



Horopito

Pseudowintera axillaris
and *P. colorata*



- Botanical Family:** Winteraceae
- Common Names:** Horopito, Peppertree, Ramarama
- Distribution:** Occurs naturally throughout both the main islands of New Zealand, except in the very north of the North Island. It is found in the lowlands, to the mountain forests and can form thickets after forest destruction.
- Parts Used:** Leaves, fruits
- Constituents:** Volatile oils including eugenol, polygodial, bicydic sesquiterpenoid dialdehyde (*P. colorata* only)
- Possible Pharmacological Actions:**
- Anti-fungal - an agent that inhibits or destroys fungi.
 - Antiseptic - an agent used to prevent, resist and counteract infection.
 - Counter-irritant/rubefacient - an agent that increases the circulation to that area of skin, stimulating the dilation of capillaries, causing redness.
 - Astringent - an agent that contracts tissues, making them firmer and reduces discharges.
 - Insecticidal
 - Circulatory stimulant (internal use)
 - Stimulating expectorant (internal use) - supports the body in the removal of excess amounts of mucus.
- Medicinal Uses:**
- Fungal infections, including *Candida albicans*, ringworm (*Trichophyton spp*)
 - Diarrhoea
 - Stomach ache
 - Circulatory insufficiency
 - Respiratory conditions
 - Toothache.
- Contraindications:** None, though not recommended during pregnancy or lactation
- Herb-Drug Interactions:** None known to date
- Dosage/Preparation:** 10-30ml per week of a 1:2 fluid extract
(available by prescription through a Registered Medical Herbalist)

References: Phytomed Medicinal Herbs Ltd - Phil Rasmussen
Medicines of the Maori - Christina McDonald
Maori Healing & Herbal - Murdoch Riley

Horopito Seafood Jambalaya

Ingredients

½ kg assorted seafood.	16 fresh mussels.
2 C rice.	1 900 gm tin organic peeled tomatoes.
1 chopped onion.	1 grated carrot.
1 Tb Horopito infused avocado oil.	Sprinkle of kawakawa powder.
4 Pikopiko (fiddleheads) salad shoots	1 tsp chopped garlic.

Method

Place rice in pot. Add horopito infused avocado oil and mix thoroughly. Cover with water and cook for 1 hour. While rice is cooking sauté onion, garlic and carrot until tender. Add chopped organic tomato. Bring to boil and place on low element with lid on for 1 hour.

Once rice is cooked lightly sauté seafood in oil. Lightly mix seafood into salsa. Place the hot rice in a lightly oiled ramekin dish.

Place the tomato and seafood in a soup bowl.

Garnish

Lightly sauté Pikopiko shoots and cooked mussels in the shell.

Finish with a light sprinkle of Kawakawa powder.

NB. **Horopito** infused avocado oil can be purchased at some specialty shops or supermarkets.

Mediterranean Pikelets

Ingredients

5 large tomatoes finely diced	1 C of plain flour
1 tsp baking powder	salt & freshly cracked black pepper
1 egg	100mls milk
2 Tb Horopito infused avocado oil	
2 heaped Tb finely grated Parmesan cheese	
1 bunch of fresh Coriander chopped	

Method

Sift flour, baking powder, salt and pepper together in a large mixing bowl. Add tomatoes and coriander. Whisk egg, milk and horopito infused avocado oil together and stir into the dry mixture until smooth. If too thick, add a little more milk or horopito infused oil. Drop dessertspoonfuls on a medium hot griddle, BBQ or frypan, until lightly brown. Turn when mixture slightly bubbles.

Serve with a stunning fresh green herb salad, some Turkish bread and salsa.

Salsa

Finely chopped tomatoes, red onion, Lebanese cucumber, coriander mixed together with Horopito infused avocado oil – absolutely delicious

Historically

- The bruised leaves were soaked in water and the decoction used to treat a Maori skin rash known as paipai.
- The sap was known as a healing aid for gonorrhoea and skin eruptions.
- For stomach ache a decoction of the boiled leaves was drunk.
- Early settlers called this plant “Maori Pain Killer.
- They also knew it as “Bushman’s Pain Killer”. The leaves were chewed for toothache, and women rubbed them on their breasts when weaning their infants.
- The inner bark, steeped in hot water, and applied to burns while still warm was reputed to leave no scars.

Reference: Medicines of the Maori by Christina MacDonald
Maori Healing & Herbal - Murdoch Riley