sup> Jun	TBA	Helen Simonsen	11 <sup>th</sup> Jun	Mid winter lunch	Val
19 <sup>th</sup> Jul	TBA	Kim Percy	2 <sup>nd</sup> Jul	Movie afternoon	
16 <sup>th</sup> Aug	TBA	Vickie Pickering	6 <sup>th</sup> Aug	TBA –weather dependant activity	
20 <sup>th</sup> Sep	Chilli	Sue Laurence	3 <sup>rd</sup> Sep	TBA –weather dependant activity	
18 <sup>th</sup> Oct	Comfrey	Kathleen McKenzie	1 <sup>st</sup> Oct	Home of Compassion & Community Gardens visit – Wellington	
15 <sup>th</sup> Nov	Garden Visit	Shelah Agnew	5 <sup>th</sup> Nov	South Wairarapa Gardens Tour	Carole P
			3 <sup>rd</sup> Dec	Christmas Function	

\* A list of duties for Convenors is attached

### **List of Duties for Convenors.**

- Provide the topic for the day.
- Pre-arrange support from members to give a book review and present the herb of the month, if you plan to include these in your session.
- Pre-arrange support from members to help with afternoon tea, setup and clean up duties.\*
- Collect the key for the Senior Citizens Hall from Almo's Books, 42 High St. North, Carterton.
- Set out tables and chairs for the meeting and put them back at the end.
- Leave the hall tidy, lock up the premises and return the key to Almo's Books.

\*This involves:

- Providing milk and something to eat.
- Putting on Zip water heater (fill with water first) before the meeting.
- Getting out the Society's teas, sugar etc. from a box in the green cupboard opposite the servery. If making a herbal tea, our teapot is in our library cupboard.
- Setting out cups, spoons etc.
- Washing dishes and cleaning up in kitchen.