



NEWSLETTER
NUMBER 6 Dec/Jan 2021



French Tarragon
Artemisia dracunculus

THE SA HERB SOCIETY INC. OFFICIAL PUBLICATION

HERB SOCIETY OF SOUTH AUSTRALIA INCORPORATED

Society Correspondence: The Secretary PO BOX 42 WOODVILLE SA 5011

SA 5011 Telephone contact: (08) 8445 6645 Email:

herbsocietysa@gmail.com

Website – <http://www.herbsocietysa.com.au>

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.

Table of Contents

| | |
|---|-----------|
| RAFFLE DAY PRIZES/Winners for 2020 Herb Day..... | 4 |
| SPRING SALVIA SALE | 4 |
| HERB DAY MARKET 2020..... | 5 |
| THE BIRDS AND THE BEES..... | 6 |
| A SHORT TALK - STINGING NETTLE | 7 |
| FRENCH TARRAGON..... | 8 |
| Renmark Riverland, Rose Festival 2020 Friday 16 - Sunday 25 Oct. | 9 |
| ASPARAGUS..... | 11 |
| Asparagaceae Asparagus officinalis | 11 |
| GERMAN CHAMOMILE..... | 12 |
| MEETINGS GENERAL OUTLINE:..... | 15 |
| EVENTS 2021..... | 19 |
| CALENDAR OF EVENTS 2020/2021..... | 20 |

Hello to you all.

One of the many highlights for me this year has been attending committee meetings on Zoom and feeling part of the team.

Technology has kept many of us together and up to date with the latest news.

The time for a New year's resolution is here and one I'm going to suggest is " To contribute just one item, be it a recipe or a herby tip To OUR newsletter.

Keep safe, Chris Houweling.

RAFFLE DAY PRIZES/Winners for 2020 Herb Day

| | | |
|------------|--------------------------------------|--------------------|
| 1st prize. | : Retractable garden hose. | Bianca Vanhaegenty |
| 2nd | Large basket full of assorted goods. | Mick |
| 3rd | Subscription to Grassroots. | Madeleine |
| 4th | Rain gauge | Fiona Gould |
| 5th | Olivers voucher | KB |
| 6th | Olivers voucher | Lyn Trenwith |
| 7th | Basket of assorted goods | L. Callaghan |
| 8th | Pot with garden accessories. | Sandra Stuart |
| 8A | Pruning secateurs | Gill Adamek |
| 9th | Pruning saw | Amelia Redpath |
| 10th | Rapid raiser/Orchid fertiliser | Lee Grigg |
| 11th | Bee and insect hotel. | Eve Jordan |
| 12th | Seamungus fertiliser | Yvonne Hickman |
| 13th | Bush tucker fertiliser. | Liz |
| 14th | Hanging herb tile. | Anita |
| 15th | Pot & Sudden Impact for Roses. | Margaret Thiel |
| 16th | Pot, plant and trowel | Neil Pascoe |

SPRING SALVIA SALE

October 25th saw the Herb Society finally have the Salvia Sale. Unfortunately, due to the Covid 19 pandemic, all the Society events were cancelled early in the year.

The day started early with the setting up. The weather was quite cool, with the occasional spotting of rain but this was no deterrent to the many who starting streaming in at 8.30am. This year we were able to

assist buyers with the salvias placed on tables and stands – no bending over to pick up from the ground.

A very successful morning with over 500 pots sold and many happy customers. We usually hold the autumn sale on the last Sunday in April. Next year, this will be Anzac Day, so instead the next Salvia Sale will be on Sunday May 2nd, 2021.

HERB DAY MARKET 2020

Planning for this year's Herb Day went ahead, not knowing whether or not it would happen. Fortunately, it was able to proceed with some minor changes.

The events inside the centre were cancelled. We were not allowed to serve food and drinks and we would have had to contact trace all who entered inside the building, including those who wished to use the toilet.

It was decided that this would be too onerous on the organisers, so all activities were held in the grounds of the Fullarton Park Centre. Public toilets were available on the other side of the centre for people to use.

While we didn't have our usual food and beverages, we were able to offer a local coffee van a site at no charge to the Society. He served coffees, cold drinks and light snacks and this helped induce many who stayed around to have their coffee and relax in the park.

The weather was perfect. A bit cold setting up but the day warmed, and many people came in and spent a few hours amongst the stalls and enjoyed the live music. Many of the stallholders remarked that there seemed to be a better atmosphere this year. Having the raffle, seed sale and books located amongst the other stalls was certainly better than tucked away inside as in previous years.

Discussion has been held on changing the Herb Day to be like this in future years. It takes a crisis to change things sometimes.

A special thank you to both Sandra Stuart and Kath Coombs. They spent many hours labouring away to coordinate the Covid 19 response plan with the government and the Community Centre as well as organise the trestle tables and chairs that we had to hire.

All in all, a very successful day after a very trying year. Let's hope that 2021 will see things improve for all of us. Stay safe and well.

THE BIRDS AND THE BEES

When spring finally came so did the birds and the bees. Well actually, they have been in my garden all year. I grow a variety of herbs but also many cottage style plants with flowers. The trend nowadays to plant just foliage plants leaves me to despair. Flowers add colour and vibrancy to a garden. They also add to the wildlife that comes in, including insects. There were hoverflies and native wasps as well as butterflies.

This year saw an invasion of butterflies. I checked that wonderful new creation, the internet, to find out what do you call a group of butterflies? Well, there are several sayings. A rabble, a swarm or a flutter. The best one I thought was a 'kaleidoscope of butterflies.

In my garden was the common cabbage butterfly. A nuisance I know if you grow certain vegetables. However, on closer inspection there were other varieties as well, including the caper butterfly. At any one time there must have been at least 30-40 flying around, drinking nectar and getting up to what adult butterflies do, yes, mating! The next generation in the making.

What is a group of caterpillars called?
An army.

I'll leave you with the lyrics of the first verse of the song made famous by American singer and record producer, Jewel Akens (1933-2013) in 1965.

Let me tell you about the birds and the bees
And the flowers and the trees,
And the moon up above,
And a thing called love.
Have a Merry Christmas and may the New Year be kind to us all.

Anthony Medcalf.

A SHORT TALK - STINGING NETTLE

At our November meeting, Nada, one of our members, gave a short talk on stinging nettles. These short talks on herbs have proved popular with our members and we will continue with them in the New Year.

Stinging or common nettles (*Urtica dioica*) have a vigorous creeping rhizome, serrated leaves covered in stinging hairs and tiny flowers in summer. In my garden it comes up during winter, flowers and sets seed and then dies back down in the spring. This is the annual nettle (*U. pilulifera*)

However, Nada, has perennial one which is more robust and grows most of the year. Nettles are frequently found growing on waste ground or disturbed sites and if left to their own devices can be quite weedy.

They have been used for centuries as a source of fibre to make cloth, as a food and medicinally. The young leaves and shoots are blanched and used much like spinach in cooking. Widely used as a tea, using either fresh or dried leaves.

Nettles originate from southern Europe and have naturalised worldwide. They are grown from seed or by root division in spring. Medicinally, it has been used as a diuretic, treat jaundice, haemorrhoids, as a laxative and to treat eczema. The powdered leaf is used as a snuff to stop nose bleeds. It has been shown to lower blood-sugar and blood pressure levels.

It is a nutritive herb rich in vitamins, iron, calcium, magnesium, sodium and potassium. The juice of the nettle is the antidote for its own sting. Infused in hot water, the sting of the nettle is rendered inactive.

It cleanses the blood and is beneficial in treating cases of anaemia and other blood disorders.

References: Herbs, Lesley Bremness

The Encyclopaedia of Herbs and Herbalism, Malcolm Stuart

Leaflet from, Australian School of Herbal Medicine

FRENCH TARRAGON



Artemisia dracunculus

Family: ASTERACEAE

Tarragon derives from the French *estragon* and the Latin *dracunculus*, a little dragon. The dragon connection may have come from tarragon's fiery tang or from its serpent like roots.

DISTRIBUTION:

Perennial native to southern Europe, Asia and western USA.

DESCRIPTION:

French tarragon grows to 0.5 high and is a perennial herb. It has thin green stems with fine longitudinal striations. The leaves have a strong aniseed flavour.

It is sometimes confused with Russian tarragon which lacks aniseed flavour and sets seed.

Not as widespread use as other herbs and accepted as a culinary herb by 19th century in France with gourmet cuisine.

USES:

To flavour meat, poultry, fish, sauces, butters, mustard, oils and vinegar. Tarragon vinegar is an example.

Tarragon does not freeze well.

PROPAGATION:

Russian Tarragon is propagated by seed.

French Tarragon by root division which is best done in spring. It needs a well-drained, slightly acidic soil and a warm sunny position. Needs water, but not waterlogged. Compost once a year and to flourish well it's advisable to move every 4 years.

French Tarragon is dormant in winter whereas Russian tarragon is not.
Sandra Stuart

REMARK RIVERLAND, ROSE FESTIVAL 2020

Friday 16 - Sunday 25 Oct:

This is a favourite festival that has run for many years. This year due to Covid-19 restrictions it opened for a duration of 10 days and with fewer gardens but there were still plenty to visit.

On arrival in Renmark on a rainy Friday afternoon we were greeted by the dazzling display of gold roses along the front of the Information Centre.

Saturday saw the fair at Jarrett Memorial Gardens alongside the river. Nearby was the 3 day floral display at the Renmark Institute a truly amazing display put together by volunteers, using flowers and cuttings from local gardens.

We had time to visit the garden of Fleur and Allan Carthew at Renmark West.

An acre of informal garden bounded by citrus and avocado trees. The property established 60 years ago contained many mature trees and plants.

It was a stunning display from the 350 roses consisting of heritage species, hybrid tea roses to David Austin roses.

There were also vegetables herbs and fruit trees. We had an interesting chat with Fleur who gave us an insight into her passion and love of this wonderful garden.

Sunday, we set off to visit Lyrup and Marg Tschirpig.

The driveway was pink and white with white icebergs and simply magic roses.

A second garden that of Sandy Lloyd had a "Gold Bunny" arch, ornamental pears and old wisteria. It was filled with rustic creations and gabion structures.

Sunday afternoon we were in Monash at Ali and Danny Halupka's garden of 1.3 acres which was a blend of ornamental plants and 200 roses. These being mostly of floribundas, David Austin's and combined with daylilies, hippeastrums, agapanthus and salvias. It was a delight meandering around to discover all the hidden treasures.

We were then directed to the Mother's garden of Helga Halupka.

This was an oasis in the desert, being 100 years old was surrounded by huge majestic trees. Within revealing many gardens and arches of magnificent roses, varieties of iris, perennials and water features.

Monday, we visited Ruston Roses which is on 27 acres. The new

owners James and Sheree Chappel have restored many plantings and other areas are being developed and the whole garden is a great display. One can enjoy coffee and scones with raspberry and Mister Lincoln rose petal jam overlooking the beautiful roses and displays. It was good to see it being restored to its former glory.

We reluctantly headed for home after soaking up the beauty of the gardens, river and roses.

Sandra Stuart

ASPARAGUS

Asparagaceae

Asparagus officinalis

Asparagus, or folk name - sparrow grass.

It was once classified in the lily family, like the related *Allium* species, onions and garlic. However, genetic research places Lilies, *Allium*, and *Asparagus* in three separate families—the Liliaceae, Amaryllidaceae, and Asparagaceae, respectively—with the Amaryllidaceae and Asparagaceae being grouped together in the order Asparagales.

DESCRIPTION:

Asparagus is a herbaceous, perennial plant growing to 100–150 cm tall, with stout stems with much-branched, feathery foliage. The "leaves" are in fact needle-like cladodes (modified stems) in the axils of scale leaves. *Asparagus* grows from an underground root system of fleshy storage roots attached to an underground stem called a rhizome and small feeder roots that absorb nutrients and water. The storage roots and rhizome of one-year-old asparagus grown from seed are called crowns. It is usually dioecious, with male and female flowers on separate plants, but sometimes hermaphrodite flowers are

found. The fruit is a small red berry 6–10 mm in diameter is toxic to humans.

They are dormant in winter.

DISTRIBUTION:

Plants native to the western coasts of Europe.

PROPAGATION:

The quickest method of propagation is by crown but it is expensive. Seeds take up to 8 weeks to germinate, however self-set seedlings can be sourced, found growing around established plants. Asparagus is hardy and requires a pH of 6 to 7 and a sunny spot. Let it die back naturally in autumn, do not cut back early.

NUTRITIONAL PROFILE:

Asparagus contains a unique array of phytonutrients. Also, like chicory root and Jerusalem artichoke, it is an important source of the digestive support nutrient, inulin. ... Asparagus is an excellent source of vitamin K, folate, copper, selenium, vitamin B1, vitamin B2, vitamin C, and vitamin E.

FUN FACTS:

A recipe for cooking asparagus is given in one of the oldest surviving collections of recipes - Apicius's third-century BC *De re coqui aria*, Book III.

This year been abnormal Hor id
& it sort of rhymes with Cov id
But an excuse for a few new jokes
And for writers to scribble notes
And those calls of “are you okay”
Cheer the soul making your day

GERMAN CHAMOMILE

Matricaria recutita

DESCRIPTION:

German Chamomile an annual, not to be confused with Roman Chamomile (*Anthemis nobilis*) that's a perennial.

German Chamomile is strongly aromatic, and has tall, hairless, erect, branching stems, with delicate feathery leaves and simple daisy-like white flowers on single stems. The flowers are smaller than those of Roman Chamomile. Intensely sweet, herbaceous odour with a fresh, apple-like undertone.

PROPAGATION:

German chamomile is easy to start from seed. Start seeds indoors, about six weeks before the last expected frost. Chamomile seed needs light to germinate, so simply scatter the seed and press firmly onto the soil, but do not cover the seed with soil. Seeds should germinate in seven to fourteen days. It self-sows freely and should not need replanting every year.

DISTRIBUTION:

German Chamomile is native to central and northern Europe.

CONSTITUENTS:

German Chamomile: Alcohols 20.0%, Sesquiterpenes 35.0%, Lactones and coumarins yes, Remainder 9.0%, Oxides 35.0%, Monoterpenes 1.0%, (Caddy, 1997).

USES:

Part typically used: *Flowering tops*.

Both the flowers and the leaves of the German chamomile plant are used for making tea. Harvest the chamomile flowers when they are

fully open. They can be used fresh or dried and stored for later use. If you find the leaves make your tea a bit too bitter, leave them out and just harvest the flowers.

German Chamomile – *Oil*

German chamomile oil is broadly used in the cosmetic industry, especially in formulations designed to improve dry, inflamed or irritated skin. It is also added in shampoos and conditioners. Other practical uses of German chamomile oil include:¹

- Hair moisturizer — Blend two drops of German chamomile oil, rosemary oil, and lavender oil with 4 tablespoons of sweet almond oil. Massage it onto your hair and scalp once a week. For best results, leave it on overnight.
- Moisturizing skin mist — To make your own natural skin mist, blend two drops of German chamomile oil, two drops of lavender oil, one drop of rose otto oil and 4 ounces of purified water in a ready-to-spray bottle. This natural moisturizing mist will surely be handy for your sunbathing sessions.
- May help relieve migraine — Moisten a towel with cool water and add a few drops of German chamomile oil. Place the damp cloth on your forehead, close your eyes and relax.
- May provide relief from joint pain or tense, stiff and cramping muscles — Blend 2 tablespoons of sweet almond oil and two drops of German chamomile oil and rosemary oil. Massage this blend onto the affected areas to ease up the tensed muscles and increase circulation.
- Skin toner — German chamomile oil has astringent properties, which makes it ideal for pore-cleansing treatment. Simply add the

essential oil to your own homemade facial cleanser and apply using cotton balls.²

REF:Prohhealth.com

HISTORY:

This herb dates back as far as ancient Egypt where it was dedicated to their gods and used for medicinal and cosmetic purposes. The herb has also been used medicinally in Europe for over 2000 years.

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 ANNUAL GENERAL MEETING HELD ON 3/8/20

ELECTION OF 2020/2021 COMMITTEE

The Returning Officer, Liz Storoschuk, thanked the President and the Committee for their work over the past year. She declared all positions vacant and presented the following nominations for 2020/2021 to the members' vote.

| <u>OFFICE</u> | <u>NOMINEE</u> | <u>COMMITTEE</u> |
|----------------|-----------------|--------------------------------------|
| President | Sandra Stuart | Suzanne Uppill |
| Vice President | Anthony Medcalf | DorothyRushton |
| Secretary | Marianne Piercy | Dianne H |
| Treasurer | Kath Coombs | John Thompson Christine Houweling |

All were elected unopposed.

MINUTES OF THE COMMITTEE MEETING HELD ON 21/9/20

SECRETARY'S REPORT/CORRESPONDENCE:

Emails:

Fullarton Park Community Centre – Herb Day banner application

Garden Clubs of Australia – AGM information for members

White Marquee - Party hire quote

Bank SA Internet Banking – New payee account added

8.GROUP REPORTS

SALVIA GARDENING GROUP: Spring Salvia Sale on Sunday
25th October

Lorraine Thompson, Robyn Powell, Mark and Denise Briggs and
Simon Ardill will bring plants

Friends of the Botanic Gardens will not bring plants, but will assist
on the day

Sandra will arrange details with Fullarton Park Community Centre

11. HERB DAY:

A coffee van has been arranged.

The Herb Society is buying an outdoor shelter from Inta Mackenzie
for use at events.

Raffle prizes have been arranged, Barbara and Lijan will be on the
desk.

Most regular stall holders will attend

John to notify the ABC the week before and place on website

Marianne to put on Facebook

There will be ongoing propagating assistance on the Herb Stall

Anthony to do Sniff and Smell

Di to help Ilsa with books and refer to Inta for advice

John to advise various gardening clubs about Herb Day

Sandra to ask Michelle at Fullarton Park to pass on leaflets to the
community centres and libraries

Emails requiring a response: Sandra, Kath and Marianne to cc each other if they reply to an email to avoid double-handling

MINUTES OF THE COMMITTEE MEETING HELD ON 19/10/20

6.SECRETARY'S REPORT/CORRESPONDENCE:

Bank SA, New payee account added for Barb McArthur

Bank SA, Copy of receipt to above

Melva White, Raffle tickets \$10.00

Sandra Stuart, 90th birthday card to Melva White

9.HERB THYMES:

Marianne to report on Simon Ardill's talk

Sandra to submit info on French tarragon and a report on the Renmark Rose Festival

10.SPEAKERS' PANEL:

February, Tour of Herb Garden

March, Bernie Omodei

11. HERB DAY:

Raffles ok

Anthony – cuttings for sniff and feel, and propagating

Propagating – secateurs to be disinfecting between users

12. TRIPS: Simon Ardill has suggested a trip to his orchard next year.
Date to be arranged.

13. GENERAL BUSINESS:

Sandra is assisting in the railway gardens scheme at Woodville Park, providing information. Findon Garden plants would be suitable for this project.

28 people so far are attending the Christmas dinner. The Herb Society will contribute \$15.00 per person.

An increase of membership fees was suggested:

Single/group: \$16.00

Family: \$20.00

Dates for 2021:

Propagating workshops at Findon, 11th April and 12th September

Autumn Salvia Sale 18th April

Spring Salvia Sale 31st October

Herb Day Market 7th November

MINUTES OF THE GENERAL MEETING HELD ON 2/11/20

APPLICATIONS FOR MEMBERSHIP: There were nine new members between Salvia Sale and Herb Day to be presented to the next Committee Meeting.

TREASURER'S REPORT:

Money raised from Herb Day

Stall holders \$973.00

Books \$87.00

Seeds \$82.50

Plants \$160.00

Raffle \$201.00

Total days takings \$1,503.50

When receipts from expenditures are taken out, it looks like a profit of \$810.00. Money from Salvia Sale

Books \$60.00

10% from growers \$378.00, after paying for 181 propagating tubes @ \$1.00 each.

HERB DAY: This was the first time that the Herb Day Market was held outside. It was a perfect day with all stall-holders present. The

coffee van had people seated around it, giving the impression of a family picnic. Everyone was happy with the new format, and there were many suggestions for continuing it in the future.

TRIPS: A visit to Simon Ardill's property at Strathalbyn will be arranged next year.

EVENTS 2021

Autumn Salvia Sale
Sunday 2nd May
8.30am to 12 Noon

Spring Salvia Sale
Sunday 31st October
8:30 am to 12Noon

Herb Day
Sunday 7th November
10 am to 3pm

All Events Located at

Fullarton Park Centre
411 Fullarton Road
Fullarton

“Doctor, when do you think Covid 19 will be over?”

Doctor, “ I don't know I'm not a journalist.

CALENDAR OF EVENTS 2020/2021

DECEMBER:

Tuesday 8th - Christmas Dinner at La Vita Restaurant

JANUARY: No meeting.

FEBRUARY:

Monday 1st General meeting 7:30pm.

Members night.

MARCH:

Monday 1st General meeting 7:30pm

Guest Speaker, Bernie Omodei - Measured Irrigation

Kerry James - Woodville Greening Group

APRIL:

Monday 5th General meeting 7:30pm

Easter Monday TBC

Sunday April 11th

Herb and Salvia Propagation workshop, in Herb Garden behind

Findon Community Centre 2pm to 4pm. Nb: This will also be held

on Sunday 12th September

MAY:

Monday 3rd General meeting 7:30pm.

Guest Speaker, Bodo Jensen, from Friends of Botanical Gardens.

History of Botanical Gardens Adelaide

Sunday 2nd Autumn Salvia Sale 8.30am to 12 Noon

JUNE:

Monday 7th General meeting 7:30pm

Guest Speaker - Trevor Scott Cutabove - tools, secateurs etc