



The Herb Age



JUNE/JULY 2020

NO 421



Find your inner peas!

THE HERB SOCIETY OF VICTORIA INC

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AIMS OF THE SOCIETY

- ☼ To act as a forum for all persons interested in herbs for their mutual benefit and fellowship.
- ☼ To further the education of the public in the use, value and growing of herbs.
- ☼ To promote and encourage the organic growing of herbal plants.

Patron: Penny Woodward

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Committee	Jill Bryant
Committee	June Valentine
Committee	Jan Illingworth
Committee	Heather Davies
Committee and Library Coordinator	Marie Baker
Membership Officer	Neville Kelly

HSOV MEETINGS

General meeting

is on the first Thursday of every month, from February to December, open 7.00pm for 7.30pm start.

At: Room MB10 Main Building. Burnley Horticultural College campus, 500 Yarra Blvd Richmond MelRef: 45 A12

Next Meetings: See Page 4

The Hills Branch

meets on the third Wednesday of the month from February to November at 7.45pm at various locations.

Volunteers Welcome for Tussie Mussie Making

Tussie Mussie posies are made by HSOV members at a market stall to support the Collingwood Children's farm.

On the mornings of the Second Saturday of the month at the Collingwood Children's Farm Market, St Heliers Street, Abbotsford. MelRef 44 G5.

Advertising Rates	Quarter page	\$15.00	Half page	\$25.00	Full page	\$45.00
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THE HERB AGE

*Official Newsletter of the
Herb Society of Victoria*

Six issues published per year, covering:

- ✿ February/March
- ✿ April/May
- ✿ June/July
- ✿ August/September
- ✿ October/November
- ✿ December

Members' original contributions are warmly welcomed.

Post to:

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THE HERB AGE

JUNE/JULY 2020

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Cover Pic: Sturt Desert Pea (Swainsona Formosa).

The cover photo and the one left were taken in early March this year at the Adelaide Botanic Gardens. See article on page 11. And the quote is just a bit of fun! ☺

A little research on the uses of the Sturt Desert Pea, found that while many of the Swainsona family are toxic, the Sturt Desert Pea can be eaten sparingly.

The Indigenous peoples would suck the small amount of sweet sap from the base of the flower (avoiding the small caterpillars that can live there!)



Next Meetings - CANCELLED

CANCELLATION OF JUNE AND JULY GENERAL MEETINGS.

We have been advised that Melbourne University will remain closed until at least Term 3, which commences July 13th. Therefore we have had to cancel both June (normally our birthday meeting) and July meetings.

Our hope is that we will be able to meet again in August, where we can celebrate 40 years of HSOV. There is a possibility that upcoming meetings, at least in the short term, may be a little different from what we are used to. We are in contact with Melbourne University to determine how these meetings will be held with social distancing. Of course, the safety and wellbeing of our members and followers are of our highest priority.

Walks organised and led by Graham Ellis have also been cancelled for June and July.

The 17th Australian & New Zealand Herb Conference, to be hosted by the HSOV and due to be held in October 2020, has been postponed to October 2021.

HSOV has provided many presenters and articles over the years about the uses of herbs, spices and nutrition for self-empowerment to bolster our health and immune systems. These teachings and our own herbal practices are more relevant than ever right now.

If anyone would like to share tips, recipes or even just their stories relating to how you are dealing with these times, please send articles as per page 3 of The Herb Age.

It is our sincere hope that all our members and their loved ones are healthy, safe and strong during this pandemic. Please reach out to your fellow Herbies by phone, social media or The Herb Age and we hope that we are all able to enjoy each other's company in person again soon.

Memberships Renewals

Subscriptions for the next financial year are due on 1st July 2020.

As we are not likely to meet in person for a while kindly send us a cheque, or make a direct deposit to our bank account. In both cases, please post us your completed renewal/application form, to ensure that we have your current address etc.

You may notice that membership prices have not increased in many years, even though costs have. We do look forward to your continuing support. Hope we can meet again soon. In the meantime, enjoy 'The Herb Age'!!!

Neville Kelly, Membership Officer.

Ed Note: Due to the difficulties at this time, we couldn't print the membership forms separately (that is code for I normally print it off at work, but can't while working from home!). So the membership form has been added to the last page to tear or cut out.



President's Report

Gosh who could have believed a couple of months ago that the world would be at this point now. Our last meeting in March, we had a cheery and spicy presentation from June Valentine. June has provided her notes as an article for the Herb Age and you will see how much research and work went into it. Part 1 is in this issue. It was a lovely meeting, plenty of laughter and chatting as always, although I don't think we had as many people attend as usual. Possibly that was a reflection of COVID-19 having reached our shores and more social distancing to come.

I have to apologise to email recipients of the Herb Age, as there is some doubling up from April/May 2020 email issue in this June/July issue. Things changed so quickly in March that the printed copy was mailed out just before we had to consider cancelling the April and May meetings, and the email version had late updates and a few changes which are repeated in this issue.

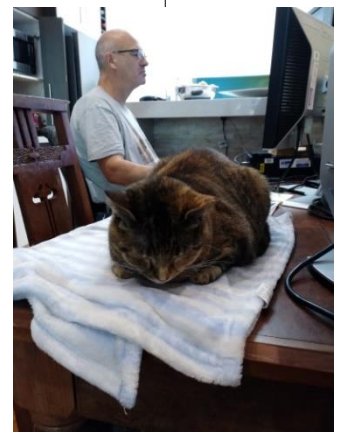
The committee decided to donate the fee we would have paid for April/May speakers to Carmen to buy building materials for nesting boxes in bushfire affected areas. She has such a busy life, I really don't know where she finds the time, but clearly passion and love of wildlife are her drivers. We also decided to keep the membership fees the same again this year.

Unfortunately, we have also had to cancel the upcoming June and July events and postpone hosting the Herb Conference. Hopefully restrictions will be eased soon, and we can hold a meeting in August. Fingers crossed.

Early in March, James and I went on a picnic at the Melbourne Botanic Gardens, walking past the Oak Lawn, only to find with sadness that the giant White Oak (*Quercus alba*), planted in 1862, had sadly collapsed in a heap earlier this year, due to stresses of drought and severe weather. The trunk split down the middle and branches left in situ (see pic) to dry for repurposing its timber.



We have both been working from home, with the dining table a pseudo workstation. He on one side and I on the diagonal opposite, lots of monitors and wires everywhere. Still there is a corner with a blanket for the cat. Abbi the Tabby from Abbotsford definitely loves all the attention with us at home all the time. Inspired by June's Spice talk, I've been experimenting with making my own Chai mix with cardamom, cloves, cinnamon, ginger, fennel, star anise and a few peppercorns for a twist.



Like most people, we have been spending time in the garden and doing those odd jobs around the house and planted up seedlings and cuttings for my neighbour. We've also continued the espalier of the lavender hedge on our front fence, to fill space around the letterbox. It has just developed over the years, so we have lavender peaking over the top of the fence (great for Tussie Mussies) and still allow space for the roses in our small garden strip and light to come in for ground hugging herbs.

Well I hope you are all keeping safe and well and we can meet again soon.
Happy Herbing!

Meridith Hutchinson, President



St Kilda Outing

On Saturday 17th March eight members attended the Outing at St Kilda. We met in front of the Sea Baths Building to investigate a series of panels showing how Melbourne's local plants (indigenous species) were used by Aboriginal people in their daily lives. A plant known as Native Celery provided greens while flowers of Coast Banksia if soaked provide an energy drink. Many Matt-rushes did provide material to be woven into carry bags and similar uses.

Unfortunately these panels appear to have been provided by the contractors when the nearby buildings on the foreshore and their surrounds were rejuvenated some decades ago. Only three panels of probably around ten are still showing. The rest have disappeared and no-one, neither Council nor building managers, is showing any interest.

A ten minute stroll took us to the St Kilda Farmers Market. The place was bustling with a friendly vibe and a good range of fresh foods and some take-away snacks available. We spent a pleasant time strolling around the stalls and making our purchases.

Our lunch venue became Matcha Mylk Bar at Acland/Carlisle St intersection. This is a Vegan restaurant. Several people had "egg" based dishes. Others chose from the rest of the menu which gave us a range of delicious and rather filling dishes. We enjoyed our lunch together in relaxing surrounds.

Once the lock-down is eased we will restart our Outings but continuing restrictions may require a modified programme. Hopefully you can look forward to those more carefree days soon.

Graham Ellis

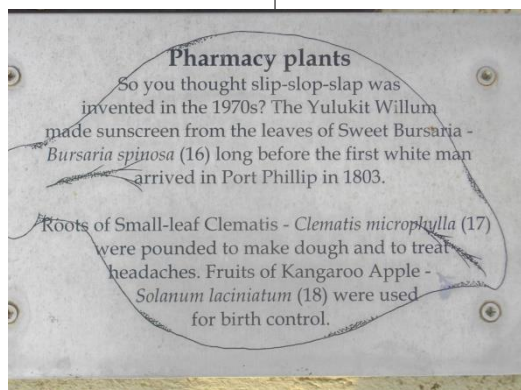
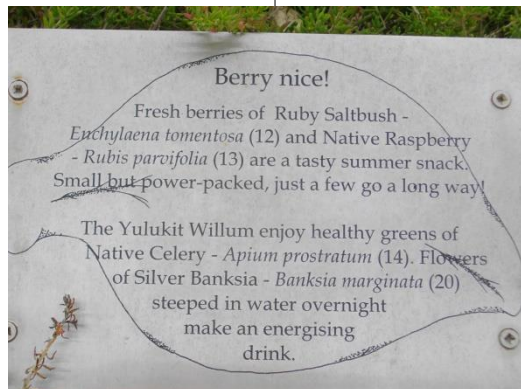
Ed Note: Thanks Graham for all the research and work you put into the walks. The ABC Gardening Australia Show had an article last year on Native Celeries, and other celery varieties. To see more, go to <https://www.abc.net.au/gardening/factsheets/crunch-time/10929148>

Request for Recipe – Fat Hen Pesto

Colline Muir emailed me with a request. "At the March meeting someone brought a fat-hen pesto for supper. Delicious! I made one tonight, but it was not nearly as good. Could you please make enquiries in the next THA for the recipe from whoever brought it to supper. It's a long time to wait for a recipe, but it would be worth it."

So, can the Fat Hen Pesto Maker, please send the recipe to me at The Herb Age, to share with Colline and all in our next issue.

Details on where to send articles are on page 3. – Ed!



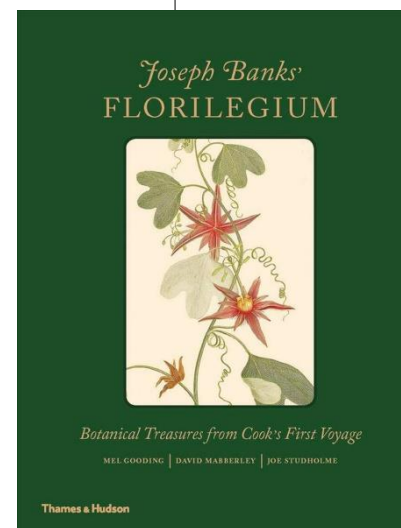
Book Review

Joseph Banks Florilegium

First published 2017, but has since been amended and added to in time for Cook's 250 year anniversary. Beginning at Plymouth, 25 August 1768, at 3 O'Clock, the Endeavour set sail in fair winds with the optimistic 25 year old natural historian, Joseph Banks.

He hand-picked and paid for two botanical artists: Sydney Parkinson and Alexander Buchan, a student of Linnaeus; Dr Daniel Solander, naturalist and taxonomist, and a botanist and friend James Lee. While this chapter follows their round the world sail with ventures into far flung and remote countries with a mind boggling array of fauna and flora, it is the 181 illustrations and information of the plants gathered from the places visited, that is the treat.

Each plate has comments about the plant illustrated with diary excerpts from Banks of where it was found, description, properties and its uses. Mabberley has added research and amendments on the plant, as well as what it has been used for by Aborigines and since Banks's discovery. This all could have been lost several times with the first being that Banks died before fully cataloguing all his finds and then storing them in his own cabinets in the damp basement of the British Museum before being saved from bombing and being melted down for the war effort.



This impressive hardcover would not only thrill the botanist, but also the historian, printer and the artist. Very good value for \$60.

Jan Nlingworth

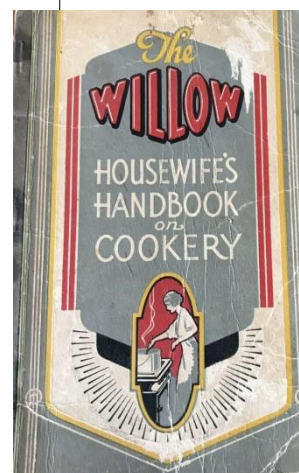
Botanical Treasures from Cook's First Voyage
Mel Gooding, David Mabberley, Joe Studholme
Pub; Thames & Hudson Ltd, London 2019

Ye Olde Cure for Colds

Here is a recipe from 'The Willow Housewives Handbook on Cookery', about 1920s:
Break 3 eggs, shells and all, and mix with the juice of 12 lemons.
Let stand 3 days, then add 1 cup honey and 1 cup rum. Take 1 tablespoon 3 times a day.

Colline Muir

Ed Note: Looks an interesting mix, but with a cup of rum in it, who cares if it works! ☺



Bushfire Relief Nesting Boxes

As an avid bush walker and nature lover the easiest way to describe how I feel about the bushfires that ravaged our country is with one word, grief. I am sure many of you can relate to my feelings of horror as we watched the out of control fires ravage the land and causing so much destruction to people, animals and vegetation.



Fortunately, the bushfires eventually went out, partly due to unprecedented rainfall, possibly created in the bizarre weather pattern the fires themselves created that saw hail storms in January and ash fall on glaziers in New Zealand. But most notably, the fires went out with the outstanding and amazing efforts of firefighters and volunteers. People that came out to make a stand when it mattered forming a global community to help Australia battle its largest disaster in recorded history.

There was so an overwhelming outpouring of community support in donations to both people affected and wildlife. Then those donations were subjected to red tape and bureaucracy and again it felt like individual Australians where powerless to help. Anger was expressed by many with the thought that donations would not get to where it was needed or intended to go. The fiasco that ensued shattered the beautiful feeling of kinship and community that saw us come together to fight the fires.

I wanted to find something tangible to do that could help. I don't have vast sums of money and I worried that my small donation would be washed away in red tape. One thing I found that I can do that I know will help something I value is the building of nest boxes.

According to the Department of Home Affairs, more than 12.6 million hectares across Australia have been burned. That's more than the 2019 Amazon fires and 2018 California wildfires combined. More than 80% of the known habitat of 49 threatened species. And at least 50% of the habitat of another 65 threatened species have been affected. This is on top of Australia already having the highest rate of mammal extinction in the world.

Australia is home to some of the most unique mammals and birdlife in the world. Some of these depend on hollows to nest in and without them many will face extinction. Australian natives that rely on hollows include antechinus, gliders, possums and quolls. Owls, nightjars, native ducks, kingfishers and kookaburra, cockatoos, galahs, parrots, lorikeets, rosellas, pardalotes, thrush, microbes and the list would only go on.

Historically fires reduce the number of hollows in an ecosystem for up to 50 years. The large fires that now occur in Australia are happening at an alarmingly shorter interval than has ever been seen in the history of this land. This means that the trees that have just been burnt may not survive to mature to an age to form hollows before another fire comes through.

Creating hollows is a small effort to heal our land by providing potential habitat for animals and birds that once we lose we can never bring back. The boxes I make are from plans that have been curated by a fabulous woman by the name Alice McGlasham who continues to study nest box utilisation, predation of occupants, nesting success and competitor species of hollow nesting wildlife. Alice has a fabulous facebook and web page called nest box tales (<https://nestboxtales.com/>) and I encourage everyone to take a look.



Prior to the lock down of the corona virus I had built 15 boxes to the specifications in Alice's booklet for east Gippsland hollow nesting species, including the sugar glider, little lorikeet, rosella and cockatoo. These boxes have been delivered to volunteer collection points where they are taken to East Gippsland to be installed by expert volunteers and conservationist.

The materials for the boxes are expensive mostly due to the fact that the boxes will need to withstand the Australian weather for hopefully 10years. In order to help fund the materials I created a go fund me page titled - nest boxes for wildlife affected by bushfires @ [gf.me/u/xmzpuy](https://www.gofundme.com/u/xmzpuy). Also The Herb Society of Victoria has generously donated \$200 to go towards materials.



My aim is to create as many of these boxes as I can so that I can contribute to the conservation of ecosystems of our unique land. Providing habitat is a short term but immediate stop gap solution to help the unique birds and mammals survive. It is tangible contribution where I know that my efforts will result in my intended objective.

Carmen Hollway

Ed Note: Great work Carmen. Please donate to the cause if you can. [gf.me/u/xmzpuy](https://www.gofundme.com/u/xmzpuy)

Lemon Hummus

I have called this "Lemon Hummus" as I like to use more lemon juice than is generally quoted in recipes. As well as serving as an appetizer when entertaining, I find that it makes a delicious light lunch or handy snack when served with batons of vegetables such as carrot, celery or green beans, or with bread or crackers.

Ingredients

- 100g dried chick peas
- 1 tablespoon tahini
- 3 tablespoons lemon juice
- 3 garlic cloves, roasted.
- Salt to taste

Method

Soak chick peas in water overnight and cook according to directions on the pack.

Roast garlic cloves in a moderate oven for 10 minutes until just softened. This can be done at any time beforehand when you have the oven on for other purposes. Roasting the garlic produces a more subtle flavour in the hummus.



Place all ingredients in a food processor, along with a small amount of the water in which the chick peas were cooked. Water should be added in small quantities only, as it is difficult to reverse if you dilute the mix too much! Water required will vary with the water content of the chick peas being used, particularly if canned chick peas are substituted. Process until smooth. Add more water as necessary so as to produce a mix of the desired consistency. Add more lemon juice and salt for good balance and to your taste. Keeps well refrigerated for up to a week.

Enjoy

Marie Baker



Review: National Geographic Healing Remedies

The whole magazine is full of brilliant photographs and superb information. The title includes 'A Holistic Approach to Health and Wellness'. Of course, its contents page has a disclaimer. The cover displays many herbs: rosebuds, lavender, feverfew, lemon balm, lemon verbena leaves arranged on five old teaspoons, a wire strainer and a Petri dish. A dramatic photo of human hands stretched out and holding sprigs of rosemary, graham sage, lavender, a garlic and a few star anise suggests that healing with herbs is in our own hands.

Growing, preparing, buying, storing and using herbs for common ailments are very well explained, usually with botanic names and superbly illustrated. This section includes herbal oils too. Neem Azadirachta indica is good for athlete's foot. There are several herbs which are new to me after over 40 years of reading and studying herbs.

What is Grindelia? The species name, 'camporum' was not given, but it was widely used by Native Americans to treat bronchitis and is still recognised for this, by German health authorities. The author of the articles prefers it for patients today. How does one use Rhodiola? It has been used for 3000 years in Asia and Europe for stress, fatigue, depression, chronic fatigue and to help concentration. Its second botanic name was not given: 'rosea'.

There are very practical suggestions given. Using the pantry for healing, advice on foods for health and pleasure and several common plants, like Californian Poppy, now used in aiding sleep for people in pain and Corn Silk and Uva ursi leaf for mild urinary tract infections, which widen our herbal knowledge. Of course, National Geographic is published in USA so there is a bias in using American plants often made into commercial products as I found when finding the botanic name or names and photographs of herbs described in this book.

It is a definitely interesting addition to my own Herb library of 200 plus books!

Below are images of herbs mentioned but not pictured in the 'Healing Remedies' magazine.

Jill Bryant

National Geographic Healing Remedies
by The Editors Of National Geographic
Published by National Geographic, ISBN154784535X



Rhodiola rosea



Grindelia camporum



Neem Azadirachta indica

Overland to Adelaide Botanic Gardens

On a weekend away in early March, not too far away from borders closing and Stage 3 restrictions in place, my hubby, James and I went on a weekend trip to Adelaide. It truly feels like it was years ago, not a few weeks ago.

The main focus of our trip was to travel on one of the last journeys of the Overland train from Melbourne to Adelaide, which had run out of Government funding by then and was due to close permanently at the end of March. We had booked and paid for the trip some time ahead, and thought twice about going with COVID-19 becoming a serious issue, but knowing the opportunity would not come again, we went ahead. The Saturday 8 hour train ride was terrific, some of it running next to Western Highway, we have taken many times on way to Warrnambool, and then through Ararat, Bordertown, Murray Bridge and the final passages through the forested hills approaching Adelaide. Our overnight stay was on Glenelg beach, which was great for a social distance stroll along the foreshore with a truly spectacular sunset.

We had limited time on the Sunday before our early afternoon flight home (with our face masks on). We tramped into town to look at the sights, finishing our walk at the Adelaide Botanic Gardens. Clearly we didn't have enough time to do the visit justice, but it was a taste. We saw several species of hibiscus with exotic blooms and a hedged garden filled with a mass of dahlias from tiny to enormous. We saw the wetlands area where James found a friend in the form of a very casual shag that let him get close enough to touch it (rest assured, he didn't). Clearly this place provides a good life for the wildlife.



With time running out, we quickly went through the 'Little Sprouts Kitchen Garden' designed to show children how their food is grown, with a fabulous basket weave dome outdoor room for storytelling. It was surrounded with insect sculptures dotted here and there and lots of lovely sunflowers and herbaceous borders. Just outside one of Botanic Gardens entrances, is a new garden dedicated to native flora, with outstanding floral displays of gorgeous paper daisies and of course the magnificent Sturt's Desert Pea.

I wish we had more time to see the amazing architecture of the Palm House and the modern Conservatory, as well as the Rose, Mediterranean and the Economic Gardens, and the interestingly titled "Garden of Health". The Economic Garden focuses on plants, before they are processed into products we use, such as fibres, oils, herbs and spices. All a definite must see for the next time we visit.

With the COVID-19 restrictions on overseas travel likely for some time to come, consider Adelaide and its Botanic Gardens for an Aussie stay when the borders open up again. I'm sure James and I will be back and for more than an overnight visit. If only it were possible to take the Overland too; sadly I think that train has well gone now.

Meridith Hutchinson



Spice is Nice

Imagine a world without spices? That would mean no vanilla ice cream, no gingerbread, no liquorice, and how bland would curries taste? Legends of the ancient world abound with stories of the magical powers of spices and their use in religious rites and ceremonies. They are a flavour ingredient in most of the world's cuisines and also used in medicine and cosmetics.



What are spices? Can be an aromatic berry e.g. peppercorn; a fruit e.g. chilli; buds e.g. cloves (in fact the dried flower bud from a particular lilly pilly); roots e.g. ginger; seeds. eg caraway and even bark e.g. cinnamon. Some plants are categorized as a herb and a spice, for instance the herbal leaves are called cilantro in North America whilst the seeds are known as coriander. Fennel is another multi use plant; it's considered a herb = the leaves, a vegetable= the bulb and a spice = the seeds.

First recorded history is from China 5000 years by the Emperor Shen Nung (pictured). He consumed vast quantities of spices every day to maintain his health and for longevity. Legend has it that he had the lining of his stomach surgically removed and replaced with a glass one so that people could see the miracle spices at work! The trade in spices goes back centuries: the Egyptians, Romans and the Phoenicians transported them by land and sea. They were an expensive commodity because each country travelled through charged tax so by the time many spices reached their final destination they were up to 100 times their initial cost.

In the 13th Century Marco Polo brought numerous spices from the East via the Silk route. In the mid 15th Century the Spanish, Dutch and Portuguese made many voyages of discovery, the most famous being Christopher Columbus. Spices were valuable, some worth more than gold, and wars were fought and monopolies created. For instance in the 17th century the Dutch destroyed all the clove crops on the islands around Java (Indonesia) except on Aboyna so they could keep the prices up.

Australia's first connection with spices (apart from our indigenous ones) goes back to 1616 when a Dutchman, Dirk Hartog in pursuit of exotic spices stepped ashore at Shark Bay in W.A. He fixed an inscribed pewter plate to a post and then sailed away without any known spices. In the mid 18th century the English colonised many countries which became part of the British Empire. One notable business was the East India company which traded for 260 years. The American War of Independence saw the United States enter the spice trade with their well equipped Yankee clippers. Nowadays we have ready access to such a variety of spices because of quicker transport modes and a more knowledgeable storage of them.

Spices, like herbs have a different flavour when fresh to dry. Classic example is vanilla- a green tasteless bean that grows on a tropical orchid. It's only after drying and curing that the enzyme reactions take place forming that wonderful vanilla flavour. Best way to store spices? Because the flavours are held in their volatile oils it's essential that they are stored in the correct way so that those flavours don't escape or deteriorate.



Ground spices lose their flavour more quickly than whole so for example grate your own nutmeg rather than buying the powdered form. Ok to use glass containers as long as they are stored away from direct heat or sunlight and check the use by date! Indian/Asian stores generally have a faster turnover than supermarkets (and usually cheaper). Spice blends are a convenient way to add flavour to meals. Some packaged blends contain starches and fillers (to reduce the cost) and artificial colours and flavours. Buy from a reputable company such as these Aussie businesses: Spice Fusion; Screaming Seeds and Herbies. Powder to paste? Why pay for water and glass when it's easy to make your own. (Recipe next page).

Interesting Spices

Nutmeg: is the inner nut while mace is the lacy part enclosing the seed (or nutmeg). Mace has a more pungent flavour. Whole nutmegs will keep for years and years and they are easy to grate.

Vanilla Beans: They are expensive because the flowers, which only last for 1 day, have to be hand pollinated. In Mexico the natural pollinator is a native bee. The bean which develops from the flower takes several months to mature, then it's quite a process before they resemble the beans as we know them. Imitation vanilla essence is made from lingo, a byproduct of the wood pulp industry.

Recipes

Ginger: Make your own pickled ginger (the commercial variety has so much sugar, colour, and preservative and is not made in Australia)! Soak 250gms pieces of thinly sliced ginger- a peeler works fine for me, in 1tsp. salt for about 30mins. Then in a pan mix 1/3 cup sugar and 1 cup vinegar, either White or Rice. Heat until the sugar dissolves and boil the mixture. Add the ginger pieces and take away from the heat. Bottle them and leave to cool before refrigerating. I use mine within 6months. If the colour of the liquid changes to a light pink don't be alarmed, it's the reaction to the vinegar. Preserved and candied ginger tastes yum when homemade. There are recipes in Isabel Shipard's book

Vanilla Essence: Split a bean and put in a sterilised jar with 1/2 cup of Vodka. Store in a dark place, shaking occasionally. It will be ready in 2months. Wonderful flavour! (Pic right is June holding her homemade Vanilla Essence)



Mustard: Inexpensive to buy seeds, especially from an Indian/Asian store. My mustard is usually seeds, vinegar, salt and herbs e.g tarragon, and sometimes I will add orange or lemon. English style mustard has turmeric and flour plus seeds; Dijon style has husked seeds and white wine or verjuice plus salt and spices whilst American style has sugar as an extra ingredient! (Often corn syrup because it's cheaper)



Spice paste. Finely chop garlic and onion, or puree in a processor. Add powder of your choice, add the same amount of water and stir to make a stiff paste, then add half the amount of oil as water and stir. Voila

Crafty ideas.

Make a pomander with cloves inserted into an orange or cumquat or lime, roll in cinnamon and then hang on your Christmas tree with a ribbon. Need to make it at least 6 weeks prior for best results. Pot pourri shoe stuffers or coat hangers have a lovely fragrance when you add cloves, star anise, and allspice to basic mix.

Bibliography:

An introduction to spices by Ian "Herbie" Hemphill
How I can use herbs in my daily life? by Isabel Shipard
Flavours of India by Meena Pathak

June Valentine

Delicious Quinces

Just before we went into lockdown in what feels like a different lifetime now, Pat Down gifted me some home grown quinces shed gotten hold of. I haven't had quinces in years and I looked for a recipe that sounded delicious and I found this one. This is simply a stunning recipe and it brings the flavour of quinces to a whole new level. Thoroughly recommend it. Fabulous with yoghurt.

Ingredients

5 medium quinces, fuzz brushed off
 400g castor sugar
 100g of your favourite honey
 1 lemon, zest peeled and juiced
 1 orange, zest peeled and juiced
 350ml verjuice
 2 cinnamon quills or I substituted vanilla
 6 cloves – I left these out
 2 fresh bay leaves

Method

1. Preheat your oven to 140C.
2. Cut the quinces in the way you want to serve them either in half or if yours are organic and full of codling moth like mine slice them into 1cm thick slices – they shrink a bit in the oven
3. lay them in a ceramic baking dish, cut side up. Scatter over the sugar, drizzle with the honey, add the lemon and orange zest and juice and pour over the verjuice. Scatter over the cinnamon quills, cloves and bay leaves, cover with baking paper and foil and bake for two hours. – I didn't have cinnamon at the time so I used vanilla
4. Uncover and cook for a further two hours. Once cooked, the quinces will be crimson in colour and there will be a thick, fragrant and almost jam-like syrup in the dish.
5. You can serve the quinces hot or at room temperature



Carmen Hollway

Hand Sanitiser Recipe

Ingredients

- 2 parts Rubbing Alcohol (99% isopropyl alcohol)
- 1 part pure Aloe Vera gel
- Essential oils

Method

First, pour $\frac{2}{3}$ cup (160 mL) of rubbing alcohol into a large bowl. Then, add $\frac{1}{3}$ cup (80 mL) of pure Aloe Vera gel.

Add a few drops of essential oils. Those recommended, but not limited to, are Lavender, Tea Tree, Lemon, Orange and/or Cinnamon.

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