



**NEWSLETTER
NUMBER 2
April/May 2020**



VALERIAN
Valeriana officinalis

**OFFICIAL PUBLICATION OF
THE HERB SOCIETY OF
SOUTH AUSTRALIA
INCORPORATED**

THE HERB SOCIETY OF SOUTH AUSTRALIA INCORPORATED

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OFFICERS & COMMITTEE MEMBERS

President	Sandra Stuart
Vice President	Anthony Medcalf
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Treasurer	Kath Coombs
Public Officer	Anthony Medcalf
Committee	Suzanne Uppill
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.

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2020 VICTORIAN HERB CONFERENCE (HSOV)

Conference –
Friday 9th to Sunday 11th October

Day Tours – Monday to Friday 16th
October. (see page 7)



Hello Herb lovers

Writing any plan takes dedication and ‘skill’ when knowing full well, it’s subject to weather, tide and man.

Any plan can and may easily fall apart, but if that ‘skill’ kicks in, you may, can even produce a better plan.

However, when I discovered that I hadn’t saved my nearly completed Herb Thymes newsletter, I was devastated, all that time, effort wasted. But there was nothing I could do but ‘hang all that philosophy’ and write this edition of Herb Thymes but once again! Smile and enjoy.

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 May 18th 2020

Happy gardening
Chris Houweling

MEMBERSHIP RENEWAL 2020/2021

Yes it’s time for current Herb Society Members to renew their membership. Fees remain unchanged. Members will receive a renewal form for the next financial year in this edition of ‘Herb Thymes’. Your current membership status is displayed on the envelope. Membership fees are due to be paid by the 30th of June

2020. You must be a financial Member to vote at the AGM in July and to have a stall at Herb Day. Payment can be made at the General Meeting in cash or posted to the Society address, either cheque or Electronic Funds Transfer (EFT). Banking details for EFT are as follows:

Bank SA:
BSP number 105-142,
Account number 537 176 940.

Please ensure that your name is documented on the transfer as without it we won't know whom the money came from.

HERB SOCIETY COMMITTEE NOMINATIONS

Nominations for Office Bearers and General Committee Members are now open. Please give consideration to joining the Committee. Nomination forms must be returned to The Returning Officer at our meetings or posted to the Herb Society by Monday, the 8th of June 2020.

HERB DAY STALLS.

An application form for a stall at Herb Day is included in this edition of 'Herb Thymes'. Completed forms must return to the Society no later than Monday the 5th of October, 2020.

Anthony Medcalf

What Ever Happened To Rosemary?

I was reading through the February edition of 'The Senior' newspaper and noticed an article on rosemary in the Gardening section. Now many who know me may think that I'm too young to be reading this publication but this newspaper has some interesting information on holidays/travel that I enjoy. It's also available free at the community centre where we have our meetings.

Rosemary, *Rosmarinus officinalis*, has had a name change. For over two hundred years, rosemary was thought to be sufficiently different to warrant it being put in its own genera. Now, the Royal Horticultural Society in Britain has deemed that it is indeed a *salvia*.

Now, many would think that this is strange. Most *salvias* have squarish stems that are quite brittle and have rather attractive flowers with copious amounts of nectar. Rosemary can be a small to large shrub with woody stems that are very pliable when young and have fragrant, needle-like leaves. The flowers, while pretty, are very small and don't resemble a *salvia* flower very much at all.

The plant will now be known as *Salvia rosmarinus*. No doubt many will still refer to its original botanical name due to the fact that all the botanical/gardening publications around will still have it listed by its old name.

Anthony Medcalf

References:

The Senior (newspaper)

article by Maureen Lucas

Sage, Queensland Herb Society

Wikipedi

The Herb Society of Victoria presents the
2020 VICTORIAN HERB CONFERENCE OCTOBER (HSOV)

Burnley Campus of Melbourne University (was Burnley
Horticultural College).

DATES:

Conference - Friday 9th to Sunday 11th October 2020
Day Tours – Monday to Friday 16th October

Melbourne has a huge pool of presenters to draw upon, and within a short drive, many diverse Herb and Garden attractions. The HSOV has drawn upon these and offers several options, from which you can mix and choose to best suit yourself but are hoping you will take, all the options that are offered.

The Herb Conference is still in the planning stage, but the speakers, day trips and venue for welcome dinner will be confirmed shortly. The HSOV warmly invites you all to the next Herb Conference and to explore our multi-faceted attractions.

OVERVIEW/PROGRAMME:

Friday 9th October – Welcome Dinner
Location TBC (We plan to keep this very reasonably priced).

Saturday and Sunday 10th and 11th October – Herb Conference, workshops and market stalls.

Monday 12th to Friday 16th October – Day Tours from Melbourne to herb and garden places of interest.

Saturday 10 October 2019

4 Presentations and 1 workshop

8.30 Open and Registration 9.00 to 9.30 – Introduction, Welcome and Housekeeping. 9.30 – Presentation 10.30 – Morning Tea 11.00 – Presentation 12.00 – Lunch 1.15 – Presentation 2.15 – Workshop or Garden Tour 3.00 – Arvo Tea 3.30 – Presentation 4.30 – Wrap up and announcements for next day

Sunday 11 October 2019

4 Presentations and 1 workshop 9.00 – Open 9.30 – Presentation 10.30 – Morning Tea 11.00 – Presentation 12.00 – Lunch 1.15 – Presentation 2.15 – Workshop or Garden Tour 3.00 – Arvo Tea 3.30 – Presentation 4.30 – Close and Thankyou

LOCATION:

Burnley Campus of University of Melbourne and Burnley Gardens. 500 Yarra Blvd, Richmond VIC 3121

Public Transport – best PT access is via number 70 Tram from Flinders St in the city and approx. 5 min walk to the campus buildings.

There is Car Parking available on Campus and on Yarra Boulevard.

ACCOMMODATION:

We are sourcing the best price accommodation close to Burnley Gardens for those who are driving or more central and close to the number 70 Tram for those coming in by plane or not driving.

CONFERENCE PROGRAM:

Penny Woodward, (HSOV patron) is confirmed for 2 presentations and will have her books for sale, including the recent and superb collaboration on Tomatoes.

Other Speakers are yet to be confirmed, but planned topics include the areas of Indigenous herbs, Herbs, Chinese TCM herbs for home gardens, North American Indian Herbs and Herbs for Health to name a few.



DAY TOURS: Monday 12th to Friday 16th October

Bus trips with day tours from Melbourne to herb and garden places of interest. The day tours will be confirmed shortly.

At this stage, the regions are:

1. Dandenong Hills region
2. Daylesford region
3. Melbourne region
4. Southern region
5. Macedon Hills region

More information coming shortly.

Happy Herbing and Warmest Regards,

Meridith Hutchinson

President Herb Society of Victoria 0419 311 883



VALERIAN

Valeriana officinalis

Description:

Glabrous perennial 20 – 150cm tall, aromatic root-stock. Stems lightly grooved. Leaves pinnate to 20cm long, leaflets either entire or toothed, lanceolate. Flowers white or pinkish, small in terminal inflorescence appearing midsummer to early autumn.

Distribution:

There are more than 200 varieties, which grow in Britain, Northern **Europe**, China, and South and North America.

Propagation:

Division of root-stock in spring or autumn, or from seed sown in spring or summer. Any average, well drained soil. Full sun to partial afternoon shade. Frost tolerant. Extremely cold hardy, even in harsh winter climates. Plants die back to the ground in winter and re-emerge in spring.

Companions:

Cosmos, Agastache and Catnip. Often paired with low, mound-forming herbs and flowers. Valerian can stand 1.5 meters (5ft) tall when it is in full bloom.

Harvesting:

Dig roots in fall or early spring and dry outdoors, because they release an unpleasant smell as they dry. Store in airtight container.

Dried valerian roots are used to make a bedtime tea that promotes sleep. They are also much loved by cats and dogs.

Uses:

Promotes phosphorus activity, attracts earthworms. Will break up colds. Powerful preventative of fermentation and gas. Promotes sleep. Used as a tea, do not boil, just soak 12-24 hours.

REF: Eden Seeds, Herbs and Herbalism – Malcom Stuart.

PHY906 - An Ancient Chinese Remedy

During the 1990s, Yung - Chi Cheng, a pharmacology professor at Yale School of medicine. noted that many cancer patients stopped chemotherapy because of its side-effects, including diarrhoea and severe nausea. Patients who completed the full course of chemotherapy tended to live the longest, so curbing the side effects, Cheng reasoned, could increase life expectancy. He also knew that Chinese medicine had many herbal treatments for diarrhoea and nausea

Swahu-Huey Liu, a colleague, fluent in classical Mandarin and expert in pharmaceutical chemistry searched the Yale library's huge collection of early Chinese medical texts. In an ancient book titled "Treaties on Cold Damage", she found on slightly wrinkled bamboo paper an 1800 year-old recipe a mixture of four herbs (**Skullcap, liquorice, peony and Chinese date**). for the treatment of "diarrhoea, abdominal pain and scorching heat in the anus".

Cheng's team experimented using different blends of the herbal formula.

Over the past 20 years they have progressed from tests on mice to patients undergoing cancer treatment, overseen by the National Cancer Institute. As Cheng had hoped almost all the patients who took the herbal formula experience relief from nausea and other gastrointestinal distress, but something else happened. The tumour shrunk faster than those of patients who had not taken the herbal formula. It was an unexpected result that needed to be explored. The formula is called PHY906.

Peikwen 43, A Stanford University graduate with a MBA joined his father Cheng to form a company to market PHY906 and develop other herbal drugs.

To date PHY906 has been used in 8 human trials alongside different chemotherapy drugs and radiation to treat colorectal, liver and pancreas cancers. They are hopeful that PHY906 will become the first FDA approved multi herbal drug”.

REF: The National Geographic magazine 1- 2019 Unlocking
THE EMPEROR’S MEDICINE CHEST - by Peter Gwin.
Coco Feng CX Daily (Caixin) Drugs.com

PORT LINCOLN TRIP - 20TH - 22ND SEPTEMBER 2019

On Friday 20th September a group of eight Herb Members , including one from Melbourne and another from Queensland flew to Port Lincoln.

We were met by Christine and Fred Houweling, and Heather Curtis. They drove us around for 3 days never tiring with their enthusiasm and organizing our itinerary making sure we filled every minute.

First stop was Axel Stenross Maritime Museum where we were shown a video on aspects of the fishing industry and Port Lincoln.

We were given time to explore this extensive museum packed full of fishing memorabilia.

Lunch was at Christine's home

with an array of sandwiches and fruit, after which we toured her garden with an interesting collection of herbs and plants many growing in wicking beds.

Next stop the MVF Tacoma on Lincoln Cove Marina. Here we learnt it was the first purpose built tuna boat and were shown the original way tuna was caught and had a tuna tasting.

Our evening dinner was at Heather's home, it had a wonderful view overlooking Boston Bay and was cooked by her.

Next morning it was a visit to permaculture garden of Christine Lucas with many waist high stone wick beds with a detailed description of their making. We toured her extensive garden.

We then drove to Coffin Bay for a picnic lunch at a very scenic spot, contending with the chilly wind and bull ants.

Next visit in the area was to Helen Boyer's Quirky Garden built on limestone. This garden was surprise and fun at every turn and we all enjoyed the homemade afternoon tea and hearing the background to their home. We dined at a local hotel.

Sunday morning, we headed to Porter Bay to meet Lesley Eason who took us along some of Parnkalla Walking Trail. She was a wealth of knowledge on "Useful Plants" and we learnt so much about plants used by Barnjarla Aboriginal people.

Picnic lunch was at Heather's place then a scenic drive to Lincoln National Park before heading to the airport.

Many thanks to Christine, Fred and Heather for a memorable packed trip.

Sandra Stuart

FEEDING PLANTS WITH MOLASSES:

Using molasses in organic gardening practices is nothing new. The sugar refinement process goes through three stages, each yielding a type of molasses product. Blackstrap molasses is created from the third boiling of sugar in the refinement process.

Blackstrap molasses is high in calcium, magnesium, iron and potassium. It also contains sulphur and a host of micronutrients. Using molasses as fertilizer provides plants with a quick source of energy and encourages the growth of beneficial microorganisms. Un-sulphured blackstrap molasses is commonly added to organic fertilizers to give plants the necessary carbohydrates and trace minerals that they need to be healthy. Molasses can be added to organic liquid fertilizers, compost tea, alfalfa meal tea and kelp, to name a few.

When molasses is added to organic fertilizers, it provides food for the healthy microbes in the soil. The greater amount of microbial activity in the soil, the healthier plants will be. *Add molasses at a rate of 1 to 3 tablespoons to 1 gallon(5l) of fertilizer for best results.* Molasses can also be added to water and sprayed on plant leaves or poured on the soil. When the molasses is sprayed directly on plant leaves, the nutrients and sugar are absorbed quickly, and nutrients are immediately available. *(a repeat from HT 5 2018)*

Editor's note. I've been using this recipe (with my herb or weed teas), for three months and have been thrilled with the results. I spray it around the garden with a 'Hortex' Hose sprayer set on a rate of 3 to 5 (10 to 15 mls/litre). Compost teas can be smelly and are not an exact science but are a good substitute for Seasol.

Ref.: <https://www.gardeningknowhow.com>

LEMON MERINGUE PIE – Jim Mitchell

Preparation time: 30 minutes
Cooking time: 35 minutes
Oven setting: 200-235° C / 400-450° F
175-190° C / 350-375° F

You will need:

For the pie case

175g / 6 oz. (1 ½ cups) plain flour
1 teaspoon baking powder
110g / 4 oz. butter, softened
1 egg yolk
20g / ¾ oz. (1 ½ tablespoons) castor sugar
2 teaspoons water, chilled

For the lemon filling

2 large lemons, grated and squeezed
40g / 1 ½ oz. (3 good tablespoons) cornflour
280ml / ½ pint water
2 egg yolks
80g / 3 oz. (½ scant cup) castor sugar

For the meringue topping

3 egg whites
140g / 5 oz. (¾ cup) castor sugar

Pie Case

Sift the flour, sugar and baking powder into a bowl. Rub the butter into the flour using your fingertips (or a fork), until the mixture resembles fine breadcrumbs. Mix in the egg yolk, then gradually add the cold water to make a dough. Turn the pastry onto a floured board, knead lightly, roll out and use to line an 8-inch flan ring which

has been placed on a baking sheet. Prick base with a fork and leave in a cold place for 20 minutes. Line with a piece of greaseproof paper or tin foil, and fill with baking beans (or rice). Bake in a hot oven for about 15 minutes. Remove paper/foil and baking beans.

Lemon Filling

Put the grated lemon rind and juice in a saucepan with the cornflour; add two tablespoons of the water and blend until smooth. Boil the remaining water and pour onto cornflour mixture. Bring the mixture in the pan to the boil and simmer for 3 minutes until thick. Remove from heat and add egg yolks and sugar. Cool slightly then spoon into pie case.

Meringue

Whisk egg whites until they form soft peaks. Add sugar a teaspoon at a time, whisking well after each addition. Pipe or spoon meringue over lemon filling. Bake in a moderate oven for 15 minutes. *Serves 4-6.*

‘A GLUT OF ZUCCHINIS?’ Suzanne Uppill

If so, these recipes, with the added herbs look very tasty.

Slice small zucchini thinly and add to your favourite Italian tomato and meat sauce or try some of the following recipes...

ZUCCHINI WITH GARLIC AND TOMATO

500 – 750 g zucchini

60 – 90ml olive oil

3 – 4 cloves garlic – finely chopped

2 – 3 tomatoes – peeled and chopped

Salt and freshly ground pepper

Slice zucchini into ½ cm rounds. Heat oil in a large frying pan. Add garlic and zucchini and stir fry over medium heat for 4-5 minutes..

The zucchini should colour quite a bit. Add tomatoes, salt and pepper, increase heat

if necessary and stir fry for another 3-4 minutes until tomatoes are heated thoroughly.

DO NOT overcook – the zucchinis should be crisp and the tomatoes very fresh tasting.

Serve at once.

ZUCCHINI WITH PINE NUTS AND CURRANTS

500g firm zucchini

30ml olive oil

2 spring onions, chopped

1 tablespoon pine nuts

2 tablespoons currants

1 tablespoon chopped fresh mint

Salt and pepper

Grate zucchini on the largest holes of a grater,

or slice wafer thin on a mandoline or food processor.

Heat oil in a frying pan, add zucchini and all the other ingredients and stir fry for 3-4 minutes, until thoroughly heated through and just cooked.

Serve at once.

Suzanne Uppill – *Toad Hall Herbs*

UPDATE ON SOAPWORT:

I found substituting soapwort for dish washing liquid in the recipe for

All-purpose cleaning solution very successful.

1 litre water, 200ml vinegar, 40ml detergent, 40ml eucalyptus oil or 200ml of soapwort tea, 2 dessertspoons washing soda.

Chris Houweling.

SOYA SAUCE TRAPS FOR EARWIGS AND ANTS.

Take some empty butter or cream tubs and cut some small holes/vents, about a ¼ of an inch around the top. Put several tablespoons of soy sauce in the tub and cover with vegetable oil.

Plant in the soil so the holes/vents are just above soil level.

Place around the garden where necessary, such as in pots, under shrubs wherever you spot the critters. It may take a day or two for results but it's the worth the wait!

MEETINGS GENERAL OUTLINE.

A concise outline of points of interest to those who did not attend the following meetings. The full minutes are available at General meetings.

COMMITTEE MEETING HELD 18/11/19

TRIPS: St. Bede's Community Garden next year to be confirmed.

GENERAL BUSINESS:

- Suggested that plants to be put on tables as we have an ageing population.
- Garden Clubs Australia: Sandy Creek get together on eighth of November. Sandra and Di attended.
- John has updated the website with next year's dates.
- Greenacres Community Childcare: Sandra visited to discuss garden possibilities.
 - Suggested several small beds for herbs and vegies.

- Recommended writing to the Herb Society for financial support.

COMMITTEE MEETING HELD 20/1/20

BUSINESS ARISING:

John to link other herb groups to the website.

SPEAKERS' PANEL:

- February – Member's night with garden walk and discussion of garden survival tactics. Shared cuttings.
- March – Peter Hemmings.
- April – Tim Walsh

GENERAL BUSINESS:

- Seven members attended Robin Mackenzie's funeral on 6th January. Sandra arranged for an arrangement of native flowers for Ina from the Herb Society.
- Sandra sent a bouquet of flowers from the Herb Society for Jean Briggs on her 90th birthday.
- With the loss of the school garden, Bria Noone has resigned from Woodville High School.
-

MINUTES OF THE GENERAL MEETING HELD ON 3/2/320

The meeting opened with a walk in the herb garden, which was looking good after the rain. A number of the members took cuttings.

TRIP: Sunday 29th March to St. Bede's Community Garden, Semaphore Garden Shop and Sarah's Sister café.

VIDEOS: Bush Heritage and one million trees. Members present voted unanimously to give a donation to Bush heritage.

SHOW & TELL: Anthony showed various unusual mints, soapwort, perennial basil, nutmeg, pelargonium and varieties of salvias and saltbush.

CALENDAR OF EVENTS 2020:

APRIL:

- Monday 6th General Meeting 7.30pm
Speaker: Tim Walsh- Composting
- Thursday 9th 7.30pm to 9.30pm Seed Group
- 3rd-5th April Expo Wayville
- Sunday 19th Herb & Salvia Workshop Findon Community Centre
2-4pm free admission.
- Sun26th Autumn Salvia Sale Fullarton Park Centre 8.30-12noon

MAY:

- Monday 4th General Meeting 7.30pm
Speaker, Alfred Senar on Pruning roses
From Garden Group Bunnings Prospect

JUNE:

- Monday 1st General Meeting 7.30pm
Speaker: Darren or Ashley from Living Colour talking
the business of 'Plant Production'.
- Thursday June 4th 7.30pm to 9.30pm Seed Group

JULY:

- Monday 6th General Meeting 7.30pm

AUGUST:

- Monday 3rd General Meeting 7.30pm
- Thursday August 6th 7.30pm to 9.30pm Seed Group

SEPTEMBER:

- Monday 7th General meeting 7.30pm.
- Sun 13th Sept. propagating Findon 2-4pm