



**HERB THYMES**

**NEWSLETTER  
NUMBER 5 Oct./Nov. 2020**



Society Garlic - *Tulbaghia violacea*

THE SA HERB SOCIETY INC. OFFICIAL PUBLICATION

HERB SOCIETY OF SOUTH AUSTRALIA INCORPORATED

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Facebook a Public Group, The Herb Society of South Australia

OFFICERS & COMMITTEE MEMBERS

President	Sandra Stuart	
Vice President	Anthony Medcalf	
Secretary	Marianne Piercy	
Treasurer	Kath Coombs	
Public Officer	Anthony Medcalf	
Committee	Suzanne Uppill	
John Thompson	Dot Rushton	Chris Houweling

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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**TUESDAY 8TH DECEMBER.  
CHRISTMAS DINNER**

at La Vita Restaurant  
342 Grange Rd Kidman Park 6:30pm

All food will have a choice of gluten free and vegetarian .  
As we are unable to have our usual Christmas Celebration  
Members decided for this option.  
Cost to Members is \$15 per person.  
We will need names and numbers on Monday 2nd November or  
contact Sandra Stuart 84451626



Hello Herb Lovers

Due to ill health and family reasons, Suzanne Uppill will not, be organising a theme for our normal annual Christmas get together. She will be sorely missed and we hope she will be back on board next year.

A big thank you to Sandra, who as usual has taken care to ensure our vegetarians and gluten free members are catered for at our Christmas lunch.

By the way the choice of the Society Garlic for a plant profile was both an accident and a delightful surprise for me this plant is not related to garlic- so if you are, as I am intolerant of garlic and onions, this is a perfect substitute.

Do hope to see you all at the Christmas gathering on Tuesday the 8<sup>th</sup> of December.

Chris Houweling

Contact me on 8682 6752 or mobile 0408023524.

or at [medley0246@gmail.com](mailto:medley0246@gmail.com)

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

Next edition deadline for Herb Thymes is November 18<sup>th</sup> 2020.

Presidents report followed by Treasurers Income and expenditure statement, presented by Kath Coombs.

Year ending 30th June 2020

The past year has been very interesting and challenging and not quite as planned.

Spring Propagating Workshop was held at the Findon Community Centre and our visitors were happy with their take home pots of various cuttings.

The Seed Group prepared seed packets for sale at meetings, talks and Herb Day, as well as herb bags and lemon verbena tea bags.

The Salvia Garden Group had the spring sale at Fullarton Centre, with a large range of salvias, which pleased the buyers.

Herb Day in November again had perfect weather.

There were a large variety of stalls, although the numbers of buyers were down.

In September 8 members had a 3 day visit to Port Lincoln which was organised by Christine Houweling. This was a trip packed with so many interesting visits and surprises that not a minute was wasted.

A talk was given to Estia at Lockleys and they have since taken a group membership.

The monthly meetings were well attended and again had a variety of interesting speakers.

We managed to have our March meeting, but then all had to be shut down due to Covid-19.

The Expo in April, Propagating and Salvia Sale were cancelled as well as April, May and June Meetings.

Committee Meetings continued on Zoom.

We can only hope some of our activities may continue.

Sandra Stuart

**INCOME AND EXPENDITURE STATEMENT FOR JUNE 2020**

**BANK RECONCILIATION - GENERAL ACCOUNT**

<b>Closing balance of operating account - 30th June 2020</b>		<b>\$ 2,224.05</b>
<b>Deposits not banked in June</b>		
	\$ -	
	\$ -	
<b>Less cheques not presented In June</b>		
	\$ -	
	-	<b>Actual cash balance \$ 2,224.05</b>
<b>Receipts for June</b>		
R Powell subs (EFT)	12.00	
Geoff Craven subs (EFT)	17.00	
M Piercy subs (EFT)	12.00	
V & M Rowley subs (EFT)	14.50	
C Turner subs (EFT)	12.00	
M Prins subs (EFT)	10.00	
deposit	91.50	
V Colby subs (EFT)	12.00	
H Welsh subs (EFT)	12.00	
R Donaldson subs (EFT)	10.00	
Interest	0.01	
	<b>203.01</b>	
<b>Payments for June</b>		
<b>EFT</b>	217.41	<b>1 year subscription to Host Papa</b>
<b>Bpay</b>	26.05	<b>Telstra</b>
	<b>243.46</b>	
<b>Balance of Interest Bearing Account (LLL654452 S1) as at 31/5/20</b>		<b>\$ 90,868.32</b>
<b>TOTAL BANK BALANCE</b>		<b>\$ 93,092.37</b>

**HERB SOCIETY OF SA INC**  
**Statement of Comprehensive Income**  
**Herb Society of SA Inc**

Details	Actual 2019/2020
<b>Revenue Income</b>	
SUBS	974.50
RAFFLE	164.00
TRADING TABLE	201.00
LIBRARY BOOKS & JOURNALS	-
MISCELLANEOUS & DONATIONS	52.84
SALVIA GARDEN GROUP	836.00
SEEDS & SENSORY	28.00
HERB DAY	2,669.90
TRIPS & ACTIVITIES	3,329.50
CONTRA ACCOUNT	-
INTEREST	2.04
<b>Total Revenue Income</b>	<b>8,256</b>
<b>Expenditure</b>	
Meeting night expenses	541.82
Society Expenses	1,537.92
Thymes printing & postage	1,439.68
Library books & journals	-
Salvia Group	424.47
Seeds & Sensory Gdns	52.65
Herb Day	1,056.39
Adverts Telecom Aust Post	134.00
Trips & Activities	4,798.50
Contra Account	-
Donations	510.00
<b>Total Expenditure</b>	<b>10,495</b>
Total Cash Surplus / (Deficit) for the Year	<b>(2,240)</b>
Balance Carried Forward (cash balance).	
Total Accumulated Funds @31.5.20	2,240
Prepared By: <u>    Kath Coombs    </u> Date: <u>  17 / 7 /2020  </u>	
Audited By: <u>    Peter Leesue    </u> Date: <u>  17 / 7 /2020  </u>	

## PROPAGATING DAY:

Sunday 13th September, turned out to be a beautiful sunny day. It was a perfect time for our guests to explore and take cuttings from our Herb Garden situated close behind the Findon Community Centre.

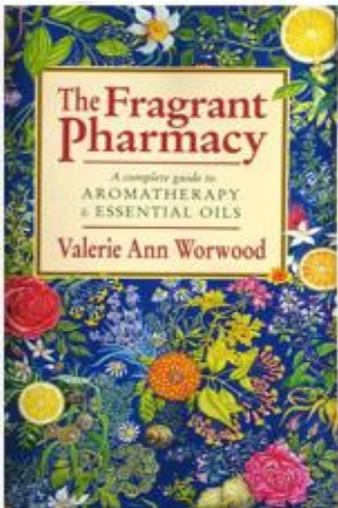
As hoped our 35 visitors did admire our garden, gather cuttings and then to our delight they enthusiastically come to us for advice and help with propagation. It felt good to see people 'so happy'.

Sandra Stuart

PS. Our herb garden is beautifully maintained by Anthony Medcalf.

## BOOK REVIEW: The Fragrant Pharmacy.

Aromatherapy is a subject that never interested me until I was lent 'The Fragrant Pharmacy by Valerie Ann Worwood.



A reference book – a guide to essential herbal oils – recipes for both home and garden. The household manual of the future

Published first in 1990,  
reprinted until 1998 – then a revised  
25th Anniversary Edition in 2016  
printed as  
*The Complete Book Of Essential Oils  
and Aromatherapy.*

The Fragrant Pharmacy opens the way to a whole world of fresh possibilities. It is a fresh approach to nature through one of its most powerful forms - those fragrant 'essential oils' drawn from flowers and grasses, trees and roots, leaves and fruit, that remain the great untapped resources of our planet.

It shows how each essential oil can offer many diverse benefits. One of the most holistic of all systems of medicine, the oils can alleviate symptoms, prevent many illnesses and disorders and help in their healing process. But more than that, they can provide all of us - our families, our homes, even our pets - with the protections and pleasures we need...without the chemical pollution of our bodies or our environment.

Here is a comprehensive encyclopaedia of 'medicines out of the earth', those miracles of creation which revitalise and rejuvenate, enhance our emotions and help our work and play. It charts out for all of us a fragrant way to family health and home delights.

*Nowhere in the 'natural world' do we find monoculture. Nature likes to mix a few varieties within a given space. Analysis of the symbiotic relationship between the range of varieties in a natural environment shows a harmony and co-existence which should be a lesson to anyone concerned with plant growth. If we accept this principle we might be able to hand on to our descendants the beautiful planet that was once handed to us.*

This paragraph reminded me of

- Frank and Dianne Sciacca in Innisfail who went back to growing bananas organically, (Herb Thymes April/May 2020)
- Mark Wootton a family farm in southwestern Victoria in the Southern Grampians featured in Episode 3 of war on climate change with a carbon neutral footprint achieved through natural farming practises.

- Young farmers taking up the challenge of living on the land. Thursday 27th August ABC 7.30 reports - Stories of people leaving the country are common, but there's actually a significant cohort of younger farmers taking on the **challenge of making a living off the land. In many cases this new** generation is unrecognisable to their forebears; often university-educated and armed with ideas about how to leave the land better than they found it.

A section called 'Gardens for the future', is particularly interesting with its section on:

*Clearing out the garden shed -Using essential oils in your garden- Garden teas- The natural insect repellents-Other methods of pest control-Birds- Moulds and fungi -The friendly bunch. -Natures nursemaids -Trees and fruits -Flour and indoor plants -Herbs -The soil -The perfect crop.*

A must for my reference library.

Chris Houweling.

## SOCIETY GARLIC.

### **BOTANICAL NAME:**

Tulbaghia violacea

Family:Amaryllidaceae

Subfamily:Allioideae

Genus: Tulbaghia

Species:T. violacea



### **DESCRIPTION:**

Society garlic has flat leaves and does not belong to the onion family. The leaves are long and narrow, and often found in a grey-green colour. The variegated

form features a stripe of white or silver down the length of the leaf, adding interest even when these plants are not in bloom. It has a potent aroma, especially when brushed or crushed.

The blossom of society garlic has a star-shape, and each small flower has a tubular corona that spreads open at the tip with six pointed petals. These delicate, sweetly fragrant flowers are often a soft lilac-pink colour and are borne in a cluster that grows to be about 20-inches tall. Flowering occurs throughout the summer and often into fall.

#### HABITAT:

Plant range, South Africa (W&E Cape)

#### CULTIVATION:

For vigorous growth and lots of flowers plant society garlic in full sun. This ensures a nice, compact growth, the best flowers and foliage colour possible. Society garlic tolerates part shade and prefers an organically rich, evenly moist soil with good drainage. It will tolerate the occasional drought once established, but for extended dry spells it needs a little water. Does not self-seed and propagates by division.

#### USES:

**Society Garlic** can be used to repel fleas, ticks and **mosquitoes**. When planted in a border, it may also help deter other unwanted garden visitors, such as: cats, deer, dogs, gophers, groundhogs, moles, rabbits, snails and snakes. A substitute for garlic.

#### RELATED SPECIES:

Don't be confused with **Garlic chives** (botanical name *Allium tuberosum*) also referred to as simply "**chives**"—but they actually

taste like **garlic**. Whereas the leaves of onion **chives** are hollow and have fragrant white flowers.

#### HISTORY:

It's called Society Garlic because Dutch settlers thought it was a more polite spice to use for social events.

#### CULINARY:

The flowers are often used in making soups and salads.  
The flowers and leaves of society garlic are edible.

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#### POTAGER'S GARDEN:

Society garlic is ideal for a Potagers Garden as a pick again herb along with Red Rib Chicory and English Sorrel.

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#### Red Rib Chicory (*Chicorium Intybus*)

#### DESCRIPTION:

Attractive red ribs and deep green leaves make it a great garden plant as well as a nice eating vegetable. It partners other salad vegetables such as coriander, dill, parsley, chives, cress and celery leaf.

Use in salads or as a base for cooked vegetables, fish and pasta.  
In a Caesar salad with a blue cheese dressing and anchovies. Harvest as needed. Small inner leaves have milder flavour. High in vitamins A,B1 and C. A traditional digestive and liver tonic.  
Chop back low to stimulate young growth.

Sorrel English, Broad Leaf Sorrel Rumex Acetosa

#### DESCRIPTION:

A quick growing short lived perennial. Grows well all year round especially if you cut it back regularly. Can be easily divided.

Use fresh – in place of lettuce, or cooked – in place of spinach. Pick leaves and add to any general or leafy green salad or use it in soups with a variety of meat and vegetables. It is high in Vitamin C and is an old herb that has been used for centuries in Europe.

Prefers moist but well drained soil in a full sun position.

Great addition to the Potagers Garden along with the Red Rib Chicory. Ref: renaissanceherbs.com.au

#### RECIPES:

**ALOE VERA** plants have thick green leaves which contain gel and latex.

\* The gel is viscous, colourless and transparent, and is the therapeutic part of the Aloe vera leaf.

\* The latex is a thick yellow liquid that is found between the gel and the inner rind of the leaf.

It's important to separate the latex from the gel, because the latex contains the bitter, yellow-brown coloured compound aloin (also known as barbaloin), which is a powerful laxative that can cause stomach cramps and diarrhoea if taken orally.

#### How to Extract Aloe Vera Gel from Leaves

It's easy to make your own homemade Aloe vera gel, and the process is explained below in 10 simple steps.

To extract Aloe vera gel from the leaves of the plant, you will need the following items:

\* Fresh Aloe vera leaves

- \* Sharp kitchen knife
- \* Cutting board
- \* Paper towels
- \* Clean glass jar with lid

Step 1. Harvest the larger 2-3 year old outer leaves, cut the leaves at the base, cutting the leaf at a slight angle. Select only firm, green healthy, undamaged leaves.

Step 2. First wash your hands, then the Aloe vera leaves (then dry them with a paper towel) and don't forget the cutting board. This is done to keep everything clean as you don't want to contaminate the Aloe vera gel, it's a plant product that needs to be treated much like a food in terms of hygiene.

Step 3. Place the leaf upright at an angle to allow the inedible dark yellow bitter latex to drain out for 10-15 minutes. The angled cut at the base of the leaf helps the latex drain out more easily, as only the one side rests with the plate. After the latex has drained out, wash the cut end of the leaf to remove any remaining latex, and pat gently with a clean paper towel to dry.

Step 4. Cut off approximately 10cm (4") of the tip, as this part of the leaf contains very little gel and lots more latex.

Step 5. Cut long leaves in half to make them easier to process. You just want to cut them to lengths that will sit easily on your cutting board.

Step 6. Cut off the serrated edges with a sharp knife.

Step 7. Remove the outer green skin layer with a knife, filleting the skin away from the gel inside. With the knife turned on its side, slide the blade under the skin along the whole length of the leaf, much like filleting a fish, trying to stay close to the skin as possible to separate as much gel from the skin as possible. You can also use a vegetable peeler for this task but make sure there is no green skin left behind in the gel though. Skin removed from one side of Aloe vera leaf, showing

the clear-coloured gel inside. Note: If the leaves are a bit too wide, making them difficult to fillet, then split them lengthwise first to make the task much easier.

Step 8. When the skin has been removed from one side, carefully turn the leaf over and remove skin from the other side, leaving the clear gel.

The clear gel strips can also be gently washed under cold running water if you want to remove any remaining latex.

Step 9. Cut Aloe vera gel strips into cubes for storage or processing. The cubes can be placed into a blender and blended into a gel, or they can be placed on a tray covered with non-stick baking paper, put into the freezer and frozen, then put into a tightly sealed freezer bag for storage, where they can be kept for up to six months

If using a blender to liquefy the gel, it will froth up quite a bit, so just let the gel settle and it will return to the correct consistency on its own.

Step 10. Store Aloe vera gel in a jar with a tight-fitting lid in the fridge, where it can be kept for up to a week. Just spoon out as much as you need to use at any time, it's always ready to use when kept this way.

It's possible to extend the shelf-life of home-made Aloe vera gel by adding various antioxidants such as Ascorbic acid (Vitamin C) and Tocopherol (Vitamin E), but finding the exact proportions to use and the expected shelf-life from reliable sources is rather difficult.

In the book *How Can I Use Herbs in My Daily Life?* by Isabell Shipard, she suggests adding 1 teaspoon of Vitamin C powder to 3 cups of Aloe vera gel and blending at low speed. One large leaf will fill up a decent cup-sized sized jar with home-made Aloe vera gel, and it's a fairly quick and easy process which only takes about 15 minutes! The leftover green Aloe vera leaf skins can be put into the compost or buried in the garden to recycle the nutrients, so nothing goes to waste.

REF: Deep Green Permaculture

## TUNA COUSCOUS: (This works well with chicken breast.)

1. Take - two cups of couscous, two cups of water and two tbsps. of olive oil.  
Boil water and oil, stir in couscous. Fluff with a fork and keep couscous hot in oven at 70 C.
2. Take one tbsp of chopped Society Garlic leaves.  
Two pickling onions, two medium brown mushrooms, one medium yellow capsicum. Butter and olive oil. Salt and pepper.  
Sauté Garlic chives in butter and heat slowly for a few minutes.  
Add finely sliced pickling onions, cook until soft.  
Add a few mushrooms, sweat and slowly add remaining mushrooms until all soft.  
Add finely sliced capsicums, cook until soft, not a mush.  
Add extra butter and olive oil as necessary. Season with salt and pepper set aside to keep warm in oven.
3. Take 800 g of fresh tuna, butter, oil and one lemon. Garlic chives two tbsps. chopped.  
Sauté chives in butter for a few minutes.  
Add oil and heat to medium heat before adding tuna cut into 5mm slices.  
Sear Tuna, turn briefly until flesh changes to white. Put cooked tuna into a chaffing dish in oven.  
Scrape pan and add extra butter and oil. Add juice of one lemon.
4. Pile Couscous on plate, top with mushrooms and capsicum mix, then add the tuna. Divide hot oil, butter and lemon juice and drizzle over plate. Serves four.

## Herbs to Plant Now

Basil	Sep-Dec	Nasturtium	Aug-Feb
Bergamot	Sep-Apr	Oregano	Aug-Dec,
Borage	Aug-Feb	Parsley	Aug-Mar
Burnet	Oct-Dec	Rosemary	spring/summer
Caraway	Aug-Nov	Rue	spring
Catnip	Sep-Apr	Sage	Sep-Jan
Chervil	Aug-Apr	Sorrel	spring, or division
Chives	Sep-Mar	Tarragon	Spring
Coriander	Aug-Nov	Thyme	Sep-Dec
Cress	All year	Wormwood	spring autumn or anytime by cuttings
Dill	Aug-Apr	Yarrow	spring or division.
Echinacea	Sep-Jan	Aloe vera	anytime.
Evening Primrose	Sep-Apr	Comfrey	
Lemon Balm	Sep-Dec	Curry leaf tree	
Lovage		Santolina	
Marjoram	Sep-Nov		
Mint	Aug-Dec		

Ref: compiled from various lists found in Gardening guides.

## RHUBARB INSECTICIDE SPRAY

Cut up 1 kg of rhubarb leaves, boil in 3 litres of water for 30 minutes. Strain through a cloth or old stocking. When cool, dissolve 30 grams of soap flakes in 1 litre of hot water. Add this to the mixture. Use as a general botanical insecticide spray against aphids, whitefly and caterpillars.

REF: <http://greenharvest.com.au/Plants>

## 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.

### MINUTES OF THE GENERAL MEETING HELD ON 3/8/20

LOCATION: Findon Community Centre, 222 Findon Road Findon.

14 members and visitors present.

### GENERAL BUSINESS:

□ Peter Cookson, a former active member of the Herb Society, passed away on 29<sup>th</sup> July. The President expressed condolences to Celia Cookson.

The Herb Society has new post box, PO Box 42 Woodville 5011. The Fullarton

post box will be retained until it expires in March.

THE GUEST SPEAKER was unable to attend as his employer, Bunnings, had cancelled

all external events. Anthony Medcalf provided us with a photo tour of Italy, including

gardens that he had visited.

THE RAFFLE was drawn with seven prizes.

### MINUTES OF THE COMMITTEE MEETING HELD ON 17/8/20

### MEMBERSHIP SECRETARY'S REPORT:

117 members, 85 renewed

### SECRETARY'S REPORT/CORRESPONDENCE:

- Simon Ardill donated raffle tickets and offered a tour of his property, or to speak at a meeting if asked.

- Emails: 2020 SA Garden Clubs Rally cancellation.

SALVIA GARDENING GROUP: We are still hoping to hold the Spring Salvia

Sale on 25th October, depending on restrictions.

Robyn Powell, Lorraine Thompson, Mark Briggs and Simon Ardill have agreed to provide salvias.

**GENERAL BUSINESS:**

- Propagating workshop, Sunday 13<sup>th</sup> September.
- Sandra bringing pots, potting mix, labels and secateurs.
- Marianne bringing honey.
- Anthony bringing secateurs.
- Tables to be spaced for physical distancing.

NEXT GENERAL MEETING: Monday 7<sup>th</sup> September

NEXT COMMITTEE MEETING: Monday 21<sup>st</sup> September on Zoom

**SUNDAY 1ST NOVEMBER**

**HERB DAY MARKET 10AM TO 3PM**

**FULLARTON PARK COMMUNITY CENTRE 411**

**FULLARTON RD.**

Due to restrictions it will all be outside this year. Applications are still open for anyone who wishes to have a stall. Please contact Sandra Stuart - 84451626

## **CALENDAR OF EVENTS 2020:**

### **OCTOBER:**

Monday 5th October General Meeting 7:30pm

Guest Speaker Simon Ardill Fruiting culture in its varied aspects.

Thursday 8<sup>th</sup> Final meeting of Seed Savers.

Sunday 25th October **SALVIA SALE:** 8:30am to noon

Fullarton Park Community Centre 411 Fullarton Rd.

### **NOVEMBER:**

Monday 2nd November General Meeting 7:30pm

Guest Speaker Tim Walsh Semaphore compost network.

Sunday 1st November

Herb Day Market 10am to 3pm Fullarton Park

Community Centre 411 Fullarton Rd.

Due to restrictions it will all be outside this year. Applications are still open for anyone who wishes to have a stall. Please contact Sandra Stuart – 84451626

### **DECEMBER:**

Tuesday 8th - Christmas Dinner at La Vita Restaurant

342 Grange Rd Kidman Park 6:30pm

All food will have a choice of gluten free and vegetarian .

As we are unable to have our usual Christmas Celebration Members decided for this option.

Cost to Members is \$15 per person.

We will need names and numbers on Monday 2nd November or contact Sandra Stuart 84451626.

**DECEMBER: NO** General meeting on Monday December 7<sup>th</sup> .

**CHANGE OF DATE** for Christmas gathering due to unavailability of the venue.