

Canterbury Herb Society



Number 295

August – September 2018

PRESIDENT'S REPORT.



Hi Everybody,

Wasn't the weather in July lovely. Hard to believe it was the middle of winter. There is a red rhododendron in my front garden that is in full bloom and looks lovely. I have been busy in my garden trying to get it weeded and tidied before I go away for six weeks in August and September. Unfortunately I have not managed to get the garden at the Craft Centre finished.

We were all sad to hear that our very long time member Phyl Williams had died. She did a lot of work for the

society and always brought a lovely vase of herbs and flowers for the supper table. (*See next N/L. Ed.*)

Our June meeting went off well with a lovely "high morning tea" to celebrate 50 years of the Canterbury Herb Society. Plenty of lovely food. Even cucumber sandwiches.

In July we had fun learning about "fudge sticks" and everyone was able to make one for themselves. It is good to learn how other cultures use herbs. I found it very interesting doing the research. Some groups used small feather fans to move the smoke around and some of these fans were beautiful.

Heather

**OCTOBER 25TH ANNIVERSARY LUNCH RASPBERRY CAFÉ - TAI TAPU
FINANCIAL & LIFE MEMBERS SUBSIDISED.**

If you wish to attend please contact Janet by September 27th. –
ph. **34 86635** *leave message.* Mail– **J. Porton, PO Box 80017. Riccarton.**

Email : jporton56@yahoo.co.nz:



JUNE REPORT - THE 50 YEAR CELEBRATION PARTY:

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 re introducing society 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 (*top photo*) who went to so much trouble to make this a very special event for us all. *Ed.*

JULY MEETING REPORT:

SMUDGE STICKS -

“What ever”, we asked each other, are ‘smudge sticks’?

We were soon to find out.

Heather had researched the topic.

She had slides to show us and had brought along a pile of the right herbs, both dried and fresh, so we could each make a “smudge stick” for ourselves.



^our dried herbs^

Smudge sticks are part of ancient American Indian sacred ceremonies and still in use today to burn providing fragrance to clear negative energy from homes and from work/office spaces. Smudging can also be used to clear your own or other peoples bodily energy. To bring peace and tranquillity.

The herbs most commonly used are sage, lavender, cedar and other fragrant



herbs either dry or fresh. White sage, known sometimes as ‘sacred sage’ is a preference but any sage is fine. The herbs are bundled together and tied tightly to form a ‘stick’, then, holding one end, light the other end with a match and wave the stick as you walk clockwise around the person, space, you wish to cleanse. It is usual to carry a dish of salt or sand in which to extinguish the stick when all is done. The sweet fragrant smoke has a wonderful soothing, lasting cleansing effect. A feather fan was/ is still used to fan the smoke .

^Our fudge sticks. We made them!

HERB OF THE DAY

WHITE SAGE: *Salvia apiana*

This is not the sage we know in our gardens. It is native to USA where it grows up to over a metre tall, and has flower spikes sprawling to around 2 metres. The leaves are up to 10cm long and are covered with dense hairs that give them a greyish-blue look as they age. The flowers are quite small, white with a slight purple tint. It is strongly aromatic with an acid sage smell. The *variety compacta* is sometimes available here. *Ed.*



AN INSPIRING HERBALIST.

An inspiring herbalist was **MARGARET ROBERTS**, born in 1937 in South Africa and who sadly passed away in March 2017. Her daughter and business partner, Sandy Roberts, continues doing her mothers work.



The renowned Margaret Roberts herbal Centre at De Wildt near Hartbeespoort was started by Margaret 40 years ago with the first herbal plantings. It is a lovely and peaceful place created to teach people about herbs and organic ways to cultivate and grow plants. It is possible to buy plants at the nursery. The herb gardens hold a lavender collection with over 30 named varieties, a collection of basil, another of oreganum and a lovely collection of rosemary.

The shop sells goods made on the premises – including cosmetics, scented ranges, peace pillows, drawer liners, pottery with a lavender theme. On open days the tea garden served visitors a variety of teas, lunches and snacks - herb bread, geranium scones, flower salads, cheese and herb quiche and cheese cakes, mostly made with the Herbal Centre's organic fresh produce. Margaret wrote very many books about herbs. One of her cookbooks is a treasured book of mine.

Although Margaret is gone, she is not forgotten and although I don't live in South Africa any longer, I made many happy memories at the Herb Centre which was not very far from north Pretoria where I grew up.

In one of the recipe books I have from her there is a lovely recipe for Fruit Cup which I would like to share with you. It reminds me of sitting on the deck of her tea shop, enjoying the lovely garden and sipping on one of her cold drinks.

To quote Margaret Roberts from her book, "Margaret Cooks with Herbs and Spices", she writes – this is the most popular of all drinks. I serve it every day in summer and everyone loves it. I give this recipe at ever talk I give and it is a favourite with young and old alike. This is the basic recipe.

from previous page:

FRUIT CUP - Margaret Roberts.

2 litres boiling water 4 cups spearmint
1 cup lemon verbena leaves
1 litre fresh, unsweetened unpreserved fruit juice.
Honey.

Pour the boiling water over the spearmint and lemon verbena.

Steep over night.

Next day pour off through a strainer and add the fruit juice. Sweeten with Honey. Refrigerate. Decorate with mint sprigs, slices of lemon etc.

Other refreshing combinations:

Bergamot and guava juice
Lavender and apple juice
Rosemary and lemon juice
Pineapple sage and pineapple juice
Lemon thyme and grape juice.



Marietjie Swart

N.B. Margaret Roberts 6 books about herbs in New Zealand which she wrote after her visit to New Zealand herb societies, are available in our library.

RECIPE FROM 50 yrs AGO.

N/L no. 6.

Eggs Kromeskis by Avice Hill

4 hard boiled eggs
6 tablespns sieved breadcrumbs 4 rashers of bacon
2 dessertspns chopped parsley salt
2 dessertspns chopped onion pepper
1 teaspn finely chopped mixed herbs



Method: shell the eggs. Mix crumbs, parsley, onions, herbs, salt, pepper. Smooth out bacon about 7ins long and spread equally with the savoury mixture. Roll an egg in each rasher. Spear with a toothpick. Place on rack in a baking tin and bake at 350o for about 20 mins., turning at half time. Serves 4.

With spring not far away are you tiring of the vegetables available at this time of the year?

Here is a recipe from a 1986 News Letter which will liven up your meals. Do try it. Delicious.

CORIANDER CAULIFLOWER & BROCCOLI

½ a head of cauliflower ¼ cup oil
few pieces of broccoli head
1 tablespoon coriander seeds
1 onion, diced
salt and pepper
1 clove garlic, crushed.



Wash and cut up vegetables, breaking the head into smaller florets. Slash stems vertically to make sure they cook as quickly as the tops. Soften onions in heated oil in a non-stick frypan.

When they are translucent scrape aside and add crushed (use end of a rolling pin in a small mixing bowl) coriander seeds, and more oil if necessary.

Have oil/coriander well heated before adding florets.

Turn well to coat evenly and allow to cook for 5 – 10 minutes or until toasted a bit.

Just before serving add salt and pepper to taste.

Another, from N/L No.4 1969 by Betty Sykes



SAVOY CABBAGE SALAD

1 savoy cabbage, 1/3 cup shelled walnuts, 1 very small onion,
3/4 cup lemon balm and parsley (equal quantities)

Shred cabbage, onion, parsley, lemon balm all finely chopped.
Grind walnuts finely and sprinkle over cabbage mixture.

Serve with dressing :

3 Tbs. sunflower oil, 3 teaspns. lemon juice, 1 level teaspn. sugar.

Heather's modern version of an old favourite:

FRUIT & SPICE BUTTER SPONGE



115 gm butter 175 gm sugar 3 eggs
2 dsp milk 175 gm flour 2 tsp baking powder
1 tsp mixed spice 1 tsp cinnamon ½ to 1 cup mixed fruit

Cream butter & sugar, add eggs one at a time. You may have to put in a spoonful of flour to stop mixture separating. Beat well.
Add dry ingredients, then milk & dry fruit.
Put into two 8cm round tins.
Cook at 175oC for about 20 mins. Cool slightly & remove from tins.
When cold put together with butter icing. Can add a small bit of sherry to the icing.

HOW IT ALL BEGAN:



HAVE YOU EVER WONDERED ABOUT OUR SYMBOL?

“One of our members, Miss Stella Russell, was studying art under the tuition of Mrs Colleen O'Connor. In a book written by Diringar, Doctor of Literature, named "The Alphabet : Key to the History of Mankind", they came across this symbol denoting "plant, vegetable, herb, dried up" which as far as the author can trace is a hieroglyphic dating back to 4000 BC.” (*News Letter No 2.*)

NOW FOR THE ORIGINAL AIMS OF OUR SOCIETY

To stimulate interest in the propagation, cultivation and identification of herbs.

To study and evaluate the culinary, medicinal and cosmetic properties of herbs.

To be aware of the complications and social implications in the misuse of herbs.

To co-operate and participate wherever possible in activities of any organisation having similar aims.

To meet in social fellowship & harmony under a common bond.

CONTACTS FOR HERB SOCIETIES IN THE CANTERBURY REGION.

NORTH CANTERBURY: Co-ordinator – Sandra Townsend, PHONE : 03 3123347

ASHBURTON HERB SOCIETY MEETS:

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

CONTACT: Pam Whiteford, 56 Harland St. Tinwald.

PHONE: 03-3073810

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.

DAY MEETING

Thursday – **August 23 at 10am**

MAKING HERB BUTTERS & SOUPS

Herb of the day: Puarangi (NZ hibiscus)

Tasting: Please bring an accompaniment of breads or buns



EVENING MEETING -

Thursday - **September 27 at 7:00pm**

HERBS OF THE BIBLE

Herb of evening: Frankincense

Tasting: Please bring something using saffron.



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

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| President: | Heather Crow | 78 Balrudry Street | Ph. 348 3831 |
| Past President: | Lois Nobbs | 113 Inwoods Close | Ph.383 0906 |
| Secretary: | Janet Porton | 4 Rata Street | Ph. 348 6635 |
| Treasurer: | Colleen Paulsen | 83 Cutts Road | Ph: 944 0628 |
| Editor: | Rona McNeill | 43b.Bowenvale Ave | Ph 332 7329 |
| N/L Distributor: | Rosalie Lyttle | 1 Heaton Street | Ph: 355 5442 |

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