

herbnews

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Cover image: Costmary illustration, 1788

CONTENTS

President's Letter	2
Noticeboard	3
Remembering Phyllis Aspinall	4
Wildflowers in Shetland	5
Costmary – An Old-time Favourite	8
Cabbage – A Medicinal Food	10
Savoy Cabbage Salad	11
Suffering from Reflux?	12
2018 Seed List	17
Society News	25
Savoury Herb Tart Crust with Semolina and Olive Oil	25
Marshmallow – <i>Althaea officinalis</i>	27
Society Contacts	29
Membership Application Form	31

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President's letter



Spring is here! It is such a joy to be surrounded by the lush, verdant growth and the spring blossoms – not such a good time to be moving a garden, but I am moving just a bit further up the coast, to Manakau. I'm busy packing and potting up. I will probably have moved by the time this text has taken its electronic journey to the editor, to the printer and, finally, to you.

Many plants were wrenched during the winter and hurriedly shoved into pots. I'm hoping like mad that it won't be too long before I get the new ground cultivated. The fairly regular light showers are helping to keep them fresh. There is one Echinacea plant (*Echinacea purpurea*) that continued to push up flower stalks through winter, despite the cold and wet weather.

I'm enjoying the prolific growth of chickweed (*Stellaria media*), eating some each day, whether in a salad, a smoothie or tossed into a stir-fry just before serving. It's a favourite of my chooks and I am very happy they transform it into gorgeous eggs. Miner's lettuce (*Claytonia perfoliata*) is growing in profusion and that has been a regular on my menu through winter.

We would really like to know how herb societies fare during winter; some have reduced attendances during this season. Could you share your ideas of how to encourage more members? Also, we would really like to get more reports on your herb societies' programmes; this could inspire others.

Hoping to see some of you at the AGM in Taranaki – we will have a really great day's entertainment and enjoy the stunning Hollard Gardens at Kaponga.

Warmest wishes

Karina

NOTICEBOARD



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**Deadline for the next issue:
20 November 2018**

Got any **herbal gift ideas** for Christmas? Send to the editor: jane@plainjanemedia.co.nz

HFNZ Library News

Our herb library is growing! Based in Christchurch, the library offers a large selection of herb-related books to members of the Herb Federation of New Zealand or members of any Herb Society in New Zealand that is a member (affiliated) to the HFNZ. For out-of-towners, books **can be posted nationwide**. We ask that you pay for postage and packaging. For more details, and a list of available books, see our website: www.herbs.org.nz/library/



Librarian Heather Crow reports: "At long last I have finished listing all the books I have received over the past few months. It was not a quick job as I would stop now and then to have a look through a book that I found interesting, and there were quite a few. I have also spent quite a few hours in the library moving books around so I could fit them all in. We have a great selection of books and we are starting to double up on the more popular ones. If you are planning to donate books could you send me a list before you do so, so I can go through it and cross off books we already have. The library is usually open on the first Thursday of the month from noon till 2pm and 30 minutes before each Canterbury Herb Society meeting. If you would like to visit at another time, please contact me: Heather ph 03 348 3831 or email heza@xtra.co.nz

Remembering...

Phyllis Aspinnall

1 January 1922 to 4 May 2018

Phyllis Aspinnall, our loved 'Long Distance Member', passed quietly away in early May leaving many happy memories of her devotion to herbs, gardening, needlework, writing, music, art, cooking, education and family life.



Originally from Wanaka, Phyllis trained to take up a career as a music teacher. She married Jerry Aspinnall from Mt. Aspiring Station in 1950, and her life changed dramatically. Rough roads, horses, sheep, kea, an early station truck, a river to cross, radio the only means of communication, no electricity, and, in time, four children. What stories she had to tell.

Phyllis always grew and used herbs, so in 1977, after she and Jerry retired to Wanaka, she became very involved, becoming an original member of the Wanaka Herb Society. She also joined and worked with the Canterbury Herb Society and the Herb Federation.

Phyllis was a wonderful needle- and patch-worker. She made our herb society banner and many small and large articles for our sales table, for the Federation and friends. I treasure the things she made for me.

Another delight was the little herb books she wrote, made, decorated, bound and gave away. Phyllis wrote stories and recipes for the bygone herb journal *Dittany* and gave herb talks in New Zealand and Australia.

A very special person who, over her long life, gave so much to so many.

Rona McNeill, Canterbury Herb Society

ARCHIVE

Wildflowers in Shetland

By Phyllis Aspinall, Canterbury and Upper Clutha Herb Societies

*(First published in Dittany, Annual Journal of
New Zealand Herb Societies, Volume 13, 1992)*

A letter has just arrived from a Shetland cousin saying that half his daffodils lost their heads in the first spring gale, along with several new shrubs. What remained was swept away in the second! He lives near the southern tip of the island, and though surrounded by strong buildings, hasn't the high stone walls that enclose many homes.

When he visited us in 1980 and said there were very few trees on Shetland, I think my husband regarded this as a challenge and had to see this place for himself. He was accustomed to making trees flourish under harsh conditions and possibly he thought of rectifying the problem. If so, he wisely kept quiet, but once there, understood. To see a concrete house, perhaps 80 years old and three floors high, sitting stark and bare behind a wall, with no hint of greenery about, was a new experience.

At first we stayed in the south, ocean flowing gently on three sides of the island, wading birds enjoying life in the estuary nearby and quite unmoved by activity on the airport alongside. As the plane taxied to a halt on our arrival, I saw masses of euphrasia (eyebright) powdering the grass beside the runway.

Next morning we walked along the road to the post office, passing ladies with shopping baskets who all smiled so sweetly. We were told they probably all knew who we were, since not many people stayed there for pleasure as several families of relations lived close by.



*Euphrasia. Photo: Arnstein
Ronning*

Gardens held fuchsia, a couple of our own hebes, rugosa roses ‘Roserie de L’Hay’ and ‘Blanc Double de Courbet’, along with willowherb in bright profusion and yellow loosestrife (lythrum family). Blue geranium (*Geranium ibericum*), at home a rare treasure, flourished blissfully, while honeysuckle (*Lonicera japonica*) flung its scent lavishly about. Nothing was taller than the stone walls surrounding most homes we passed. Some had bright conservatories. Many vegetable plots included massive-leaved rhubarb. We admired these walls, reminiscent of those about Dunedin and on the peninsula. We appreciated the variety of decoration on their tops, the patina on the walls themselves. Weathering contributed considerably to the beauty of these skilful works of art.

But roadside plants! The island’s growing season is limited, only four months, but the soil was best here in the south. Fresh green grass appeared so inviting. Pink clover stems were short, but very vivid. Flowers of white clover seemed considerably larger than we have. The purple/blue flowers of vetch (*Vicia cracca*) glowed from many verges, blending contentedly with bird’s foot trefoil (*Lotus corniculatus*). Umbelliferae were lavishly represented by wild angelica and hogweed (*Heracleum sphondylium*) merging with meadowsweet in many areas. Lightly dusting some paddocks, they all seemed perfectly at ease, though lacking shelter.

Thistles? Californian; nodding thistles enough to make any New Zealand farmer gasp in horror; a few Scotch thistles, and one like puha. In ditches, yellow iris, just like those carefully tended in my garden, flourished along with musk, mostly yellow, although one patch in bright orange matched a great drift of alstroemeria escaped from a garden.

Most lavish was fireweed, or rose bay willowherb (*Epilobium angustifolium*), pictured right. Masses of bright cerise pink rose high along garden edges or waste ground. We were too early for heather, but a pink mist on high ground, matching fireweed in colour, promised bounty to come. Heather plants were so short. I guess sheep browsed amongst it, in close association with peat bogs.



Little white tufts, which seemed like wool dropped from sheep newly crutched, intrigued me. The book of Shetland flowers didn't tell me what it was, nor my copy of Scottish flowers. Then I remembered Linnaeus. There it was, described in a Swedish work. They call it hare's tail (*Eriophorum vaginatum*). I've since been told that in Shetland, where it grows profusely on damp ground, high up, it is known as cotton floors.



Eriophorum vaginatum
Photo Peter Llewellyn

On the island of Bressay we saw ruins of the homes my forebears had left long ago. I searched in vain for familiar herbs there, although southernwood thrived in gardens. But apart from patches of self-heal and lady's bedstraw, nettles, dandelion, mugwort and, I think, motherwort, none were noticed.

I asked about healing because I'd read the census for 1891 of Bressay and noted the presence of a retired midwife, aged over 80. Since they were a short journey from Lerwick, it's possible that no resident doctor or nurse was needed.

They told me their diet was healthy... fish, tatties and neaps (potatoes and turnips), oats and mutton, which they considered very tasty. It was smoked and salted. Coarse cabbages were started in a "planticrub", which I gathered to be a kind of hot-bed. From the ocean these appeared the same height as the garden walls and maybe four metres in diameter.

We stayed in Lerwick, the capital, a few days to better explore the archives, museum and the town generally. Many homes here had colourful conservatories where geraniums and pelargoniums flourished along with cyclamen and begonias.

At least they could keep witches away! Elder trees, some rowans, sycamores and several low conifers clung for life among rocks and crannies of the town. It was interesting to see, carefully cultivated in the town hall grounds, a bed of viper's bugloss (*Echium vulgare*). But I doubt the situation suits them. In the McKenzie country and throughout Central Otago, it displays a wide swathe of blue for several summer months on road verges. They receive no care, little water and considerable dust, thriving happily.



Costmary or Alecost - An Old-time Favourite

By Pat Warham

(First published in *Dittany, Annual Journal of New Zealand Herb Societies, Volume 1, 1979*)

Over 400 years ago Gerard said “Costmary growth everywhere in gardens and are cherished for their sweet smelling flowers and leaves.” Indeed, after its introduction into Europe and Britain from Western Asia, costmary (*Tanacetum balsamita*, syn. *Chrysanthemum balsamita*) became very popular from the 16th through to the 18th century. Rightly so, for it was and still is a versatile plant.

The Elizabethans, who are reputed to be amongst the greatest experts in using herbs – medicinally, cosmetically and in cooking – held the plant in high esteem. During this period, costmary was used in soups, stews, stuffings, salads and marinades and because of its sweet scent was effective as a strewing herb. Bruised leaves were rubbed onto bee and wasp stings. An infusion of the leaves was given to alleviate catarrh. According to John Hill in his 18th century *British Herbal*, “It was once greatly esteemed for strengthening the stomach, curing head-aches and for opening obstructions of the liver and spleen.”

The dried, aromatic, mint leaves were excellent for potpourri and sachets, whilst the fresh, broad, green leaves made fragrant bookmarks for bibles and hymnals, thus giving it the name Bible leaf. The name alecost originated from the custom of adding sprigs of the herb to tankards of ale and it also flavoured Negus, the traditional Twelfth Night drink.



Costmary, a hardy perennial, does best in a warm, sunny, well-drained spot and grows 3–4 feet (90–120cm) in height. The leaves, long with snipped edges, are rounded at the tips; grey-green at the top and apple-green nearer the ground. They are fragrant even without crushing. The little buttony yellow flowers appear in summer and can be dried for potpourri and used in jellies, conserves, and the like. The creeping roots may be divided in spring and autumn and need to be planted 2 feet (60cm) apart.

Costmary has always been one of my favourite herbs. I've used it for more years than I care to remember. When I lived in a small Derbyshire village, costmary was known, erroneously by the locals, as apple mint. I used the herb in much the same way as did the Elizabethans, but not as medicine or for strewing. Nowadays I use it in chutney to replace spices, with steamed or boiled chicken, and in fruit drinks, both hot and cold, to add a spicy minty tang that vaguely resembles the flavour of mace.

Negus

A traditional Twelfth Night drink.

½ bottle brown sherry or port	1 sherry glass of brandy
1 lemon	6 costmary leaves
1 pint boiling water	Sugar to taste

Warm the wine before a good fire. Slice lemon in a warm jug, add costmary leaves. Pour in the wine. Add water and sugar to taste. Stir, remove costmary. Serve hot in warm glasses.

Tomato and Courgette Chutney with Costmary

½ lb brown sugar	1 pint vinegar
1 dozen fresh, large costmary leaves	1 lb tomatoes, cut up
1 lb apples, peeled and diced	2 lb courgettes, peeled and diced
½ oz salt	½ lb raisins or sultanas
½ lb onions, peeled and chopped	

Boil sugar, vinegar and costmary (in muslin) in a large saucepan. Add other ingredients. Pinch of chilli powder if required. Boil until mixture thickens. Remove costmary and bottle whilst still hot.

Cabbage - A Medicinal Food

This humble veg has a lot going for it, writes Karina Hilterman

"It will purge wounds full of pus, and cancers, and make them well when no other treatment can accomplish it...." – Cato (234–149 BC)

We know that cabbage is a wonderful winter vegetable; it is also a medicinal herb. Throughout history cabbage has had many uses. For external applications, bind the leaves firmly in place and leave them overnight, making sure you use fresh leaves for each application. This is useful for mastitis, ulcerations and other infections. The leaves will draw out toxins, cooling and healing the painful area. Traditionally, doctors have vouched for this remedy.

A Dr Blanc in 1881 wrote the following: "About 1880, a cart driver in a small French village fell off his wagon and – a frequent accident in those times – one wheel rolled over his leg. Two physicians agreed that amputation was necessary; a surgeon was called into consultation, he concurred, and the operation was booked for the next morning. But at 5 p.m. that day the parish priest, Loviat of Saint-Claude, advised the patient's mother to cover the injured leg with cabbage leaves. Under the influence of this simple dressing, the man slept all night. When he awoke, the family and one of the physicians who arrived to prepare the patient for surgery saw that he could move his leg. The cabbage leaves were removed to reveal a leg without swelling and with improved color. Eight days later, completely well, the man returned to work."

He further wrote: "Cabbage is the bread and butter of therapeutics. It is the doctor of the poor – the providential physician. Let the incredulous experiment, nothing is simpler (than cabbage); the application is external and easy, the action is prompt and innocuous. One can see it with the naked eye. The virtues of this plant are numerous, and I defy anyone to present a good reason why cabbage should not be used therapeutically."

It was also used in ancient times by Greek and Roman physicians, including Galen, Hippocrates and Pliny. The common cabbage mixed with the elite of medicine in its day.

Cabbage cools the digestive system and is effective for acidity, burning and inflammation, as with gastritis and ulcers. The ability of cabbage to heal digestive ulcers has been known for centuries. In 1557, Rembert Dodoens, the physician to the Emperors Maximilian II and Rudolph, wrote how the juice of cabbage soothed the abdomen and relieved constipation, and cleaned and healed old ulcers, both internal and external. Mixed with honey, he said, it made a syrup that cured hoarseness and coughs.

Cabbage Continues to Impress

Recently researchers have found cabbage contains Vitamin U (from the raw cabbage juice), a substance that accounts for its healing property. It continues to be helpful for intestinal disorders, such as constipation, ulcerative colitis and irritable bowel syndrome.

The most effective way to take cabbage for these conditions is in the form of juice.

Cabbage also loosens mucus in the respiratory system, making it easier for expectorants to expel it. This treatment is also helpful for dry coughs and weak lungs.

Juice or soup made of cabbage is considered useful for inflammation of the bladder where there may be burning, discharges and difficulties in urination. For men, these remedies can soothe an inflamed prostate.

Another demonstration of “food as medicine”.

Savoy Cabbage Salad

By Betty Sykes

From Canterbury Herb Society's August–September 2018 newsletter (No. 295), reprinted from their No.4 newsletter, 1969.

1 savoy cabbage	1/3 cup shelled walnuts
1 very small onion	¾ cup lemon balm and parsley (equal quantities)

Shred cabbage, onion, parsley and lemon balm, and finely chop. Grind walnuts finely and sprinkle over cabbage mixture. Serve with dressing: 3 tablespoons sunflower oil, 3 teaspoons lemon juice, 1 level teaspoon sugar.

Suffering from Reflux?

Christchurch-based medical herbalist Richard Whelan comes up with a few solutions.

Gastritis, reflux, heartburn, indigestion – whatever name you call it – has been successfully treated by herbalists for many thousands of years with simple, easy to obtain, remedies. One in particular has given such consistently good results that it can be broadly recommended to anyone who has need of it. We call it **Gastritis Formula**, and it is made as follows:

Catnip leaf	40 ml
Fennel seed	40 ml
Liquorice root	20 ml

These are liquid extracts or tinctures, best obtained from a trusted herbalist or herbal dispensary. The amounts shown above will make 100ml; larger or smaller amounts can be made using the same proportions.

- Catnip (*Nepeta cataria*) is a soothing, cooling herb for gut tension and inflammation.
- Fennel (*Foeniculum vulgare*) helps to relieve the cramping, griping discomfort of indigestion.
- Liquorice (*Glycyrrhiza glabra*) heals damage in the gut lining and quickly reduces inflammation.

Dosage Notes on the Formula

Dosage is vital to the success of all herbal medicines. The Gastritis Formula must be taken on an 'as needed' basis, meaning you take it as freely and frequently as required until the symptoms are resolved and the condition is cured. As soon as you start getting symptoms of indigestion, reflux, gastritis, etc, take approximately 4–5 ml of the formula either straight or mixed with just a few millilitres of water.

The medicine will start working immediately but will take up to 20 minutes to get the full effect. If things settle down and improve from just the one dose then great, put it aside and wait until you need it again. However, if the relief is

only slight or temporary, you should keep taking doses, at least 20 minutes apart, until the condition has greatly improved. You can safely take up to eight doses in a day for at least a few days if things are very bad.

If you have a bad condition, or perhaps if you are coming off some form of omeprazole, you may need to use a lot of the formula for a few days and this may mean that you end up taking quite significant levels of liquorice root over a short timeframe. For some people, i.e. those who already tend towards high blood pressure, taking substantial amounts of liquorice may cause their blood pressure to rise. Given the short timeframes that we generally expect to need to use high doses of the Gastritis Formula, this should not create any kind of problem, but if you know that this could be a problem for you, then keep an eye on it, ideally with a home, self-monitoring machine.

This said, high blood pressure only creates serious health risks when it goes on for a long time and there is very little danger in having a mild increase in pressure for the short periods of time that this treatment usually needs.

GI Tea

The Gastritis Formula has been seen to work marvellously well for many hundreds of patients over the years and it is always the first line of treatment, but the following tea can also be useful, especially when the initial problem has improved and you want to do something natural to prevent it from returning.

Chamomile flowers
Fennel seeds
Caraway seeds



The above herbs are in dried form and are made in what is called 'equal parts', which means you mix them together by the same weight of each herb. The method of use is to take one large cup of freshly boiled water and three heaped teaspoons of the tea and put together into a vessel that can be covered, e.g. a teapot or a coffee plunger, or even a small saucepan.

Make sure the container is well covered so that no steam can escape, and allow the herbs to steep for a good 10 minutes. Strain off the liquid and sip whilst hot. Note that it is OK to add honey and for some people this will have some added benefits itself on a sore stomach.

Slippery Elm Powder

If you have taken plenty of the Gastritis Formula, and possibly the GI Tea as well, and are not experiencing rapid and significant relief, you have to consider the chance that you have some tissue inflammation or damage in your gut lining that will require you to take a further step for healing. The best herb on Earth, and no doubt one of the best medicines on Earth, to bandage a wounded gut is slippery elm (*Ulmus fulva*).

It is such an important and well-known herb now that you should have no problem obtaining some, but, if at all possible, because of its endangered status, do as we do and get your elm from trees that have been sustainably harvested. It is just a matter of asking around to where to get the right stuff.

Taking slippery elm in its powdered form is not always the easiest. The traditional method of cooking it like porridge is very effective and can be highly recommended. People who are game to take anything that will work, and the potential agonies of indigestion would put a lot of folk into that category, can get an instant dose of it by simply rapidly slurrying a heaped teaspoon into a large glass of water.

Put the herb in a dry cup first and then quickly stir as you slowly add water. By the time it is full, so long as it has been well mixed, you should be able to drink the whole lot down in one go – but be warned, if you are a little slow it will turn into a thick and potentially undrinkable substance rather rapidly.

There are loads of slippery elm capsule products on the market for this precise reason of it being challenging to take in its raw form. They are certainly viable alternatives. However, as is always the way with herbs, the right dose is crucial to the success of the treatment. You may need to take at least 4 or 5 capsules at a time, if not more, to get that marvellous, mucilaginous bandage that it produces over the damaged internal surface.

Pharmaceutical Antacids

Massive numbers of people take drugs to reduce or block their stomach acid. In New Zealand this is the third most widely prescribed medication. Once upon a time antacids were given to people to take as needed. Nowadays the practice is to prescribe a proton-pump inhibitor (PPI) such as omeprazole and the patient

seems to be left on them for life. This is despite the view of medical experts that PPIs should not be prescribed indefinitely and they should be used at the lowest effective dose for the shortest possible time, also that patients should be warned that rebound acid secretion often occurs following withdrawal of treatment, even after periods as short as four weeks.

Drugs that remove stomach acids are deeply problematic, not for their side-effects or because they are especially toxic, but because of what happens to a person's internal nutrition from their continued use.

We Need Protein!

Our body is continually breaking down through wear and tear and aging and we need protein to rebuild our tissues. To absorb protein from food, it has to be turned into the consistency of thin soup, something called chyme. Think about what it must take to render nuts, beans, meat, fish or chicken down to a thin liquid. This is why we make a lot of stomach acid, to break those proteins down into chyme.

When you block or reduce stomach acid, even if you make yourself more comfortable today, you are robbing your body of the proteins it needs for tomorrow. There is an observable pattern that occurs in people who have been using antacid drugs for a long time; their body starts to wear down faster, and then it often gets injuries or illnesses that aren't healed properly.

Switching from Drugs to Herbs

The frequent use of the Gastritis Formula over a period of some days or weeks can be confidently recommended as a 100 x healthier alternative to taking antacid drugs with no end in sight. However, a person who is switching from drugs to herbs must be aware of the phenomenon known as rebound hyperacidity that happens when you stop drugs that have been blocking the production of stomach acids.

There is a critical period that starts after about two days and can go for up to about 10 days when, once the suppression of the medication has been lifted, there is an initial rebound in the stomach lining to produce more acids. This is a time that you must have plenty of the Gastritis Formula on hand and, again, to be sure to use it as freely and frequently as needed.

Treating the Cause

Use the Gastritis Formula as needed but, especially if the reflux, gastritis, heartburn, etc, is a recurring problem, you must try to find and treat the cause of it for a lasting cure. The most common causes are:

- Food allergy or intolerance
- Anxiety or tension
- A deficiency of stomach acid

Food allergies or intolerances can cause a great deal of digestive discomfort along with other common health problems that are not usually associated to what you are eating. Intolerances must be considered as a strong possibility if there is any earlier history of eczema or asthma. Also note that if you frequently suffer from a bloated, uncomfortable belly, then you should also consider this as a possible issue that needs to be explored further.

Anxiety and tension are major causes of indigestion. If you believe that stress is the primary cause behind your indigestion or reflux, start treating your nervous system with herbs and other approaches that will help if used correctly.

A deficiency of stomach acid – This may seem an unlikely cause, and it is rare to find it in a younger person, but it is one of the most common of all causes for chronic indigestion in older people. What happens is that when people get past a certain age their production of stomach acid and digestive enzymes begins to significantly reduce. The effect of this can be for foods to stay too long in the stomach without being digested and this can cause fermentation and swelling which in turn can cause indigestion and reflux.

Taking a drug to stop acid production will stop the reflux having any real bite to it, because if there is very little acid in what gets regurgitated then it won't do anything much to harm the tissues but in the long run it makes poor digestion worse and the person weaker. Such a person will get enormous benefit from a group of herbs called 'bitters'. These are certain to get the juices flowing again and one of the best of them is the herb gentian (*Gentiana lutea*). Gentian has been seen to reliably return strength to even the most weakened of systems.

Visit Richard Whelan's website : www.rjwhelan.co.nz

2018 Seed List & Cultivation Notes

NOTE: A=annual B=biennial P=perennial fls=flowers lvs=leaves sm=small
 dk=dark med=medium ht=height medcnl=medicinal clnry=culinary
 Most seeds are to be sown in spring and prefer a sunny position.
 Refer to the cultivation notes for those with different requirements.

1. *Agastache foeniculum* (Anise Hyssop) P or B white flowering variety, fls on a spike, use for tea, bee plant.
2. *Alcea rosea* (Pink Hollyhock) A ht 1m
3. *Alchemilla mollis* (Lady's Mantle) P mdcnl Katikati
4. *Allium schoenoprasum* (Chives) P low growing, hollow stems.
5. *Allium tuberosum* (Garlic Chives) P garlic flavoured Hawke's Bay
6. *Althaea officinalis* (Marshmallow) P pale pink fls, root for confectionery. Full sun and moist soil, mdcnl.
7. *Amaranthus tricolor* 'Red Mekong' (Amaranth) A ht up to 3m. Multi tassel edible seed and leaf. Microgreen mild tasting adds colour to salads and stir fries
8. *Anethum graveolens* (Dill) A ht 6cm white umbels hollow stem clnry
9. *Anthriscus cerefolium* (Chervil) A low growing, light nutty herby taste, delicate lvs. Clnry Hawke's Bay
10. *Aquilegia spp.* (Granny's Bonnets or Colombine) P
11. *Aquilegia spp.* (Granny's bonnet or Colombine) P blue fls Katikati
12. *Aquilegia spp.* (Granny's bonnet or Colombine) P blue and white fls Katikati
13. *Aquilegia spp.* (Granny's bonnet or Colombine) P Pink and yellow fls Katikati

28. *Coriandrum sativum* (Coriander) A white fls Katikati
29. *Cosmos spp.* (Cosmos mixed) A Waiheke
30. *Cucurbita moschata* ‘Butternut’ (Butternut Squash) A Edible sweet
gourd shaped squash with orange flesh
31. *Cynara cardunculus* (Cardoon) P ht 1.5m. Auckland
32. *Digitalis purpurea* (Foxglove) A mdcnl CAUTION
Katikati
33. *Digitalis purpurea* (Foxglove white) A white fls CAUTION
Katikati
34. *Echinacea purpurea* (Purple Cone flower) P purple fls, mix sm and lg
fls Organic Masterton
35. *Eryngium spp.* (Sea Holly) A/P mdcnl edible Katikati
36. *Fagopyrum esculentum* (Buckwheat) A edible seeds
37. *Foeniculum vulgare var. azoricum* (Florence fennel) P yellow umbels
edible swollen bulb
38. *Freesia spp.* (Freesia white) P fls white Katikati
39. *Gladiolus natalensis* (Gladioli dark pink) P corm Katikati
40. *Glebionis coronaria* (Shungiku) A leafy edible type of
Chrysanthemum, Asian cuisine.
41. *Lathyrus odorata* (Sweetpea maroon) A maroon fls
42. *Lathyrus odorata* (Sweetpea purple) A purple fls
43. *Lathyrus odoratus* (Sweetpea white) A white fls
44. *Lactuca sativa* (Lettuce ‘Drunken Woman’ fringed head) A Feilding
45. *Lactuca sativa* (Lettuce ‘Freckles’) A edible

46. *Laurus nobilis* (**Bay tree**) Evergreen Feilding
47. *Lavandula angustifolia* ‘**Munstead**’ (**Lavender ‘Mustead**’) P full sun ht 30cm, organic English lavender, mid blue fls Horowhenua
48. *Liatris spicata* ‘**Alba**’ (**Blazing Star / Gayfeather**) P White fls Katikati
49. *Linum usitatissimum* (**Linen Flax**) P ht 60cm blue fls. Hawke’s Bay
50. *Lunaria annua* (**Honesty**) A Edible seed Hawke’s Bay
51. *Matricaria recutita* (**German Chamomile**) P white daisy fls mdcnl Waiheke
52. *Nepeta cataria* (**Catnip**) P ht 60cm bush blue fls
53. *Nigella sativa* (**Love-In-A-Mist**) A Clnry edible seeds Katikati
54. *Ocimum basilicum* (**Sweet Basil**) A clnry Waiheke
55. *Oenothera lamarckiana* (**Evening Primrose**) A yellow fls. mdcnl.
56. *Origanum majorana* (**Marjoram**) P mdcnl, clnry
57. *Origanum vulgare* (**Oregano**) P ht 20 -80cm, full sun, attracts bees, clnry, mdcnl
58. *Papaver somniferum spp.* (**Poppy Mix**) A Waiheke
59. *Papaver somniferum spp.* (**Purple Opium Poppy**) A mdcnl Katikati
60. *Passiflora edula* (**Passionflower/Maracuja**) P climbing plant edible fruit
61. *Perilla frutescens* ‘**Atropurpurea**’ (**Perilla**) A edible

62. *Petroselinum crispum* (Curly Leafed Parsley) B culinary herb
63. *Petroselinum crispum* var. *neapolitanum* (Flat Leafed Parsley) B culinary herb
64. *Petroselinum* spp. (Parsley) B Katikati
65. *Petroselinum* spp. (Parcel) B Celery x Parsley. Mild flavour. Feilding
66. *Petroselinum* spp. (Perennial Celery) B Feilding
67. *Phaseolus coccineus* (Green Runner Bean) A edible bean
68. *Prunella vulgaris* (Self-Heal) P creeping stem that self-roots. Edible lvs and stems
69. *Rumex scutatus* (French Sorrel) P culinary, lemony flvd lvs
70. *Salvia apiana* (White Sage) P used for smudge sticks
71. *Salvia sclarea* (Clary Sage) B or short-lived P stately upright plant, ht 1.3m, source of aromatic oil, blue/purple fls, dried lvs, used as potpourri fixative
72. *Salvia sclarea* (Clary Sage white) B white fls
73. *Sanguisorba minor* (Salad Burnet) P ht up to 1m edible lvs
Auckland
74. *Scabiosa* spp. (Mixed Scabiosa) P Auckland
75. *Sisyrinchium striatum* (Satin Flower) P pale yellow-eyed fls
Katikati
76. *Solanum lycopersicum* (Tomato ‘Yellow Pear’) A Auckland
77. *Solanum lycopersicum* (Tomato ‘Red Pear’) A Auckland

78. *Solidago canadensis* (**Golden Rod**) P Tall variety
79. *Stachys byzantine* (**Lamb's Ear**) P mdcnl Katikati
80. *Stevia rebaudiana* (**Stevia**) P ht 1m tiny white fls
culinary
81. *Tagetes lemmonii* (**Mexican Marigold**) A ht up to 1.5m, full sun.
used as a dye plant, and a nematode repellent. Feilding
82. *Tagetes patula* (**French Marigold Mix**) A Auckland
83. *Tanacetum parthenium* (**Feverfew**) P daisy type fls, bush to 50cm
high, full sun, used to treat fever and headaches
84. *Tanacetum vulgare* (**Tansy**) P Waiheke
85. *Taraxacum officinale* (**Common Dandelion**) A Waiheke
86. *Trifolium pratense* (**Red Clover**) P edible mdcnl Katikati
87. *Trifolium repens* (**White Clover**) P edible crop plant
88. *Verbascum thapsus* (**Woolly Mullein**) A tall yellow fls spike, lg
grey leaves, exc for lungs
89. *Verbena spp.* (**Vervain**)
90. *Zinnia spp.* (**Zinnia**) unlabelled



HOW TO ORDER SEED

Seed is available to all members of the Herb Federation for free. Herb society secretaries could circulate this list to members and send us one joint order per society. We are perfectly happy to send out individual orders as well.

Seeds will be sent out as soon as possible after receiving your order. Orders before Christmas are preferred but can be sent through at anytime during the year.

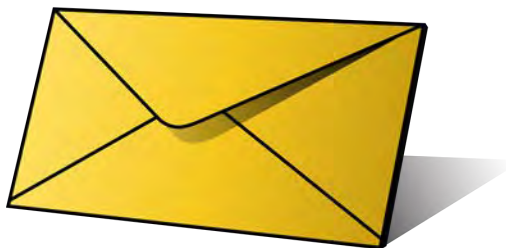
Send a stamped and addressed envelope – **NO LARGER** than 120mm by 235mm (normal business size envelopes). Send two maximum size envelopes if your order is more than 20 seed lots. There is no longer an overseas members seed sending service due to increasing biosecurity regulations around the world.



Please could everybody **include a phone number or email address** for a cheaper and more efficient form of contact, in case of queries.

Fill in your order form (see following page) and send all to (**NOTE NEW ADDRESS**):

Ella Flack
2 Hill Road
Bay View
Napier 4104



SEED ORDER FORM

Circle appropriate numbers, and post to above address.

Name:

Email/Tel:

Delivery Address:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

19 20 21 22 23 24 25 26 27 28 29 30 31 32 33

34 35 36 37 38 39 40 41 42 43 44 45 46 47 48

49 50 51 52 53 54 55 56 57 58 59 60 61 62 63

64 65 66 67 68 69 70 71 72 73 74 75 76 77 78

79 80 81 82 83 84 85 86 87 88 89 90

Society News

Auckland Herb Society

Kelli-Jo Walker from Forage and Ferment spoke to the Auckland Herb Group about ancient foods for a modern gut. She showed us how to make powerhouse ferments infused with wild edibles and healing herbs, fermenting naturally in small batches, and bursting with diverse living bacteria (probiotics) for good gut health. In her words, fermented foods are one of the most important additions we can make to our diet. Probiotics populate our body's engine room with good bacteria which help digest food, assist in the availability of nutrients and stimulate immune responses, helping fight illness and prevent disease. Fermented foods are full of fibre, vitamin A, C, K and B vitamins, and a great source of iron, calcium and magnesium. Her krauts included dandelion, juniper berries, marigold petals, coriander seeds, etc. A most informative demo.

Jane Carden

Savoury Herb Tart Crust with Semolina and Olive Oil

By Minette Tonoli, Auckland Herb Society, North Shore Group

I was supposed to make a roast vegetable salad according to my weekly menu plan, but it was a cold autumn evening, and I felt like something a bit more indulgent. The idea of a tart sounded wonderful, but I ran into a problem when I realised I had no butter, so I experimented and came up with a delightfully easy tart shell made with what I had on hand: rosemary, olive oil and semolina. Once it was blind baked, I added a layer of spinach and topped it with roast butternut squash and roast beetroot. Sprinkled with feta cheese and a drizzle of balsamic reduction, it was just perfect!

- 100g all-purpose flour
- 150g semolina flour
- 1 teaspoon fine sea salt
- 2 good-sized sprigs rosemary, leaves chopped (use more or fewer herbs depending on how strong a herb flavour you are after. You can use sage or thyme, or a combination of other savoury herbs too.)
- 60 ml olive oil
- 120 ml cold water

1. Preheat oven to 175°C. Grease a pie tin and set aside.
2. Combine flours and salt with herbs in a stand blender and pulse to combine.
3. Add the olive oil and cold water and mix lightly until the dough comes together in a ball.
4. Roll the dough out between two sheets of non-stick parchment paper to the desired thickness for your tart crust.
5. Lay the crust carefully in your greased tin and trim the edges. Prick the pie base with a fork a couple of times.
6. Blind bake for about 15 minutes until golden. Cool and fill with your desired filling and bake for a further 30–40 minutes.



Canterbury Herb Society

June 10th 1968 – the first official meeting of our society; in fact, the first meeting of the first herb society in New Zealand. Fifty years. It seems so long ago. Sadly, none of our original members are still here, but we gathered to celebrate their legacy – the result of their enthusiasm, their hard work and great delight in reintroducing society members to the



knowledge and use of herbs. We held 'High Morning Tea'. Most of us wore something reminiscent of past times and all of us delighted in the wonderful

array of dainty, delicious food beautifully presented on tiered plates on a table spread with an embroidered cloth and set with old bone china cups, saucers and plates and serviettes. We all tried to be 'ladies'!

Our thanks to Heather, Janet and Colleen (pictured) who went to so much trouble to make this a very special event for us all.

Rona McNeill

Kapiti Herb Society

An extract from Kapiti Herb Society's newsletter, *The Bay Tree*, June 2018

Marshmallow

Althaea officinalis is the botanical name for marshmallow, which is also known as mortification root, sweet weed, wymote, marsh malice and mesh malice. It is a hardy herbaceous perennial of the Malvaceae (mallow) family.

The generic name *Althaea* comes from the Latin 'Althea' meaning 'I cure'. It could be the Althea that Hippocrates recommended so highly for healing wounds. The Romans considered it a delicious vegetable and used it in barley soup and in stuffing for suckling pigs. In the Renaissance era the herbalists used marshmallow to cure sore throats, stomach troubles and toothache. The soft, sweet marshmallow that we know and love today was originally made with the root of this herb and has been used continuously for at least 2000 years throughout ancient Egypt, Arabia, as well as Greek and Roman cultures.

Cultivation: Marshmallow grows to a height of 60–120cm and has a spread of about 60cm. The tear-shaped leaves are grey/green in colour and are covered all over with soft hair. The flowers range from pink through to white and have five petals which appear from late summer through until early autumn. Seeds can be sown in autumn and established plants can be divided in spring or autumn and replanted into a prepared site in the garden. Marshmallow is highly attractive to bees and is a good seaside plant. It likes full sun with a moist or moderately wet fertile soil. Cut it back after flowering to encourage new leaves.

Harvesting: Pick the flowers throughout summer as well as the leaves and use these fresh, as they don't preserve well. For use fresh or dried, dig up the roots of 2-year-old plants in autumn after the flowers and leaves have died back.

Chemical Composition: The root contains about 37 per cent starch, 35 per cent mucilage, 11 per cent pectin, flavonoids, phenolic acid, sucrose and asparagine (an amino acid). It is also very high in Vitamins A and B complex and has many minerals. The leaves have similar constituents but of a lesser amount, especially mucilage, having about 11 per cent of this component.

Therapeutic Actions: Marshmallow is a demulcent, emollient, diuretic, expectorant, antispasmodic and relaxant.

Uses: Medicinally, marshmallow is a valuable herb due to the high mucilage content of its roots. It can soothe and maybe even cure inflammation and ulceration of the stomach and small intestine, sore throats as well as pain from cystitis. An infusion of the leaves or flowers serves as a soothing gargle and an infusion of the root can be used for coughs and diarrhoea. The pulverised roots may also be used as a healing and drawing poultice, which should be applied warm to the affected area. It's a good herb to use topically for wounds, eczema, rashes and bruises. A word of caution: although marshmallow is generally considered to be a safe herb, it may adversely affect blood sugar levels due to its sucrose component; diabetics should exercise caution. Also, because it coats and protects gastric mucosa, it may affect assimilation of other medicines.

Culinary: The flowers and seeds can be added to salads as well as be dried to add to infusions. They can also be dipped in a light, sweet batter and deep-fried as fritters. Young leaves can be used in salads and also made into fritters. The roots can be boiled to soften them before being cut up thinly and fried in butter; very nice if combined with onions. The root is very easily digested so it is beneficial to those with digestive disorders who are unable to eat many foods, as it's very similar to slippery elm in that respect. The leaves can be added to oil or vinegar as well as being steamed and served as a vegetable.

Recipe for dry hands: The mucilage from the root and stem is used to soften the skin and as such is a component in some cosmetics.

Soak 25g of scraped and finely chopped root in 150 ml of cold water for 24 hours. Strain well. Add: 1 tablespoon of this decoction, 2 tablespoons ground almonds, 1 teaspoon milk, 1 teaspoon cider vinegar. Beat until well blended. Add a few drops of lavender oil then put into a small screw top jar/pot.

Mary Dwen

Society Contacts

North Island

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AHS Central Night Group

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AHS Central Day Group

Contact: Nada Allen – ph 09 837 7904; Jan Ravlich – ph 09 378 6685

AHS Glen Eden Group

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AHS Counties Manakau Group

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AHS Howick Group

Contact: Pam Taylor – ph 09 534 9379; pjtay@hotmail.co.nz

AHS North Shore Group

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Kapiti Herb Society

Contact: Carmel Wilkinson – ph 04 298 7389; email: kapitiherb@gmail.com

Katikati Herb Society

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Stratford Herb Society

President: Shonagh Hopkirk – ph 06 752 0889; email: shopkirk@gmail.com

Taupo Herb Society

Contact to be advised.

Tauranga Herb Society

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Hutt Valley Herb Society

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Heather Craw – Ph: 03 348 3831; Email: heza@xtra.co.nz

Website: www.herbs.org.nz

Facebook page: www.facebook.com/HerbFederationNZ

MEMBERSHIP APPLICATION FORM

I/We wish to apply for membership to the **Herb Federation of New Zealand Inc**
(PLEASE PRINT)

Mr/Mrs/Ms/Miss _____

Address: _____

Phone: _____ Email: _____

INDIVIDUAL	\$35.00
FAMILY (For two members) Add \$5.00 for each additional member.	\$40.00
OVERSEAS	\$40.00
DONATION	\$ _____
TOTAL ENCLOSED	\$ _____

Payment by direct credit is available. Our bank is Westpac, Account No. 03-1549-0030463-00. Please make sure you name is identified with the payment.

- Please tick if you require a receipt.
- Please tick if you want your details kept confidential. (Your name will only appear on any membership list required for official **HFNZ** business.)

Please send your application to: The Treasurer,
Herb Federation of New Zealand, PO Box 128077, Remuera, Auckland 1050

For office use

DATE: _____

RECEIPT: _____



The Aims and Objectives of the Federation

- To promote greater interest in herbs and an appreciation of the value of herbs and their safe use.
- To increase knowledge through education.
- To assist in maintaining the diversity of herb collections.
- To protect and promote the use of herbs, now and for future generations.
- To encourage accurate identification of plants and the use of botanical names.

Activities we promote include Herb Awareness Week events, establishment and maintenance of herb gardens and plant collections, seed and plant exchange, workshops and booklets on specific topics, visits to interesting gardens, nurseries and garden centres, exchange of newsletters.

Long term aims include the possibilities of a national garden and support for recognized herbal qualifications.

CONTRIBUTIONS FOR SUMMER 2018

**Herb Society members are invited to submit
contributions for the next edition of Herbnews**

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herbnews

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