



HERB THYMES

**NEWSLETTER
NUMBER 2
April/May 2019**



Persicaria odorata
Vietnamese mint.

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

THE 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
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Ange Wojcik	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.

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AUTUMN SALVIA SALE

Presented by the Salvia Gardening Group
of the Herb Society of SA Inc.

Sunday April 28th 2019

8.30am to 12 noon
Fullarton Park Centre Grounds
411 Fullarton Road, Fullarton
FREE ADMISSION & PARKING
Be early for best choice.



Hello Herb lovers

Our first taste of any food leaves a permanent impression in our mind and if that taste is not pleasant rarely do we give our palettes a second try.

This is understandable but a shame. I found my first taste of Vietnamese mint repulsive but came to enjoy it quite by accident. At a gourmet lunch I attended the cook was invited to come and speak about the meal he had prepared. And yes you've guessed correctly he'd used Vietnamese mint. By adding two or three leaves finely chopped he had transformed a simple meal of noodles. Since then I've enjoyed using it but do not always tell my guests.

The thought of Townsville and the terrible floods is still in my mind, especially after going to the herb conference held there last August. We might moan about not enough rain but compared to Townsville we are very fortunate not to experience the extremes in climate they have suffered over the last few months and I take this opportunity on behalf of our group to send them our love and best wishes.

Thanks Diana Angel for your article on *Artemis cordifolia* "Baby Sun Rose" and Anthony for your recipe.

Don't forget this is your newsletter and I'd love to hear from you.

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

Chris Houweling.

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.

For next edition, deadline for Herb Thymes is May 20th.

Program for extended outing to Port Lincoln –

Friday, September 20th to Sunday, 22nd September 2019

Closing date April 30th

DAY 1 September Friday 20th

10 am approximately.

Collect travellers from airport. Go to the motel “The First Landing” check in, drop off luggage.

10:30 AM.

Axel Stenross’ Maritime Museum for Introductory film of Port Lincoln and tour of Museum.

12 noon:

Chris Houweling’s place, 12 Hamp Street, for lunch (sandwiches tea, coffee and fruit). Tour of herb garden and wick beds.

2.30 pm

Visit, tour of Tacoma and afternoon tea on board.

5.00pm. Back to Motel

6:30 PM to go to a local hotel for dinner.

DAY 2 September Saturday 21st

9. 30 am pick up

Coffin bay

A quirky garden

Lunch at a café.

Coffin Bay Oyster Farm Tour - Visit the waterway adjacent to the Coffin Bay township. View the Kellidie Bay oyster farms and a cruise around the Coffin Bay township waterway. The oyster farmer is your host. **Duration:** 90 Minutes (approx.)

Drop off at motel for rest.

Heather Curtis garden 9 King Street for garden visit and mosaics.
Dinner will be here, barbecue, salads and desert etc.

DAY 3- Sunday 9.30 AM

Two Gardens both Permaculture orientated. One totally self-sufficient power water and communications. Shared picnic lunch of bread and sandwich fillings.

Drive to airport.

Costing for 10 guests

Approx. \$310 each

Breakfast, Friday dinner and Saturday lunch at own cost.

Membership Renewal 2019/2020

It's that time of year again. 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 the 'Herb Thymes'. Your current membership status is displayed on the envelope. Membership fees are due to be paid by the 30th of June 2019. 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 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 10th of June 2019.

Herb Day Stalls

An application form for a stall at Herb Day is included in this edition of 'Herb Thymes'. Completed forms must be returned to the Society no later than Monday 7th of October, 2019.

Anthony Medcalf.

WINTER REMINDER: Time to tag your dormant plants before they go to sleep, french tarragon, stevia, comfrey to name a few. Perhaps even a few flags, tags on bulbs might save a few spring surprises.

An Unusual Salad Herb

How many of us, if asked, would list *Artemis cordifolia* as one of our herbs? However, you may have it growing in another part of the garden without realising it. Better known as "Baby Sun Rose" because of the red pom-pom like flowers beloved of bees. The succulent leaves are edible and taste to me like raw peas with lemon. It survives on the north facing side of our limestone hill, here at Morgan. (Despite the lack of rain last year.) It's very popular with our chickens and is lovely in many salads especially the one below. If cooked it becomes just another green and can also be used in stir-fries but I prefer it fresh as cooking loses the lemony taste. It never gets watered and propagates from cuttings. I found the best way to get cuttings to take was to plant it directly in the ground under, or protected by an occasionally watered pot plant. Once

it's established replace the pot with the stone so roots stay cool. The Baby Sun Rose will grow and cover the stone and spread out over the ground. If you live in higher rainfall areas such as the Adelaide hills, I suggest you grow it in the hanging basket as it can even cover wire fences. I don't know if the flowers are also edible but the bees adore them and it flowers most of the year.

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.

Diana Angel - Morgan South Australia

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.

"Nature never did betray the heart that loved her"

William Wordsworth

Tolerance isn't about not having beliefs. It's about how your beliefs lead you to treat people who disagree with you.

John F Kennedy

People are readily identified as being left-brained or right-brained, but I want to be identified as using my entire brain.

Mae Jemison, astronaut

PROFILE: Spearmint

Labiatae
Genus *Mentha*
Species *spicata*

Spearmint has two subspecies *Mentha spicata spicata* (most of species range) and *Mentha spicata condensate*.

Common names: garden mint, common mint, lamb mint and mackerel mint.

ORIGIN:

A species native to the Balkan Peninsula and Turkey. It is naturalised in Europe, Asia, Africa, Nth America.

The name 'spear' mint derives from the pointed leaf tips.

DESCRIPTION:

Spearmint is a herbaceous, rhizomatous, perennial plant growing 30–100 cm tall, with variably hairless to hairy stems and foliage, and a wide-spreading fleshy underground rhizome. The leaves are 5–9 cm long and 1.5–3 cm broad, with a serrated margin. The stem is square-shaped, a trademark of the mint family of herbs. Spearmint produces flowers in slender spikes, each flower pink or white in colour, 2.5–3 mm long, and broad. The spearmint plant flowers from the months of July to September, and has relatively large pollen grains and seeds, which measure 37-42 mm and 0.62-0.90 mm respectively.

COMPARISON OF SPEARMINT AND PEPPERMINT:

Spearmint leaf feels smooth and does not have a strong peppermint flavour. If you taste it first the spearmint flavour dominates.

Peppermint contains more menthol than spearmint and has a stronger smell and slightly darker, less hairy leaves than spearmint.

Peppermint is a hybrid of Spearmint and Water mint.

CULTIVATION:

Spearmint grows well in nearly all temperate climates. Gardeners often grow it in pots or planters due to its invasive, spreading rhizomes.

Grow in rich soil with part to full sun. It needs a moist habitat and prefers a pH of 6.0 to 7.5.

Spearmint leaves can be used fresh, dried, or frozen. They can also be preserved in salt, sugar, sugar syrup, alcohol, or oil. The leaves lose their aromatic appeal after the plant flowers. It can be dried by cutting just before, or right (at peak) as the flowers open, about one-half to three-quarters the way down the stalk (leaving smaller shoots room to grow).

Its susceptible to fungus and the two main diseases are rust and leaf spot. It can attract nematodes and various virus.

COMMERCIAL CULTIVATION:

Spearmint is commercially grown in a much smaller quantity than peppermint but its cultivation is similar (see Herb Thymes Feb/Mar 2019).

USES:

Spearmint is used for its aromatic oil, called oil of spearmint. The most abundant compound in spearmint oil is carvone, which gives spearmint its distinctive smell. Spearmint oil also contains significant amounts of limonene, dihydrocarvone, and 1,8-cineol. Unlike oil of peppermint, oil of spearmint contains minimal amounts of menthol and menthone. It is used as a flavouring for toothpaste and confectionery, and is sometimes added to shampoos and soaps.

Spearmint oil is used as a pesticide, insecticide and is used medicinally.

PLEASE NOTE: the information given is from agrifutures.com.au 2017, Essential oils assoc. of India (2001) Wikipedia and links. It is subject to mistakes that will be all mine.

PROFILE: Vietnamese Mint



Family: Polygonaceae

Genus: *Persicaria*

Species: *odorata*

COMMON NAMES:

Vietnamese mint, Vietnamese cilantro, Cambodian mint, hot mint, laksa leaf, and praeuw leaf. Vietnamese coriander is not related to the mints, nor is it in the mint family Lamiaceae, but its general appearance and fragrance are reminiscent of them. *Persicaria* is in the family Polygonaceae,

collectively known as "smartweeds" or "pinkweeds".

DESCRIPTION:

A spicy, slightly peppery herb from south east Asia.

Vietnamese Mint is also often called “Vietnamese Coriander”. Its flavour is somewhere between mint and coriander – but in truth there’s nothing quite like it. Most popular in Vietnam, Vietnamese Mint is also a common ingredient in the cuisine of neighbouring countries; in Singapore and Malaysia it’s sometimes known as the “laksa herb”.

The top of its leaf is dark green, with chestnut-coloured spots, while the leaf’s bottom is burgundy red. The stem is jointed at each leaf.

Except for its culinary use there is very little written about this herb. I find its odour, scent overpowering and remember its scientific name with the following word associations.

Persicaria – persistent

odorata - odour

However, I find the herb used in very small quantities most flavoursome.

CULTIVATION:

The Vietnamese coriander is a perennial plant that grows best in tropical and subtropical zones in warm and damp conditions. In advantageous conditions, it can grow up to 15–30 cm. In Vietnam, it can be cultivated or found in the wild. It can grow very well outside in summer in non - tropical Europe. It prefers full sun and well-drained soil. It should be brought inside for winter and treated as a house plant. It rarely flowers outside the tropics.

Husbandry

Vietnamese mint can be rejuvenated by cutting back the stems. It adapts to growing very well in a pond.

Uses:

Although generally associated with Vietnam, *Persicaria odorata* is a principle cooking ingredient in the following countries Cambodia, Singapore, Malaysia, Thailand and Laos.

Vietnam: salads, soups, stews.

Cambodia: summer rolls

Singapore and Malaysia: essential ingredient of Laska.

Thailand and Laos: fresh leaves eaten with raw meat.

A traditional use by monks is to reduce sexual desires.

Chris Houweling.

RECIPES:

Traditional Laksa

Preparation time: 30 minutes plus 30 minutes soaking time for chillies and prawns

Cooking time: 25 minutes

Serves 4 people

3 large red onions, peeled and quartered

20 dried chillies, soaked in hot water for 30 minutes

1.5 tablespoons belachan (shrimp paste)

1/2 cup dried shrimp/prawns, soaked in hot water for 30 minutes

12 candlenuts

1 tablespoon ground coriander

2 teaspoons turmeric powder

Oil for frying

2 fat stalks of lemongrass, white only, crushed and cut into inch long pieces

4 cups chicken or seafood/prawn stock

2x 425ml/14froz. tins coconut milk

3 tablespoons sugar (or to taste)

1 tablespoon salt (or to taste)

Hokkien noodles (or vermicelli or a mix of the two)

400g/14ozs. bean sprouts

500g/lb prawns, cooked

4 chicken tenderloins, poached

4 fish cakes, sliced

Vietnamese mint to garnish

Buyer's tip: dried chillies, belachan a dried shrimp paste, candlenuts or macadamia nuts and fish cakes can be found at Asian grocery stores. Vietnamese mint may be a little trickier to find depending on the area but you can also use regular mint too.

Step 1 - Place the onions, chillies, shrimp paste, dried prawns and candlenuts in a food processor and make a paste. Empty into a ceramic or glass bowl and mix in the coriander and turmeric (avoid

putting turmeric in the food processor as it tends to stain the plastic yellow).

Step 2 - Add oil to a large fry pan or wok and fry off the spice paste and lemongrass. Cook on high heat until oil separates out. Add chicken or seafood stock and then add the coconut milk mixing well. Season with salt, pepper and sugar to taste.

Step 3 - Place a large pot of water to boil and gently separate hokkien noodles and immerse in water for a minute and then add the bean sprouts and cook for an additional 30 seconds. Place in a strainer and run cold water over the noodles and sprouts and divide the mixture between four to six bowls. Add the prawn, chicken, and fish cakes on top and then spoon over the soup mixture. Dress with Vietnamese mint. REF: [notquitenigella](#). An Original Recipe by Lorraine Elliott

Sicilian Garlic with Spearmint Sauce

INGREDIENTS:

3 cloves garlic, quartered

1 small dried chili, cut in half, lengthwise

200mls vinegar.

½ cup finely chopped spearmint or 3 teaspoons of dried spearmint.

400mls Olive oil.

DIRECTIONS

Drop the garlic into a clean 600ml bottle.

Add the chili pepper and pour in the vinegar.

Add half the mint, cover the bottle, shake well and leave about 24 hours.

In the beginning, the flavouring will float on the surface of the vinegar, but after a day they will sink to the bottom of the bottle.

After the flavourings have sunk to the bottom, add the olive oil and the remaining mint.

Shake well and let stand 3-4 days, shaking once or twice a day, before using.

This sauce will keep for 2-3 months in a cool, dark place.
Shake well before using on fish, chicken or anything that needs a lift.
REF: geniuskitchen.com Recipe by [evelynathens](#)

Cambodian Summer Rolls:

Serves 4 Persons

1kg of cooked prawns, shelled and cut in half

Vermicelli (half a large pack)

Large Rice Paper

Lettuce, about half a bunch

Mixture of Asian herbs such as Vietnamese Mint, thai basil, perilla, mint, coriander

Bean Sprouts

Thinly sliced cucumber

Julienne carrots

Method:

1. Peel the prawns and cut them in half through the middle of the body
2. Boil the vermicelli until soft
3. Wash and prepare all the herbs and lettuce, and put into large serving plates
4. When ready to eat, put a bowl of warm water on the table.
5. To prepare the rolls, get a sheet of rice paper, dip it in the warm water and take out immediately. Do not let it soak.
6. Place the rice paper on a plate, and place the lettuce down first towards the bottom half of the paper.
7. Place 3 prawn halves above the lettuce.
8. Place the vermicelli, vegetables, herbs and bean sprouts on top of the lettuce. Don't be greedy and put too much in, or your wraps will explode.
9. Fold the rice paper over the ingredients, fold the sides into itself, and roll tightly. Eat immediately after rolling.

1 cup Peanut Dipping Sauce

4 cloves garlic

4 Tablespoons Hoi Sin Sauce

2 Tablespoons Crunchy Peanut Butter

Chopped Chilli (optional)

1 Tablespoon Milk

1. Fry garlic until golden in some peanut oil.

2. Add Hoi Sin sauce, and peanut butter and milk. Stir until combined.

3. Put into separate bowls for each person

Carrot Muffins

2 cups wholemeal SR flour

1 teaspoon baking powder

2 teaspoons cinnamon

1 cup rolled oats

1/3 cup honey

2 eggs

1 cup milk/soy

1 table spoon lemon juice

1 cup grated carrots

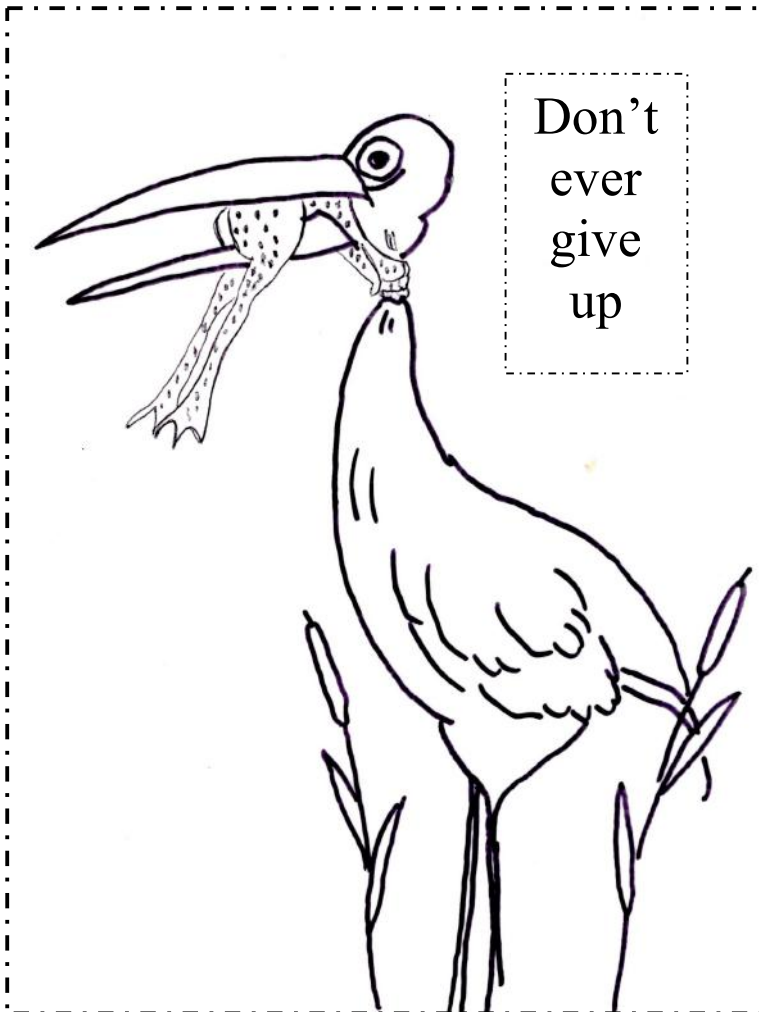
1 large apple, peeled, cored and grated

1. Sift flour, baking powder and cinnamon together. Mix in oats.
2. Mix separately the honey, eggs, milk lemon juice, carrot and apples
3. Combine the dry ingredients with wet and mix lightly.
4. Grease muffin tin and place mixture 2/3's full. Bake at 200C for 20 to 25 minutes until cooked.

Anthony Medcalf

I found this cartoon in the back of 'EYRE PENINSULAR BUSHFIRE RECOVERY PROGRAMMME. It was written and prepared by Ian Tolley in 2006 after our terrible fires of 2005. He came, helped, offered advice and gave away lemon trees.

I recommend 'Citrus for Everyone' 'Citrus – A Gardeners Guide' both by Bruce Morphett and Ian Tolley. Small books that contain answers, solutions to everything about citrus.



MINUTES IN BRIEF:

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 19/11/18

SPEAKERS' PANEL:

- March: Tracey Davis – Maxing Beeswax wraps.
- April: Chris Day Permaculture
- July: Trevor Scott – Cut Above.

General Meeting held 3/12/18

GENERAL BUSINESS: The president welcomed everyone to the Christmas meeting and at 8.08 pm handed the proceedings over to Suzanne Uppill. The theme was 'The Good, the Bad and the Weedy', and a number of members had dressed creatively for the occasion. There were two prizes for weed related quizzes and games, as well as numerous door prizes. We had two speakers: James Theiessen from Natural Resources Mount lofty 'Ranges and David Blewitt from the Weed Society.

The evening ended with a generous supper to which members had contributed, and the meeting closed at 9.55pm.

Committee Meeting held 21/1/19

GROUP REPORTS:

- **SALVIA GARDENING GROUP:**

Members met at Tupelo Grove on 1st December 2018 to propagate for next Autumns Salvia Sale.

- **SEED SAVERS GROUP:** first meeting will be on Thursday 4th April.
- **FINDON GARDEN** is growing well and looking good.

TRIPS:

Port Lincoln: will need to know numbers by March.

Beaumont House and Waite Arboretum have been suggested for May trips (open day at the arboretum is on the first Sunday of the month).

General Meeting held 4/2/19

TRIPS: The program for the Port Lincoln trip is in the Herb Thymes and those attending are requested to reply in March.

THE GUEST SPEAKER: Anthony Medcalf showed photos of the 2018 Herb Conference in Townsville and demonstrated for those who had been unable to attend the enjoyable program arranged for the participants.

CALENDAR OF EVENTS 2019:

FEBRUARY:

Monday 4th: General Meeting 7.30pm Anthony Medcalf will show pictures and talk about 2018 national conference in QLD.

MARCH:

Monday 4th: General Meeting 7.30pm
Speaker Tracey Davis, Bee's allied use of honey.

APRIL:

Monday 1st: General Meeting 7.30pm
Guest Speaker; Chris Day from Permaculture.
Thursday 4th, 7.30pm to 9.30pm Seed Group
AUTUMN SALVIA SALE April 28th see page 3 for full details.
WHEN: Sunday April 28th: TIME: 8.30 to 12noon
WHERE: Fullarton Park Community Centre,

MAY:

Monday 6th: General Meeting 7.30pm
Dylon from the Smelly Cheese Shop.
Sunday 11th: Beaumont House visit. Page 20 for full details.

JUNE:

Monday 3rd: General Meeting 7.30pm
Thursday June 6th 7.30pm to 9.30pm Seed Group

JULY:

Monday 1st: General Meeting 7.30pm
Trevor Scott, Cutabove the Secateur etc.

AUGUST:

Monday 5th: General Meeting 7.30pm

Thursday 8th: 7.30pm to 9.30pm Seed Group

SEPTEMBER:

Monday 2nd: General meeting 7.30pm.

Field Trip to Port Lincoln - Friday 20th to Sunday 21st

All General meetings held Findon Community Centre, 222 Findon Rd. Findon at 7.30pm for an 8.00pm start. Unless otherwise stated, articles appearing in Herb Thymes may be reproduced provided that there is acknowledgement of the author and where the article originated from. Anthony Medcalf.

Saturday, 11 May 2019 2 pm

cost \$5

Garden Tour of
Beaumont House

631 Glynburn Road Beaumont.

It was constructed for the first Anglican bishop of Adelaide in 1849 and is a piece of South Australia's early history.

The tour of its magnificent gardens will be with Merilyn Kuchel who was awarded the Order of Australia Medal in 2018 Queen's Birthday Honours for her service to horticultural and botanical organisations in South Australia.

After the garden tour we have the option of a Devonshire Tea and a guided tour of the house at a cost of \$10

We need minimum of 10 people for this special afternoon tea booking. Total cost for all tours \$15

To register phone Sandra on 84451626

To book and for further queries.