



HERB THYMES

**NEWSLETTER
NUMBER 3
June/July 2019**



Mentha arvensis
Japanese mint

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

THE HERB SOCIETY OF SOUTH AUSTRALIA INCORPORATED

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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

Sandra reports on:	5
PROFILE: JAPANESE MENTHOL	6
PROFILE: CATMINT	8
MINUTES IN BRIEF:	9
50 RECYCLING & TRASH STATISTICS THAT WILL MAKE YOU THINK TWICE ABOUT YOUR TRASH:	11
RECIPES featured,	16
THIS MONTHS PLANTING GUIDE	19
CALENDAR OF EVENTS 2019:	20

MICROFIBRES:

Synthetic clothes, textiles can shed numerous microfibers during conventional washing.

Experimental results found that when synthetic jackets are washed, on average 1,174 milligrams of microfibers are released from the washing machine.

I'd never heard of microfibrres before let alone the danger they posed to waters of the coast of Australia.



Hello Herb lovers

Looking for ideas to fill a few pages in this edition of HT, I stumbled by accident on the path of recycling.

The facts mortified me and I couldn't stop reading one article after another and I wondered

“Could I put some of these facts in the HT, knowing that recycling of waste had no link to herbs at all.

But I reasoned that as you're all, lovers of herbs, nature and the environment you would be okay with this article? If not, I apologise here and now.

Please enjoy the profile on Catmint, *Nepeta mussinii*.

This is one of the most attractive ground covers or living mulches that can added to a garden.

It's lovely to give catmint a haircut and catch its wonderful spicy fragrances. It flowers, for me, most of the year round and its delicate, finely etched leaves give added texture to any garden.

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

Happy gardening
Chris Houweling.

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

Sandra reports on:

The SUNDAY MAIL EXPO held on the
5th - 7th April at the Wayville Showgrounds

We were invited to this event that was located in the food area. This was good publicity for our club. We had a display of photographs, potted herbs, with fresh herbs to touch and smell and a dip tasting on Friday and Saturday. There were many people keen to chat and find out about herbs and their uses. Two new members were signed up. Thank you to all our members who helped.

The Propagating Workshop for Herbs and Salvias was held on
Sunday 14th April at the Findon Community Centre

We had a beautiful afternoon which enticed 26 people to visit. They enthusiastically toured the garden collecting cuttings and then came and learnt how to propagate taking home their pots.

There was a selection of herbs, salvias and seeds for sale.

Salvia Sale Sunday 28th April

We had a good plant buying morning at Fullarton Centre which resulted in many visitors throughout the sale time, some arriving very early. Supply dwindled but there were a few plants left. 609 salvias were sold with \$702 and \$87 for books being taken.

Over two millennia ago, the father of medicine Hippocrates mentioned about 400 medicinal plants and advised, “let food be your medicine and let medicine be your food.” [4]

The word drug comes from the old Dutch word drogge meaning “to dry” as pharmacists, physicians and ancient healers often dried plants for use as a medicine. Today approximately 25% of all prescription drugs are still derived from trees, shrubs, or herbs. Some are made from plant extract; other is synthesized to mimic a natural plant compound.]

PROFILE: JAPANESE MENTHOL

Labiatae
Genus *Mentha*
Species *arvensis*



Common names:
Japanese menthol mint, corn mint.

ORIGIN:

Mints are a group of perennial herbs commercially cultivated in different parts of the world. It is believed that the genus originated in the Mediterranean basin and from there, spread to the rest of the world by both natural and artificial means. *M. arvensis* is cultivated on a large commercial scale in Brazil, China, Paraguay, Japan, Thailand, Angola and

India.

DESCRIPTION:

Japanese menthol, is a native of Japan, and cultivated extensively in the temperate regions of Europe and Asia, east to the Himalaya and eastern Siberia, it is used to season food, as a household remedy and for industrial purposes.

CULTIVATION:

M. arvensis is propagated mainly from cutting but because it produces a viable seed unlike peppermint, *M. arvensis* can be commercially grown from seed. It requires frequent irrigation at least three times a week as it is sensitive to water stress which can reduce its marketable oil yield. Like all mints it is susceptible to a wide variety of pests and diseases.

M. arvensis can be cultivated both in tropical and sub-tropical areas. It does not grow well in areas with damp winters which cause root rot.

Temperatures between 20–25 °C promote vegetative growth, but essential oil and menthol concentrations have been reported to increase at a higher temperature of 30 °C.

USES:

The leaves are mostly used as salad and medicinally used for stomach problems and allergies. It is also used for the treatment of liver and spleen disease, asthma and jaundice.

The infusion of these leaves is used in indigestion, rheumatic pains, arthritis, and as remedy for inflamed joints. It is traditionally used in hypertension and in patients with ischemic heart disease.

Menthol derived from its essential oil is used in pharmaceutical, perfumery and food industries. The oil content of leaves yields 40-50% menthol, which is antiseptic, carminative, refrigerant, stimulant and diuretic in properties, and is used against skin infections. Essential oil can be diluted and used as a wash for skin irritations, itching, burns, inflammations, scabies, and ringworm or to repel mosquitoes. It is also used to relieve pain and reduce skin sensitivity.

ACTIVE CONSTITUENTS:

The mint plant has been reported to possess terpenes such as α -menthol, neomenthol, isomenthol, d-menthone, isomenthone, menthofuran, menthylacetate, carvomenthone, cineol, p-cymene, aromadendrene, limonene, α -phellandrene, piperitone, α -pinene, carvacrol, α -pinene, α -phellandrene, β -pinene, dipentene, cardinene, and β -thujone in different proportions depending on the season, type of climate and the plant processing. It also contains the flavonoids such as quercetin, menthoside, and isorhoifolin, vitamin K, thymol and eugenol.

REF: *Phytochemical and pharmacological review of Mentha arvensis Article · January 2016 International Journal of Green Pharmacy Apr-June 2016. & plants MDPI 2018 sept.*

PROFILE: CATMINT

Family:

Genus: *Nepeta*

Species: mussinii

COMMON NAMES:

Often confused with its cousin catnip *Nepeta cataria* which is less ornamental than catmint.

ORIGIN:

Catmint is thought to have been first cultivated in the Roman town of Nepeti.

Its native to Europe, east and west Asia.

It was introduced and often naturalised in other temperate zones.

DESCRIPTION:

Catmint is an aromatic erect perennial creeper with 3-7cm grey green serrated leaves. Clusters of lavender coloured flowers in crowded terminal whorls appear midsummer to midwinter. Very hardy and attractive grown as a border. Tolerates limestone very well.

CULTIVATION:

Propagation is easiest by division but can be grown from seed in spring. Plants require plenty of space and should be planted at least 30cm or so apart. Trim regularly to prolong and promote flowering.

USES:

Catmint is now rarely used for medicinal purposes even in folk medicine. It was once used by hippies as a mild hallucinogen. Although cats love to roll in catmint they prefer cat thyme.

CONSTITUENTS:

Volatile oil comprising of thymol, carvacrol, nepetol, nepetalactone and nepetalic acid.

REF: Herbs and Herbalism edited by Malcom Stuart.

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 12/2/19

GROUP REPORTS:

SALVIA GARDENING GROUP:

Tubes have been picked up and planted.

Autumn Salvia Sale will be on Sunday 28th April.

SEED SAVERS GROUP:

First meeting will be on Thursday 4th April.

Lemon verbena will be needed for tea sachets and lavender.

There will be a bigger display of seeds on herb Day.

HERB DAY:

Food receipts are still to be made up.

Suggestion: walking tour.

Committee to think about ideas for afternoon activities.

Motion: 'That the first prize be a garden cart'. Moved/seconded:

Anthony/Sue carried.

TRIPS:

Beaumont House, Saturday 11th May.

Port Lincoln airfare \$300 return.

GENERAL BUSINESS:

Sunday Mail Expo, 5th-7th April.

Committee Meeting held 18/03/19

GROUP REPORTS:

SALVIA GARDENING GROUP:

Autumn Salvia Sale will be on Sunday 28th April.

TRIPS:

Beaumont House, Saturday 11th May.
Port Lincoln 20 – 22nd September.

GENERAL BUSINESS:

Sunday Mail Expo, 5th-7th April.

General Meeting held 4/3/19

GENERAL BUSINESS:

It was requested that we bring more cuttings to meetings to share with other members.

THE GUEST SPEAKER: Tracy Davis arranged activities related to bees and honey.

General Meeting held 1/4/19

NOTICES:

Festival of flowers 27-28/4/19 St Pauls College Gilles Plains.
Leura Gardens Festival 5,6,7,&11,12,13,/10/19 Blue Mts.

GENERAL BUSINESS:

Herb Thymes available including membership renewal forms and applications for Herb Day stalls.

Tracey Davis (May guest speaker) has received funds to create a butterfly garden and will contact the Herb Society for involvement if interested.

Ilsa Kosier brought in a few cuttings and spoke to members about them, encouraging members to bring more cuttings to meetings for discussion.

GUEST SPEAKER: Kate Williams gave an interesting talk on ‘Introduction to Permaculture Design’ including a slide Presentation and a video. A fact sheet is attached to the original copy of the minutes.

The article below relates to the USA, the data parallels that of Australia and it is very easy to read and follow.
REF: RUBICON at rubiconglobal.com

50 RECYCLING & TRASH STATISTICS THAT WILL MAKE YOU THINK TWICE ABOUT YOUR TRASH:

Over 2,000 landfills are currently open in the United States, making our country an uglier place. And although they're often camouflaged fairly well, the negative issues that accompany landfills remain.

Underneath the makeup that's been plastered on landfills lay toxins, greenhouse gases, and leachate – all of which present concerning threats to our planet. If we want to leave this planet for our future generations, it's critical that we have a proactive recycling plan in place – whether that's in the office, in your community, or in your home.

Because of this, I wanted to focus on some key landfill statistics that will allow you to think differently about the current way our population disposes of its trash and the current problems that lie within its current practices. These 50 landfill facts on trash and recycling will prove the severity of the problems that lie within our current approach to trash.

RECYCLING FACTS

1. Nine-tenths of all solid waste in the United States does not get recycled.
2. Landfills are among the biggest contributors to soil pollution – roughly 80% of the items buried in landfills could be recycled.

3. Although 75% of America's waste is recyclable, we only recycle around 30% of it. Turns out, there are a few easy steps you can take to start recycling better.
4. A single recycled plastic bottle saves enough energy to run a 100-watt bulb for 4 hours. It also creates 20% less air pollution and 50% less water pollution than would be created when making a new bottle.
5. Recycling plastic saves twice as much energy as it takes to burn it.
6. It only takes 5 recycled plastic bottles to make enough fiberfill to stuff a ski jacket.
7. Motor oil never wears out, it just gets dirty – and it can be recycled.
8. The U.S. recycling rate is around 34.5%. If we're able to get the rate to 75%, the effect will be like removing 50 million passenger cars from U.S. roads.
9. Over 11 million tons of recyclable clothing, shoes, and textiles make their way into landfills each year.
10. The leading cities for recycling in the US are (#1) San Francisco, CA (#2) Boston, MA (#3) Chicago, IL (#4) Denver, CO and (#5) Portland, OR.
11. The leading countries for recycling rates are: (#1) Switzerland [52%] (#2) Australia [49.7%] (#3) Germany [48%] (#4) Netherlands [46%] and (#5) Norway [40%]. The United States comes in around 31.5%.
12. 9 out of 10 people said they would recycle if it were "easier".
13. Studies indicate that women on average typically express more concern for the environment and are more likely to recycle than men.
14. The United States throws away \$11.4 billion worth of recyclable containers and packaging every year.

PLASTIC FACTS

15. In the United States, we throw away 2.5 million plastic bottles every hour – about 42,000 per minute, or about 695 per second. But there's an easy way to reduce your plastic use.

16. It takes 500 years for average sized plastic water bottles to fully decompose.

17. The amount of plastic film and wrap produced annually could shrink-wrap the state of Texas.

18. The energy it takes to make 1.5 million tons of plastic could power 250,000 homes.

19. There are 25 trillion pieces of plastic debris in the ocean. Of that, 269,000 tons float on the surface, while some four billion plastic microfibers per square kilometre litter the deep sea.

20. According to a study done by the University of Georgia, 18 billion pounds of plastic trash winds up in our oceans each year. To put that in perspective, it's enough trash to cover every foot of coastline around the world with five full trash bags of plastic...compounding every year.

21. Plastics cause more than 80% of the negative effects on animals associated with ocean trash.

22. Over 100,000 marine animals die every year from plastic entanglement and ingestion.

GLASS FACTS

23. Glass bottles take 4,000 years to decompose.

24. Glass, like aluminium, is infinitely recyclable – without any loss in purity or quality.

25. Glass bottles have been reduced in weight by approximately 40% over the past 30 years.

26. Recycled glass is substituted for up to 95% of raw materials.

27. An estimated 80% of all glass containers recovered for recycling are re-melted in furnaces and used to manufacture of new glass containers.

28. Glass container manufacturers hope to achieve 50 percent recycled content in the manufacture of new glass bottles. This achievement would save enough energy to power 21,978 homes for one year and while removing over 181 tons of waste from landfills monthly.

ALUMINUM FACTS

29. Americans use 65 billion aluminium soda cans each year.

30. In only three months, enough aluminium cans are thrown out in the United States to rebuild all of our commercial air fleets.

31. Aluminium cans make up less than 1% of waste in the United States because they are the #1 recycled item.

32. There is no limit to the number of times you can recycle an aluminium can.

33. After recycling, an aluminium can is usually repurposed within 60 days.

34. Recycling just two aluminium cans save the same amount of energy it takes to power a PC for a single workday.

35. You can make 20 new cans from recycled material using the same amount of energy that it takes to make 1 brand new can.

PAPER FACTS

36. While the United States celebrates the holidays, Americans produce an additional 5 million tons of waste (four million of the 5 million tons consisting of wrapping paper and shopping bags).

37. The majority of the 4 million tons of junk mail that Americans receive annually ends up in landfills.

38. The energy used to create and distribute junk mail in the US for one day could heat 250,000 homes.

39. On average, Americans use 650 pounds of paper a year. Each.

40. U.S. businesses use around 21 million tons of paper every year.

41. The United States throws out the amount of office paper it would take to build a 12-foot wall from Los Angeles to New York City (2,794 miles).

42. Americans make nearly 400 billion photocopies a year, which comes out to 750,000 copies every minute.

43. The average office worker in the United States goes through roughly 500 disposable cups annually.

44. Making new paper from recycled materials uses less energy than producing paper from virgin tree products and leaves more trees to absorb excess carbon dioxide.

45. For every 1 ton of paper that's produced, roughly 390 gallons of oil is used to make it.

46. 1 trillion pages of paper equal 8.5 million acres of trees. That is an area greater than the state of Maryland.

47. 2,000 pounds (or 1 ton) of recycled paper helps to save over 350 gallons of oil, 17 trees, and a large portion of landfill space.

48. A single American consumes roughly two trees annually in paper products.

49. Of the 62 million newspapers printed daily in the United States, 44 million will be thrown away (roughly 500,000 trees).

50. If 1/10 of all discarded American newspapers were recycled annually, approximately 25 million trees would be saved.

RECIPES featured,

PORT LINCOLN:

These recipes were created by the Chefs Camillo Crugnale and Sandeep Bhandari from the Pasadena Foodland Shopping centre. It was for an event held on Tacoma an historic tuna fishing vessel at the Sir Joseph Banks Grp of islands. Both chefs loved using fresh herbs which included Vietnamese mint featured HT 2/2019.

O-toro bluefin tuna with spicy wasabi mayonnaise

500g o-toro tuna – the most valued part of the belly for its soft, melt-in-the-mouth texture and superior flavour

2 spring onions, thinly sliced

1 medium-hot red chilli, finely chopped

2.5cm piece ginger, peeled and grated, or finely diced

1 tbsp. clear honey

6 tbsps. light soy sauce

1 lime, juice only

2 tbsps. sesame oil

Fresh coriander and lime wedges, or wakame seaweed salad and fresh mango, to garnish Kewpie wasabi mayonnaise

Cut out and discard any dark parts from the tuna's bloodline. Slice the remaining tuna and place in a large bowl standing on ice to keep it chilled.

Add the spring onions, chilli and ginger to the tuna and mix well.

In a separate bowl, mix the honey, soy sauce, lime juice and sesame oil.

Arrange the sliced tuna on a serving plate. Add dollops of honey soy dressing and Kewpie wasabi mayonnaise. Garnish with lime wedges and coriander (or wakame seaweed salad and fresh mango).

Chu-toro bluefin tuna in green coconut curry with jasmine rice

This quick, fragrant curry recipe is made with the chu-toro (middle belly) cut, which has a medium fat content, a light pink colour and a soft texture. Other firm-cooking fish such as rockling and flathead are just as good – as demonstrated aboard the *Tacoma*.

For a bolder curry, double the quantity of green curry paste so there's enough to rub onto the fish before adding to the sauce. Prepare dish.

For two serves:

2 x 200g chu-toro bluefin tuna steaks (or other firm fish)

2 medium carrots, diced

2 tsp fish sauce

400ml coconut milk

200g snow peas, cut in to strips

Salt and freshly ground black pepper

*150g cooked jasmine rice (follow instructions on the packet)
Lemon or lime wedges Fresh coriander and Vietnamese mint (we ran out of these on the day and added chives instead)*

Thai green curry paste

2 medium onions, diced

1 tsp pink peppercorns

1 tsp ground cumin

1 tbsp. ground coriander seeds

8 kaffir lime leaves

6 bird's eye chillies

35g fresh coriander, chopped 2 garlic cloves

Make a Thai green curry paste by blitzing the curry paste ingredients in a food processor until fine.

Heat a wok over a medium-high heat and add two tablespoons of Thai green curry paste and the carrots. Fry gently for two minutes. Add the coconut milk, a couple of shakes of fish sauce and the snow peas and bring to a simmer. Simmer until the sauce has thickened and reduced slightly, and the vegetables are tender.

To cook the fish, heat a pan over a medium heat. Rub one teaspoon of Thai green curry paste onto each of the tuna steaks. Fry the fish for one or two minutes on each side until cooked to medium-rare.

Divide the cooked rice between two bowls. Add a tuna steak to each bowl and spoon over the curry sauce. Add Vietnamese mint and coriander leaves (or chives) and a lime or lemon wedge for juicing over the dish.

THIS MONTHS PLANTING GUIDE:

Plant Three Rows of Peas:

1. Peace of Mind
2. Peace of Heart
3. Peace of Soul

Plant Four Rows of Squash

1. Squash Gossip
2. Squash Indifference
3. Squash Selfishness

Plant Four Rows of Lettuces

1. Lettuce be Faithful
2. Lettuce be Kind
3. Lettuce be Patient
4. Lettuce Really Love One Another

No Garden is Complete Without Turnips

1. Turnip for Meetings
2. Turnip for Service
3. Turnip to Help One Another

To Conclude We Must Have Thyme

1. Thyme for Each Other
2. Thyme for Family
3. Thyme for Friends

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.

CALENDAR OF EVENTS 2019:

JUNE:

Monday 3rd: General Meeting 7.30pm

Thursday June 6th 7.30pm to 9.30pm Seed Group

JULY:

Monday 1st: General Meeting 7.30pm

Guest Speaker, Trevor Scott from Cutabove the Secateur.

AUGUST:

Monday 5th: General Meeting 7.30pm

Guest Speaker, Belinda Hellyer from *Brewed By Belinda* an award-winning boutique artisan tea company, creating organic loose leaf tea blends & herbal and fruit tisanes.

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

OCTOBER

Monday 1st General meeting 7.30pm.

Thursday 3rd 7.30 to 9.30pm Seed Group.

Sunday 27th 8.30 to noon, Spring Salvia Day. Fullarton Park Community Centre, Fullarton.

NOVEMBER

Monday 4th General meeting 7.30pm.

HERB DAY:

Sunday 3rd November 10am – 3pm

DECEMBER

Monday 2nd General meeting 7.30pm & Christmas Party.