



HERB THYMES

**NEWSLETTER
NUMBER 5
October/November 2019**



Iris x germanica Florentina
Root is used for Orris.

**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
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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Vale – Kath Medcalf 20th September 2019.

Kath Medcalf, a familiar, much loved face, will no longer be at our meetings, functions and conferences. However, Kath an active, long standing member, will continue to linger in our hearts and minds.

Our condolences go to Anthony and his family at this difficult time in their lives.



Hello Herb lovers

After the eight Herbies left the Airport on Sunday 22nd, September.

I reflected on my amazing 3 days spent with these knowledgeable ladies, during their extended outing to Port Lincoln. I concluded that my life is about living, learning, tolerance and understanding, that the more I discover - the less I really know.

Don't forget this is your newsletter and I enjoy hearing 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

For next edition, deadline for Herb Thymes is November 16th.

Happy gardening
Chris Houweling.

and for those who regularly lose names for many plants,

No names for the faces
plants or the places -
they hide in my mind
that I've yet to find
in the boxes and stuff
the dust and the fluff-
I should sort and file
it would take a while
but there is an app
that cleans as you nap

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

Details	Items	Actual 2019
Revenue Income		
SUBS		1,318.50
RAFFLE		237.00
TRADING TABLE		-
LIBRARY BOOKS & JOURNALS		27.00
MISCELLANEOUS & DONATIONS		42.50
SALVIA GARDEN GROUP		2,156.45
SEEDS & SENSORY		44.50
HERB DAY		2,879.50
TRIPS & ACTIVITIES		1,709.00
CONTRA ACCOUNT -		1,100.00
CLOSED AUSTRALIAN UNITY INVESTMENT ACCOUNT		41,763.04
INTEREST ON OPERATING ACCOUNT		9.32
Total Revenue Income		51,287
Expenditure		
Meeting night expenses		1,328.80
Society Expenses		1,256.72
Thymes printing & postage		1,467.65
Library books & journals		75.00
Salvia Group		690.36
Seeds & Sensory Gdns		(97.90)
Herb Day		1,395.19
Adverts Telecom Aust Post		155.83
Trips & Activities		347.96
Contra Account		1,100.00
Transferred funds into Lutheran Laymens League Investment account		45,000.00
Donations - Currency Creek Arboretum		20.00
Total Expenditure		52,740
Operating Cash Surplus / (Deficit)		(1,453)

Prepared By: _____ Date: __/__/__

Audited By:  Date: 29/6/19

HERB SOCIETY OF SA INC
Statement of Financial Position
Herb Society of SA Inc

Details		Actual 2019
Assets: Must include Account Number and Type	\$ Amount	
Main Working Account Statement @31.5.19	\$ 4,080.84	
Less: Unpresented Cheques	\$ 154.24	
Plus: Deposits in Transit	<u>\$ 596.75</u>	
	4,832	4,832
Investment A/C @ 31.3.16	0	0
LLL Investment A/c	89,449	89,449
Total Reconciled Bank Balances at 31st May 2019		<u>94,281</u>

Presidents Report

Year ending 30th June 2019

The past year has again been full with events and activities. Our committee and members have been very supportive.

We had spring and autumn propagating workshops at The Findon Community Centre. The very hot dry summer and autumn were a challenge for collecting plant material, but the visitors seemed happy and were pleased to take home their pots.

The seed group prepared seed packets to be sold at meetings, talks and Herb Day. Aromatic herb bags and lemon verbena tea bags were prepared for distribution on Herb Day.

The Salvia Garden group had their spring and autumn sales at Fullarton Centre. There was a very large range of salvias at the spring sale and many buyers came with great enthusiasm.

In September we had a very interesting trip to Currency Creek Arboretum, a specialist Eucalypt arboretum and research centre composed of only Australian native plants.

The earlier part of the day was spent in Langhorne Creek at the Bleasdale Winery and then to Newman's Horseradish for lunch. In May there was a garden tour of Beaumont House, followed by a Devonshire Tea and a guided tour of the house. We were fortunate to have a special visit to this old home and the garden tour was taken by Marilyn Kuchel.

During the year there were talks given to Willunga Garden Club and the Cottage Garden Club, pots of herbs and salvias and seeds were available for purchase. The monthly meetings were well attended and there was a variety of interesting speakers.

The 16th Australian Herb Conference was convened by the North Queensland Herb Society in August. Over 40 people attended including a group from NZ. We had a great trip from Townsville to Cairns which was a gourmet feast of fruits and local products. The Sunday Mail Expo in April was smaller but we had excellent attendance, with a display of plants, cuttings for touch and smell and a herb dip tasting.

Herb Day in November was again blessed with perfect weather. The large variety of stalls had many eager buyers, music and distribution of herb and tea bags to visitors made a successful day.

We thank Ange Wojcik for her contribution as she retires from the committee and welcome John Thompson as we continue on to another year.

Sandra Stuart President

Membership Renewals 2019/2020

Thank you to those members who have renewed their membership. A reminder that membership is now due to those who haven't paid as yet. Payment can be at meetings, post or by direct credit to the Society account. *Sandra Stuart.*

Bank Details: BSB 105 142, Bank SA:

Account Number 537176940

Letters to the editor:

Dear Chris

Just a little something I read in a very entertaining book by Paul O'Grady called 'Still Standing'.

Paul as well as being an entertainer is a committed herbalist.

"The Big favourite of all my concoctions that everyone swears by is 'Four Thieves Vinegar'.

The origins of this cure all stems from the days of the plague. Four thieves, having finally been caught and convicted after a long and successful crime spree looting the homes and businesses of plague victims, were offered the option of having their sentences commuted from being burnt at the stake to hanging if they would reveal the secret that had prevented them from catching the disease. Even though they were constantly being exposed to it they had somehow managed to avoid the infection themselves. The answer was 'Four Thieves Vinegar'. It's easy to make and variations exist on the Internet but for the real recipe, the original one that was concocted in the thieves' garret, requires a little more than the basic ingredients of herbs, garlic and vinegar.

For the maximum potency a little witchery pokery needs to be employed and that's where the true secret of Four Thieves Vinegar lays.

Much as I'd like to tell you this secret I'm afraid I'd have to kill you".

I realise this is probably a bit lengthy for Herb Thymes but the story amused and I was so surprised to find that Paul O'Grady

who tries to find homes for sad dogs on television was hooked on herbs.

Margaret Griffin

FOUR THIEVES VINEGAR:

one of many recipes-

Ingredients:

2 tablespoons chopped fresh lavender flowers.

2 tablespoons chopped fresh rosemary.

2 tablespoons chopped fresh mint.

2 tablespoons chopped fresh sage.

2 tablespoons chopped fresh marjoram.

2 tablespoons chopped fresh anise hyssop.

4 cloves garlic (peeled and crushed)

4 cups white wine vinegar.

Instructions:

Toss herbs and garlic together in a one-quart mason jar, cover with vinegar and allow them to marinate for seven to ten days in a sunny location. After seven to ten days, strain the vinegar through a fine-mesh sieve into a second, clean 1-quart glass jar.

Store at room temperature until ready to use and serve as you would any seasoned vinegar: as a basis for vinaigrettes or as a seasoning for braised meats and vegetables.

As you can see the key ingredients are two: good quality vinegar and garlic. Now historically, each thief contributed one optional ingredient. So I recommend you select 4 ingredients of your choice from the optional list below and add them one at a time to the garlic and vinegar mix.



Mint
Lavender
Black pepper
Cayenne Pepper
Coriander
Chilli pepper
Rue
Thyme
Wormwood
Sage

Intuition and the nature of the situation may act as indicators in order to help you select the right

herb for you.

Bring the vinegar/garlic mix to the boil. Then add the rest of the ingredients one at a time. Give each a good swirl before you add another. Oh, and another piece of advice, don't inhale the fumes as they may be very overwhelming (vinegar with garlic remember!)

Whilst stirring the 'Four Thieves Vinegar' chant the following spell:

"Four thieves vinegar now I make, bless and allow change to come to me.

Four thieves vinegar now I make, bless and banish negativity from me".

When you add the last ingredient, give a final swirl before letting the mix cool down. Then bottle your brew and let it sit for four days. Give your Four Thieves Vinegar a good shake before use!



Uses: to make you smile.
In spells and rituals for protection,
healing and to cleanse negativity (use it
as a floor wash with black salt)
To repel intruders and in times of crisis

Editor: I thought it was sprinkled on the
floor as a disinfectant!!

Orris Root (*Iris x germanica Florentina*): usually sold in powder form. Growing your own is advantageous, as you can grate the root for potpourri, where it is used as a fixative. Wash and grate the roots as soon as they are dug up, otherwise they become too hard to handle. It needs plenty of sun and will not flourish if overgrown. They do not tolerate wet conditions. Plant with the rhizomes on the surface, and sprinkle some compost around them. Orris root is sometimes used as a dry shampoo.

Comfrey cream

You will need: 3 medium size comfrey leaves chopped, 6 tbsp. boiling water, 2 teaspoons beeswax with 2 teaspoons emulsifying wax, 4 teaspoons almond or sunflower oil, 3-4 drops lavender oil. Infuse the comfrey in the boiling water for 5 minutes then strain. Heat the beeswax, emulsifying wax and oil in a bowl over hot water. When melted add the comfrey water and lavender oil, whisking in slowly. Remove from the heat and beat gently until starting to thicken. Place in a jar/bottle. Place paper towel over jar until cool, then place on lid and label with what it is and the date made

REF: "Making your own cosmetics" by Ruth Rivers © 1986 THE BLUE MOUNTAINS AND NEPEAN HERB GROUP.

Pennyroyal



BOTANICAL NAME

Family: LABIATAE

Genus: Mentha

Species: pulegium

ORIGIN:

European native, naturalised elsewhere.

In rich, moist soils in conditions of partial shade.

DESCRIPTION:

A spreading, prostrate perennial with small, elliptical grey green leaves. Its spreading form makes for a mound and in summer to autumn it produces upright spikes of white to lilac flowers.

Pennyroyal is excellent for repelling insects, especially fleas, so if you have dogs then get some of this plant into your garden. It is also good against ants.

Mentha pulegium is often used in companion planting in vegetable gardens as it will repel a lot of pests.

Cultivation:

Cultivated horticulturally by divisions of stolons in spring; planting 5 cm deep. Moist but fertile soils - best contained in a tub as it will spread rapidly via runners and roots.

Constituents:

The most concentrated and toxic form of the pennyroyal plant is pennyroyal oil. The oil contains 80% to 92% of cyclohexanone pulegone. Pulegone, the molecule in highest concentration in the pennyroyal plant, causes a variety of ailments in those who ingest it and is what causes the plant to have its peppermint flavour.

Pennyroyal has a similar scent to mint, which means **bees** and wasps don't **like** it at all.

Uses:

Pennyroyal is applied to the skin to kill germs, keep insects away, and treat skin diseases. It is also **used** topically for gout, venomous bites, and mouth sores; and as a flea-killing bath.

In manufacturing, **pennyroyal** oil is **used as** a dog and cat flea repellent; and as a fragrance for detergents, perfumes, and soaps.

NB. Crushed pennyroyal leaves emit a very strong fragrance similar to spearmint. Pennyroyal is a traditional folk remedy, emmenagogue, abortifacient, and culinary herb, but is toxic to the liver and has caused some deaths.

There are many ways to make your garden extra **dog**-friendly, beyond just being non-**toxic**. **Dogs** experience the world largely through scent. ... **Lavender** has a calming, soothing effect for **dogs**.

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 15/4/19

TREASURERS REPORT:

*Motion that the accounts be paid and financial report be accepted.

Moved/Seconded by Kath and Anthony, carried unanimously.

*Motion to funds from cheque account, which includes \$41,763.04 from LifePlan to interest bearing account with Lutheran Layman's League.
Moved/Seconded by Kath/Dot.

GROUP REPORTS:

SALVIA GARDENING GROUP.

Autumn Salvia Sale will be on Sunday 28th April.

SEED SAVERS GROUP:

Next meeting 6th June at Findon Community Centre.
113 sachets of Lemon verbena packed.

HERB DAY:

Trolley from Bunnings, price \$98 to be purchased.
Raffle books ready to be distributed in August copy of Herb Thymes
Ilsa purchased a set of three clippers and snips from a Stratco Sale for \$25.

TRIPS:

Beaumont House, 20 people have booked – cut of May 6th,
Port Lincoln 20 to 22nd September, approximately 6 people have booked.

GENERAL BUSINESS:

Sunday Mail Expo, 5th-7th April. This was a great success with lots of questions asked.

The Herb Society Website is being updated by John.

Propagation day was a successful day with 26 attending

MINUTES OF GENERAL MEETING HELD ON 6/5/19

SEED SAVERS GROUP:

- Next meeting 6th June at 7.30 pm.
- Making herb and Lemon verbena bags.
- Ilsa asked for suggestion for seeds.

GENERAL BUSINESS:

- 26 enthusiastic people attended April's propagation workshop in the Findon garden.
- Cuttings of pelargonium 'Mabel Grey', goldenrod and hakea were available for members to take and seeds for sale.

THE GUEST SPEAKER: As the guest speaker was unable to come Anthony Medcalf filled in with photos of his visit to Singapore gardens.

MINUTES OF COMMITTEE MEETING HELD 17/6/19

BUSINESS ARISING: The committee discussed Franco's application for support from the Herb Society for the Community Garden.

Motion: "That the Herb Society donate \$210 to The Kilburn Peace And Welcome Garden".

Moved/Seconded: Kath/Anthony Carried.

GROUP REPORTS:

SALVIA GARDENING GROUP: Sandra sold salvias totalling \$50 at the Cottage Garden Club.

HERB DAY:

Sandra has bought the trolley for the first prize. Fertiliser and pots to be added.

Neutrog products have been donated.

A large amount of fertiliser has been donated.

TRIPS:

Six members are taking part on the Port Lincoln trip, and airfares have been booked.

GENERAL BUSINESS:

propagating workshop at Findon Herb Garden will be on Sunday 15th September. Sandra has given details to Di Shaw.

Ange advised us that she will not be accepting re-nomination for the coming year. we thanked her for her contribution to the committee.

MINUTES OF GENERAL MEETING HELD ON 1/7/19

At 8.10pm the President declared the Annual General Meeting open, returning to the General Meeting at 8.22pm.

GENERAL BUSINESS:

Flyers for Herb Day, the Spring Salvia Sale and the Propagating Workshop are all available for distribution.

THE GUEST SPEAKER: Trevor Scott from Cut-Above, spoke on the purpose of different gardening tools and demonstrated how to sharpen them.

MINUTES OF COMMITTEE MEETING HELD 15/7/19

GROUP REPORTS:

Salvia Gardening Group:

Sandra has farmed cutting out to Rod, Anthony and Merilyn.

FINDON GARDEN: Anthony has been pruning and has purchased new hose fittings to replace damaged ones.

HERB DAY:

Sue has a basket to fill for the second prize.
Barbara MacArthur will also help out on the raffle
Sandra to pass around information board at the next general meeting.
Some gifts have been donated

GENERAL BUSINESS:

Propagating workshop on 15th of September.
The website will now include guest speakers

EVENTS 2020

3rd-5th April Expo Wayville
Sunday 19th April propagating Findon 2-4pm
Sun 26th April Salvia Sale Fullarton 8.30am-12noon
Sun 13th Sept. propagating Findon 2-4pm
Sun 25th Oct. Salvia Sale Fullarton 10am to 3pm.

MINUTES OF THE GENERAL MEETING HELD 5/8/19

HERB DAY:

Request for home-made foods for the Herb Day afternoon tea
Prizes are still needed.

GENERAL BUSINESS:

The Charles Sturt Council has provided better security and lighting in the grounds, as they have been recently used by drug users.

THE GUEST SPEAKER: Belinda Hellyer from “Brewed by Belinda” spoke about her interest in tea, including its history and associated traditions, and provided us with a tasting of some of her recent blends.

YOU ARE INVITED TO THE HERB SOCIETY'S
ANNUAL CHRISTMAS PARTY
THE THEME THIS YEAR IS BINGO;
B asil I ris N epeta G arlic chives O regano

A night of entertainment and fun. Quizzes with heaps of prizes. Looking forward to seeing you all there.

DATE: MONDAY 2ND DECEMBER 2019

TIME: 7.30 pm

DRESS: BINGO FANCY COSTUME

PLACE: FINDON COMMUNITY CENTRE.

BRING: A PLATE OF FOOD TO SHARE FOR SUPPER.

HOSTED BY SUZANNE UPPILL

Dear Suzanne

Thank you for your kind invitation to the 2019 "BINGO" Christmas party.

Your card is propped on the mantle where it will not be forgotten. I need to tell you that your BINGO herbs have been arguing about who will play the leading role in the BINGO Charade.

Garlic says 'I'm the obvious choice, I'm the only monocot or bulb in the group.

Iris butts in with 'My three magnificent petals make me a monocot and I don't have Garlic's strong body odour'.

Nepata not to be beaten, told the group ‘I’m an aromatic perennial with a large following of cats who adore me. I’m the most obvious choice.’

Basil, wears a crisp white Master Chef hat, comments ‘I’m featured in all the cooking series, my ratings are the highest!’

Oregano the orator, wears a smart black cap’

‘Every one of you is important and we all should be proud to be chosen for the BINGO Charade. We come from all around the world.

Basil, your homeland is India, you came to the Mediterranean via the spice routes in ancient times but you’re undoubtedly the most loved and popular herb in Italy.



◦ Iris, the most beautiful of flowers, and such an elegant lady is from Europe.

Nepata you’re native to Europe, Asia, and Africa. The lover of all feline creatures.



Garlic you’re from central Asia, South Asia and southwestern Siberia.

Your supernatural, medicinal powers and pungent scent set you apart from us all and make you universally maybe the most important herb of all.

And I’m an ancient Greek. A perennial, loved by all herb lovers. Grown and used prolifically through the world. And, actually my TV and Facebook ratings are pretty good.

CALENDAR OF EVENTS 2019:

OCTOBER

Monday 1st General meeting 7.30pm.

Guest Speaker, Les Nesbitt. Australian Native Orchids.

Overview, their conservation and propagation.

Thursday 3rd 7.30 to 9.30pm Seed Group.

Sunday 27th 8.30 to noon, Spring Salvia Day. Fullarton Park
Community Centre, 411 Fullarton Rd.

NOVEMBER

Monday 4th General meeting 7.30pm.

Guest Speaker, Catherine McMahon. Seagrass Restoration in Port
River. Monitoring and restoration trial underway with major polluter
gone. Estuary Care Foundation

HERB DAY:

Sunday 3rd November 10am – 3pm

Fullarton Park Community Centre, 411 Fullarton Rd.

DECEMBER

Monday 2nd General meeting 7.30pm & Christmas Party. DATE:

Monday 2nd December 2019

Time: 7.30 Pm

Dress: Bingo Fancy Costume

Place: Findon Community Centre.

Bring: A Plate of Food To Share For Supper.