



**NEWSLETTER
NUMBER 2 June/July 2020**

**IMPORTANT ANNOUNCEMENT
Coronavirus Disease – COVID 19**

General Meetings for Monday 1st June and Monday 6th July have been cancelled.

The Annual General Meeting has been postponed until further notice.

You can still renew your membership via post or EFT. You will continue to receive 'Herb Thymes' bimonthly to keep you informed of the situation.

If you require any further information, contact the President, Sandra Stuart on Ph. 84451626.

NB: Full details on Page 20

THE SA HERB SOCIETY INC. OFFICIAL PUBLICATION

THE HERB SOCIETY OF SOUTH AUSTRALIA INCORPORATED

Society Correspondence: The Secretary, P O Box 140, Fullarton, SA 5063.
Telephone contact: (08) 8445 6645 Email: herbsocietysa@gmail.com
Website – <http://www.herbsocietysa.com.au>
Facebook a Public Group, The Herb Society of South Australia

OFFICERS & COMMITTEE MEMBERS

President	Sandra Stuart	8445 1626
Vice President	Anthony Medcalf	8356 4512
Secretary	Marianne Piercy	0419 819534
Treasurer	Kath Coombs	0417 453498
Public Officer	Anthony Medcalf	8356 4512
Committee	Suzanne Uppill	8842 3596
John Thompson	Dot Rushton	

The membership year begins from 1st July this year to 30th June next. Members who have not renewed their Membership fees by the 1st October will cease to be a Member of the Society. Fees are payable to the Membership Secretary at meetings or posted to the Secretary at the Society address, or by Electronic Funds Transfer.

Bank Details: BSB 105 142, Bank SA: Account Number 537176940
Single \$12, Single Concession \$10,
Family \$17, Family Concession \$14.50,
Group \$12

The Herb Society meets on the first Monday of each month from February to December (no meeting in January). Located in the Findon Community Centre,
222 Findon Rd, Findon, at 7.30pm for an 8.00pm start.

Members can borrow newsletters and use the library, sell and purchase plants, seeds, books and other herbal items. Visitors are most welcome. Basket supper is served at the conclusion of the meeting.

Disclaimer: The information contained in “Herb Thymes” is for general interest only. The views expressed may not necessarily be those of the Editor or The Society. The Herb Society of SA Inc. accepts no responsibility for any inaccuracy or in the use of any herb/s by any individual. For the medicinal use of herbs, The Society recommends the use of a suitably qualified practitioner.

Table of Contents

RED WAX TIPPED BANANAS;	4
HERBS THROUGH HISTORY WITH SUZANNE UPPILL	5
FUMARIA OFFICINALIS	5
RECIPES:	7
HERB SUGAR	7
HERB SYRUP	7
SPICED PRICKLY PEAR JELLY.	9
LENTIL-TOMATO SOUP	11
POTATO PIE	12
HOW TO AVOID CONTAGION OF COVID 19	13
‘WHY THE CORONAVIRUS IS SO CONFUSING’	15
COVID 19	19

For the light hearted- (REF: Laughing for ever)

- My cleaner is in self isolation but she does email us a list of ‘what to do’ every day.
- Since everybody has now started washing their hands, the peanuts at the bar have lost their taste.
- They said that a mask and gloves were enough to go to the supermarket. They lied, everyone else has clothes on.
- My body has absorbed so much soap and disinfectant lately, now when I pee I clean the toilet.
- Back in the day the only time we started panic buying was when the bartender yelled "last call"



Hello Herb lovers

Covid 19 the current topic of most folk. It has affected all our lives and we've had to adapt; thus it won't come as a surprise for you to hear that the herb Society committee had their meetings on April 20th at 7:30 pm online. Present were Sandra Stewart, Anthony Medcalf, Marianne, Kath, Di, John and myself. The next meeting was set for May 18th, giving us time to include the latest changes and updates to our calendar.

This was a wonderful experience for me; it made me feel part of the team and not a fixture, isolated in Pt. Lincoln. The meeting gave me fresh enthusiasm to write this newsletter, an important link in troubled times.

Contact me on 8682 6752 or mobile 0408023524.
or at medley0246@gmail.com

Hand written letters and interesting articles cut from magazines may be sent to 12 Hamp St. Port Lincoln 5606

Next edition deadline for Herb Thymes is July 18th 2020
Happy gardening
Chris Houweling

Red Wax Tipped Bananas;

Fifteen years ago, Queensland, Innisfail banana growers Frank and Dianne Sciacca ditched fungicides, miticides, pesticides and any fertiliser that killed organisms in the soil and now grow bananas the way they were 60 years ago. To separate their bananas, they hit on the idea of tipping the ends with food grade red wax. They export to Japan

and china. REF: you will find the text version of Red Tips: The story behind the bananas with the red tips at abc.net.au

Herbs Through History with Suzanne Uppill

Shakespeare and Weeds

Shakespeare must have pulled up many weeds from his garden at New Place.

He learnt about them from the farms and fields so near his boyhood home.

‘Gentle, mad Ophelia and wild, demented King Lear cover their heads with weeds and flowers from the riverside or the fields’. This may seem strange until we understand that the wearing of wreathes and chaplets of flowers was a custom of Elizabethan times.

Garlands were a mark of joy or sorrow at weddings and funerals.

King Lear covers his wild grey hair with ‘rank fumitor’, a weed which grows in cornfields, (in England).

The word ‘rank’ in Shakespeare’s time meant luxuriant, not evil smelling.



In my garden Fumitory can become quite rampant.

Fumitor or Fumitory, (as we know it),

Fumaria officinalis

Description:
is a pretty little plant with a creeping habit and is quite easy to pull up.

It grows to 90cm, a climbing plant with lacy leaves and spike-like sprays of white or pinkish tubular flowers.

Distribution:

Fumitory is native to Eurasia, Africa and have been introduced to Australia and the Americas.

In my garden it grows wild in winter and dies off when the weather heats up.

Properties:

Anodyne - Astringent - Bitter - Cholagogue - Depurative - Digestive - Diuretic -Hepatic - Laxative - Sedative - Skin Tonic - Stomachic - Vermifuge

Constituents: Alkaloids – Bitter Principles – Tannic Acid –Fumaric Acid – Mucilage – Resin –and Potassium.

Parts Used: Aerial Parts

Uses: Medicinal – Acne – Liver – Eczema

Traditional Medicine uses of fumitory are as a skin treatment for eczema and other eruptions of the skin.

The herb is taken as a tea for indigestion and can be supportive in treating gallbladder and liver conditions.

Editor I'd never heard of Cholagogue pronounced **Koh**-luh-gawg so looked it up.

The cholagogues stimulate the release and secretion of bile from the gall bladder. They also have a laxative effect on the digestive system since they increase the amount of bile in the duodenum and bile is the most internally produced, all natural laxative. Some examples are Aloe, Dandelion, Ginger Peppermint and olive.

adjective – cholagogic

REF: ndhealthfacts.org

WARNING : large doses can cause diarrhoea.

King Lear: *Crown'd with rank fumitor and furrow-weed
With burdocks, hemlock, nettles, cuckoo-flowers,
Darnel and all the idle weeds that grow
In our sustaining corn.*

RECIPES:

HERB SUGAR

Rose Geranium leaves, lavender flowers, and rose petals are the old-fashioned favourites for flavouring sugar, but consider other herbs and flowers – clove pinks, mints, lemon verbena, bee balm, anise hyssop and angelica.

Dry the leaves/petals for 1 day, then layer them with either granulated or pure icing sugar in an airtight jar. Remove the herbs/flowers before using, or to create a herb sugar mixture by blitzing in a food processor until the herbs are finely ground.

HERB SYRUP

Apricots poached in fennel syrup, lemon sorbet with lavender syrup, Blueberry pancakes with lemon thyme syrup, or baba cakes with clove pink syrup are just a few ways that herb syrups can highlight foods.

Make an infusion;

Bring to the boil 3 cups water.

Remove from heat and stir in 1 cup herb leaves or edible flowers.

Cover and infuse for 30 minutes. Strain.

Return liquid to the pan and stir in 2 cups sugar. Boil for 10 minutes. Cool and Bottle.

Stored in fridge it should keep for several weeks.

Suzanne Uppill – *Toad Hall Herbs*

A special thankyou to Suzanne for sharing her special recipes and to Diana Angel from Morgan for 2 heritage recipes

Shocking pink - Delightful colour in my garden. Leaves have been nibbled by snails I've yet to track t down, but they know I will find them, I always do.



A WINTER SALAD:

Blanched or leftover cauliflower, a handful of found Baby Sun Rose leaves a few early fresh peas or frozen, good olive oil, salt, lemon juice. Toss together and leave in fridge for approximately one hour. Toss again before serving. If you like a few olives can be used as a garnish, but may require extra lemon juice.

NB I don't know why but never use vinegar with cauliflower salads as it

reacts. Always use fresh lemon juice instead. *

Aptenia cordifolia is a species of succulent plant in the iceplant family known by the common names heartleaf iceplant and baby sun rose. Available from nurseries:

*the answer to Diana's question

When certain fruits and vegetables are cut, the exposure of the flesh to oxygen results in enzymatic browning.

It is the ascorbic acid, in lemon juice, acting as an anti-oxidant that prevent the oxidation and discolouration.

Both lemon juice and vinegar are weak acids, that can be used for various purposes including an addition in foods.

The pH of lemon and vinegar

pH is the term used to explain the acidity and basicity of any substance. pH is measured on a scale of 1-14. Where 7 serves as neutral. Those with low pH are acidic substances whereas the ones with higher pH are basic substances. Lemon and vinegar both are acidic in nature with pH between 2-3 for lemons and 3-4 for vinegar. Both of these acids turn the universal indicator red, proving their acidic nature. Lemons contain two acids- citric acid which is a weak acid and ascorbic acid which is generally known by the name vitamin C. Vinegar is acetic acid which itself is a member of weak acids family.

Citric acid has more efficiency to liberate hydrogen ions leading to the higher strength of citric acid than that of acetic acid. Lemon juice is stronger in comparison to an acidic measure of vinegar, it acts as a better cleaning agent than vinegar.

Vinegar is a weaker acid than lemon juice, but it possesses a longer duration of life than that of lemons. Moreover, it is easy to store. The problem with lemon juice is that with increment in time, lemon juice can deteriorate. The use of vinegar also reduces the chances of any sticky leftovers, as in the case of lemons. REF:

<https://www.torquesjal.com/lemon-juice-and-vinegar/>

SPICED PRICKLY PEAR JELLY.

Wearing gloves and a heavy plastic apron pick almost one bucket load of ripe Prickly-Pear (Cactus Fruit).

Have ready a wooden board, a knife, a desert spoon and a second bucket for the skins, also a clean large bowl.

Cut in half lengthwise and spoon out fruit, including pips, into the bowl and discard the skins.

You need the pulp of 2K Prickly-Pears (weighed before peeling). Crush with a potato masher and add a small handful of Aniseeds + 600 g of chopped Granny Smith apples and 1 L of water. Bring slowly to the boil then simmer for approximately 30 minutes till all the fruit is soft and pulpy. Pour into one large or two medium jelly bags and leave to drip into a large bowl overnight. Then measure liquid. *You may prefer to halve the amount above as jelly boils up very high.*

- Allow 500 g of sugar per 500 mls of liquid plus one packet of Jamsetta and also 500 mls of white vinegar per 500 mls of (fruit) liquid.
- In a piece of muslin tie up one or 2 teaspoons allspice berries, two or three jalapeño chilies or similar, a bare teaspoon of chilli powder and 2 more teaspoons of Aniseed.
- Put all ingredients in a jam pan and stir until sugar dissolves.
- Bring to boil and boil until setting point approximately 25 minutes.
- Pour into hot jars and seal.

Use with hot or cold meats, sausages, chops et cetera or vegetables or cheese.

Prickly pears (Genus *Opuntia*) include a number of plant species that were introduced and have become invasive in Australia.

Prickly pears (mostly *Opuntia stricta*) were imported into Australia in the 19th century for use as a natural agricultural fence and in an attempt to establish a cochineal dye industry. Many of these, especially the Tiger Pear, quickly became widespread, an invasive species, rendering 40,000 km² of farming land unproductive.

The moth *Cactoblastis cactorum* from South America, whose larvae eat prickly pear, was introduced in 1925 and almost wiped out the population. This case is often cited as an example of successful biological pest control. Plants of Prickly Pear can still be seen along roadsides but they are no longer a serious environmental threat. It is hard to imagine today, but by the 1920s there were 24,250,000 hectares. REF: anpsa.org.au



LENTIL-TOMATO SOUP

This is a tasty and nutritious soup, high in protein, that does not take long to make and tastes as though it took all day. (6servings.)

200g dried lentils (continental)
500ml water
1 onion, chopped
4 carrots, chopped
2 stalks celery, chopped
Dry white wine (optional)
Parsley, chopped
Garlic, chopped and lightly crushed

Salt
Black pepper, freshly ground
Thyme
Dill
Tarragon
150g-175g tomato paste/concentrate

Pick over the lentils to ensure no small stones, then rinse thoroughly.

Put the first 5 ingredients in a large pot and simmer gently for about three hours, replenishing the water as needed. Try adding a little dry white wine towards the end, if you have a taste for it.

Add small amounts of the herbs, spices and garlic, tasting to achieve the right mix for you.

Finally, stir in the tomato paste and let it all heat through.

Acknowledgement / Source: “The Vegetarian Epicure” Anna Thomas

POTATO PIE

If you decide to serve one vegetable with a meal, potatoes with marjoram are quite substantial.

450g potatoes, peeled and sliced thinly

4 shallots, finely sliced

Breadcrumbs, buttered

2 tablespoons marjoram leaves

125g butter

Salt & freshly ground Black pepper.

In a buttered pie-dish, place in layers the potatoes, marjoram leaves, pieces of butter and shallot slices, and sprinklings of pepper and salt. Top with buttered breadcrumbs and cook slowly in a medium oven, about one hour.

Acknowledgement / Source: “The Penguin Book of Herbs and Spices” Rosemary Hemphill

Last two recipes, winter favourites submitted by Jim Mitchell.

All the links and information below comes from the Presidents current newsletter of the Herb Federation of NZ.

Normally I wouldn't include so many web links and information but we are living in unusual times.

I learnt much from the first article on covid 19 protection. editor

HOW TO AVOID CONTAGION OF COVID 19

released by John Hopkins University;

* The virus is not a living organism, but a protein molecule (DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular, nasal or buccal mucosa, changes their genetic code (mutation) and convert them into aggressor and multiplier cells.

* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The disintegration time depends on the temperature, humidity and type of material where it lies.

* The virus is very fragile; the only thing that protects it is a thin outer layer of fat. That is why any soap or detergent is the best remedy, because the foam CUTS the FAT (that is why you have to rub so much: for 20 seconds or more, to make a lot of foam). By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

* HEAT melts fat; this is why it is so good to use water above 25 degrees Celsius for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.

* Alcohol or any mixture with alcohol over 65% DISSOLVES ANY FAT, especially the external lipid layer of the virus.

* Any mix with 1part bleach and 5 parts water directly dissolves the protein, breaks it down from the inside.

* Oxygenated water helps long after soap, alcohol and chlorine, because peroxide dissolves the virus protein, but you have to use it pure and it hurts your skin. * NO BACTERICIDE SERVES. The virus is not a living organism like bacteria; they cannot kill what is not alive with antibiotics, but quickly disintegrate its structure with everything said.

* NEVER shake used or unused clothing, sheets or cloth. While it is glued to a porous surface, it is very inert and disintegrates only between 3 hours (fabric and porous), 4 hours (copper, because it is naturally antiseptic; and wood, because it removes all the moisture and does not let it peel off and disintegrates), 24 hours (cardboard), 42 hours (metal) and 72 hours (plastic). But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

* The virus molecules remain very stable in external cold, or artificial as air conditioners in houses and cars. They also need moisture to stay stable, and especially darkness. Therefore, dehumidified, dry, warm and bright environments will degrade it faster.

* UV LIGHT on any object that may contain it breaks down the virus protein. For example, to disinfect and reuse a mask is perfect. Be careful, it also breaks down collagen (which is protein) in the skin, eventually causing wrinkles and skin cancer.

* The virus CANNOT go through healthy skin.

* Vinegar is NOT useful because it does not break down the protective layer of fat.

* NO SPIRITS, NOR VODKA, serve. The strongest vodka is 40% alcohol, and you need 65%.

* LISTERINE IF IT SERVES! It is 65% alcohol. * The more confined the space, the more concentration of the virus there can be. The more open or naturally ventilated, the less. * This is super said, but you have to wash your hands before and after touching mucosa, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, etc. And when using the bathroom.

* You have to HUMIDIFY HANDS DRY from so much washing them, because the molecules can hide in the micro cracks. The thicker the moisturizer, the better.

* Also keep your NAILS SHORT so that the virus does not hide there.

‘WHY THE CORONAVIRUS IS SO CONFUSING’

From the article written by Ed Yong and published in ‘The Atlantic’ (this newspaper is 160 years old).

<https://www.theatlantic.com/health/archive/2020/04/>

Yong clarifies some of the issues, sorting out the facts from the hearsay. It’s a long article, so you might like to make a cuppa and discern what know and what you don’t... Some key points include:

“There isn’t just one coronavirus. Besides SARS-CoV-2, six others are known to infect humans—four are mild and common, causing a third of colds, while two are rare but severe, causing MERS and the original SARS. But scientists have also identified about 500 other coronaviruses among China’s many bat species.

“There will be many more—I think it’s safe to say tens of thousands,” says Peter Daszak of the EcoHealth Alliance, who has led that work. Laboratory experiments show that some of these new viruses could potentially infect humans. SARS-CoV- 2 likely came from a bat, too...”

“In a pandemic characterized by extreme uncertainty, one of the few things experts know for sure is the identity of the pathogen responsible: a virus called SARS-CoV-2 that is closely related to the original SARS virus. Both are members of the coronavirus family, which is entirely distinct from the family that includes influenza viruses...”

“SARS-CoV-2 is the virus. COVID-19 is the disease that it causes. The two aren’t the same. The disease arises from a combination of the virus and the person it infects, and the society that person belongs to. Some people who become infected never show any symptoms; others become so ill that they need ventilators. Early Chinese data suggested that severe and fatal illness occurs mostly in the elderly, but in the U.S. (and especially in the South), many middle- aged adults have been hospitalized, perhaps because they are more likely to have other chronic illnesses. The virus might vary little around the world, but the disease varies a lot.”

“The variability of COVID-19 is also perplexing doctors. The disease seems to wreak havoc not only on lungs and airways, but also on hearts, blood vessels, kidneys, guts, and nervous systems. It’s not clear if the virus is directly attacking these organs, if the damage stems from a body wide overreaction of the immune system, if other organs are suffering from the side effects of treatments, or if they are failing due to prolonged stays on ventilators.”

Regarding ‘misinformation’, they remind us that:

“It does not help that online information channels are heavily personalized and politicized, governed by algorithms that reward certain and extreme claims over correct but nuanced ones.

On Twitter, false information spreads further than true information, and at six times the speed.”

It’s a long article, including facts and good journalism. There is information being discovered daily and by the time you read this, there may well be even more. It advises us to be discerning with what we ‘believe’ ... gives us clear insights, as to how we could prepare for this; from a herbal and nutritional perspective.

Now an article compiled and translated by John Chen to inform readers how COVID-19, the 2019 novel coronavirus, is currently treated in China. For full details go to web site

(https://www.elotus.org/article/medical-records-young-and-brave-female-traditional-chinese-medicine-tcm-doctor-fighting-covi?fbclid=IwAR1nIIga9Z5S-vaX2EDqMsQleOZ5StrS7-SGfpJZJfbenOi_4Vf-PulE8Pk)

John Chen uses the research of a Traditional Chinese Medicine (TCM) doctor on Fighting the COVID-19 working in an Integrative TCM and Western medicine hospital.

‘Throughout the entire treatment process, regardless of which formula was used, Ma Huang (Herba Ephedrae) was found to be an essential adjunct to treatment. Initially, there was a great deal of dispute regarding the use of Ma Huang (Herba Ephedrae), but those debates were quickly put to rest when we saw how effective it was’.

(editor although I read the article more than once I could not single out the doctors name, it was if it was a team effort. Article is complex but worth taking time to read).

The last link and it is not connected to the dreaded virus; is to a research paper ‘Herbal plants and plant preparations as remedial approach for viral diseases’ from the web site of US National library of Medicine and National Institute of health.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4663710/?fbclid=IwAR2xSUlzDIZUvZbl0>

HxiEqjVIEuUh-mV6AzIeWbK4KHA4Tfv_rZSe3fcccE –

In their conclusion, they state that “A substantial number of plant extracts and phytochemicals have been explored for antiviral property. Herbal preparations owing to their holistic approach strengthen the body’s immune system, which in turn may help the body fight against invading infectious viruses.” These are points which I’m sure will resonate well with you.

Some of the herbs which have been indicated as potential treatments and are available to us are:

Bupleurum falcatum seeds are readily available in australia,

Hypericum perforatum (St John’s wort),

Usnea A trailing lichen found in the rainforest canopy on the

Lamington Plateau in Queensland.

Sambucus nigra (elder),

Scutellaria baicalensis (Baical skullcap),

Allium sativum (garlic),

Actium lappa (burdock), and

Zingiber officinalis (ginger).

Covid 19

Time hangs in the air
and there's plenty to spare
to read that special book
sew clean or cook
garden to trim prune
beds to dig fine tune

suns warmth a consolation
to enjoy in self isolation
life of events to inspect
wonder ponder and reflect
how the world once was
how the world now is

changes in communication
connecting distant locations
lower clearer air pollution
all searching for solutions
I ponder sigh and shrug
reach out touch and hug

Chris Houweling

IMPORTANT ANNOUNCEMENT

Coronavirus Disease
(COVID- 19)

Due to the unprecedented situation with Coronavirus, the Committee has decided to further suspend Herb Society activities until August 2020. The situation will be reviewed prior to the General Meeting on Monday 3rd August.

General Meetings to be held on
Monday 1st June and Monday 6th July have been cancelled.

The Annual General Meeting has been postponed until further notice.

You can still renew your membership via post or EFT. We will extend the membership for current members until October 2020.

You will continue to receive 'Herb Thymes' bimonthly to keep you informed of the situation. If you require any further information you can contact the President, Sandra Stuart on Ph. 08 84451626.

We look forward to seeing you when the situation has improved. In the meantime, spend some time in the garden and keep in touch with each other (there's still the phone, internet, Facebook or even a friendly visit)

Best Wishes

The Herb Society of SA Committee