

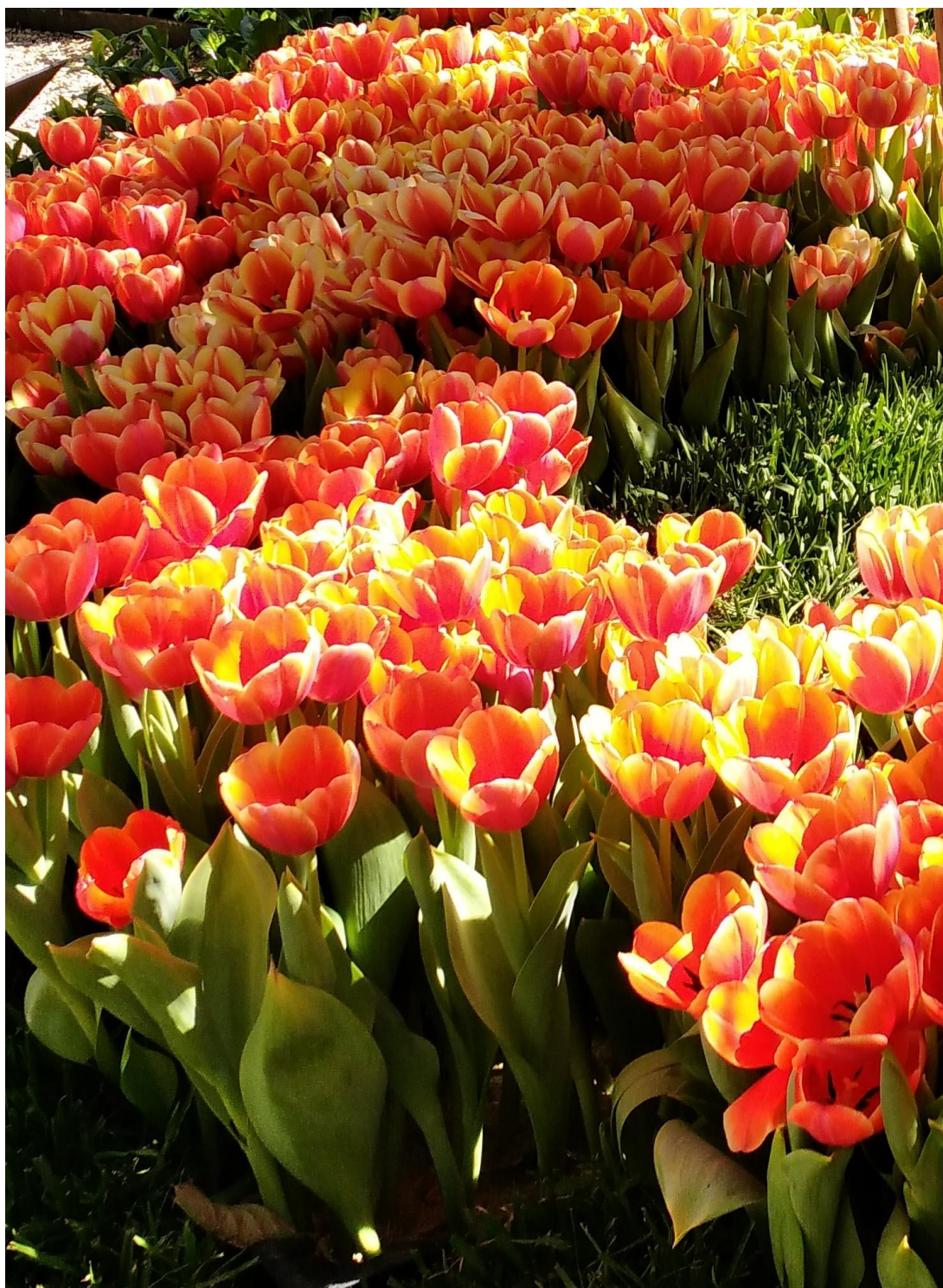


# The Herb Age



AUGUST/SEPTEMBER 2020

NO 422



*"To plant a garden is to believe in tomorrow" Audrey Hepburn*

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## 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*

### HSOV COMMITTEE

<b>President &amp; The Herb Age Editor</b>	Meridith Hutchinson
<b>Past President</b>	Robin Calabrese
<b>Vice President</b>	Vacant
<b>Committee Secretary</b>	Vacant
<b>Treasurer</b>	Carmen Hollway
<b>Committee</b>	Jill Bryant
<b>Committee</b>	June Valentine
<b>Committee</b>	Jan Illingworth
<b>Committee</b>	Heather Davies
<b>Committee and Library Coordinator</b>	Marie Baker
<b>Membership Officer</b>	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.

<b>Advertising Rates</b>	Quarter page	\$15.00	Half page	\$25.00	Full page	\$45.00
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Payment should be sent to the Treasurer at the Society's address above. Advertising copy to be sent to the Editor by page 3 deadline dates.



## 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.

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### Email to

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### Deadline for next issue:

Emailed and posted articles  
Wednesday 2<sup>nd</sup>  
September 2020

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## THE HERB AGE

AUGUST/SEPTEMBER 2020

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### Cover Pic: Tulips, not practicing social distancing.

Pictures on the cover and below were taken at the 2019 Melbourne Flower and Garden Show. Tulips are not really herbs, although I have read that the bulbs can be eaten in small quantities, but who would want to sacrifice a magnificent flower for that! Nor are Tulips related to any stories in this issue of the Herb Age. In fact, this Herb Age has lots of spice and tree themes. So why are Tulips on the front cover? I just thought we needed some cheering up! And the quote.... well, it says it all.



## *Next Meetings - CANCELLED*

### *AUGUST AND SEPTEMBER GENERAL MEETINGS CANCELLED*



With the latest lockdown in Melbourne, it is with deep regret that we have been unable to meet yet again, at least for now.

We had high hopes for an outdoor meeting in September; see more in the President's report.

It is hoped we can meet in October; this is to be confirmed in the next Herb Age

The AGM, normally held in October, will be moved to November or December.

For online updates on meetings, please refer to our Meetup page:

<https://www.meetup.com/Herb-Society-of-Victoria/>

Also, please see our website for more information:

<http://herbsocietyvic.org.au/>



## *Memberships Reminder*

A gentle reminder, to those who have not yet paid, that your yearly subscription was due on July 1<sup>st</sup>.

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 in your completed renewal/application form, which is on the back page of this issue of the Herb Age.

In these difficult times, it is more important than ever belong to such a group and we really look forward to your continuing support.

Until we can meet again in person, keep enjoying "The Herb Age"!

*Neville Kelly, Membership Officer.*

## *President's Report*

Happy Birthday Herb Society of Victoria! 40 years old in June this year - although the party will clearly have to wait. I'm sure you all have some fond and fun memories to draw on, thanks to the efforts of many Herbies over those years. The Herb Society has developed the knowledge and use of herbs for ourselves and the community at large. There have been Herb conferences, Herb tours and walks, Herb talks, Herb seminars, Herb trivia, Herbs teas and suppers and of course lots of amazing Herb themed birthday cakes! (thanks Colline for many of those). Back in 1980 our Society first kicked off at Burnley (then the Burnley Horticultural College), meeting in the hall, near room MB10 which is our current meeting location.

Actually, when I say our 'current' meeting room, that is a bit of a misnomer, given meetings are suspended. As Melbourne enters its second lockdown, the prospects of re-establishing HSOV meetings in the near future at Burnley are not looking good. I have spoken with Andrew Smith and other representatives from Melbourne University, which runs the Burnley horticultural campus now. The status is:

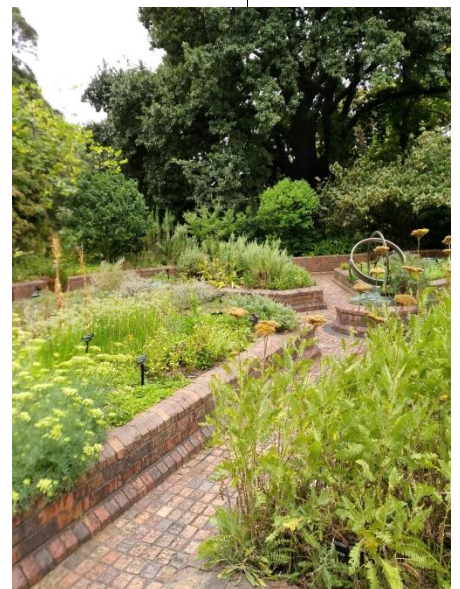
- No-one is using the Burnley building, even students and it is especially not open to external people.
- It is not clear how long that will continue; simply 'until things get back to normal'.
- We can expect that means meeting at Burnley will be not available, at least until the end of the year and may even continue into next year.
- Of course, they are following state and federal recommendation.

Before the new lockdown, the committee had been looking at other venues as an alternative during this time, but the same issues apply – nothing is open. We have considered electronic meetings, but frankly, none of the committee feels able to take that on. If there is a someone out there who has the technical ability to set up and run a zoom meeting for our members, please contact me.

So, we have been looking at daytime outdoor 'catch up' meetings for the rest of this year. Graham has also been itching to start up his outings again, so we thought combining these may be a good way to kick things off again. We want these to be in a lovely public garden setting, perhaps with trivia, herb swap and share and a bit of fun social catch up after so long apart.

Of course, it must be within the government guidelines. For example, before the latest stage 3 restrictions, a gathering of up to 20 people outdoors was permitted, so we could have split into groups of 20, if we were over that number. We were also looking at a late Saturday or Sunday morning, rather than our regular Thursday night time. And instead of our regular delicious herbal teas and shared suppers that we are used to, to be more COVID safe, a BYO lunch afterwards for those who want to stay. Hopefully near a café where take away tea/coffee can be purchased.

We had planned to start in September, meeting at the other HSOV 'home', the Herb Garden at the Melbourne Royal Botanic Gardens. Unfortunately, with the latest lockdown, we have had to cancel this, as we really have no idea if we will be permitted to meet at all by then. Let's hope October can be achieved – at least the spring blooms will be out by then and the gardens should be looking lovely.





Our AGM is normally held in October. It will still go ahead this year, but we will need to delay it probably to November, but potentially it could be December. More to be advised in our next Herb Age. We are always looking for new committee members. The Secretary role is still vacant and my 2 year tenure is coming to an end, so we will also need a new President. So, if you have ever thought of contributing, this year is as good as any. The committee are all very experienced and will guide you as best we can.

Onto more personal notes, on what I have been doing. When we could get out, James and I headed to Bendigo for the day, with a winery stop for lunch and couple of take home bottles. Then we went for a walk around the gardens in Rosalind Park in the centre of town. Like Melbourne, Bendigo has a large bat population; grey headed flying foxes to be precise. With the deciduous trees bare for winter, they hang like large, strange fruit against the open sky. I have to wonder how one of those spindly little legs holds their hanging weight. Fortunately we had no 'blessings' from their nests while we walked under the overhanging trees.

I have been making lots of soup. One for me - the 'clean out the fridge' soup as Mum used to call it, which is basically the left over vegies and the dodgy bits from the new vegie shop –the latest had a good variety; onion, leak, carrots, celery, parsnip, kale stems, broccoli stem, broccolini stems, green beans, cauli, and pumpkin, all in a good stock on a low heat until it's all mushed up. A great winter buster! The other for James is the spicy baked pumpkin soup, see the recipe in this Herb Age - the last one I added some cauliflower to the baking pan and the soup; don't think he noticed!



I also tried the recipe that Carmen contributed to the last Herb Age of baked quinces. Oh my gosh, they were soooo good. I grabbed the last of the season from the market and made a couple of batches - one with bay leaves, as per recipe and another substituting the Bay for Cardamoms and I have to say – cardamoms rule! But they were all delicious. I used some as the base for an upside down cake with some of the liquid in the cake, to take when we visited an Aunt. I am not a very good baker, but this was absolutely delicious, even if it was a bit gooey when it was popped out of the tin. There are plenty more quinces in the freezer to try an improvement.

To fellow Melbourne metropolitan dwellers, let's hope this is the last lockdown and we can be with friends and family again in spring. To those outside the metro area, I hope you are taking advantage of the being able to get out for regional visits and I'd love to hear about them in the Herb Age. To all our Herbies, please take care during these extraordinary times. Stay well and safe and I truly hope to see you in the near future.

*Meridith Hutchinson, President*

## *Call for Articles*

I'm sure that many of you have noticed that a lot of the articles in the Herb Age in recent times are written by me (or they are not attributed, which means also me). The Herb Age is yours – it is for everyone in the Herb Society and if you are only getting my limited rantings, then quite frankly, you're missing out!

The Herb Age will definitely benefit from articles from across the Society to reflect the wide knowledge and interests of all in our Society. It could be gardening, recipes, a book review, write about a herb, or even herbie tips for a good life! Deadlines and how to send articles is on page 3 next to the contents. So please add a little something to this great newsletter and make it better for everyone!

*Meridith Hutchinson, Editor*

## *Spicy Roasted Pumpkin Soup*

We all have our favourite soups and this is my hubby's; I have made it various ways and this combo comes up pretty well. The beauty of this is that baking the pumpkin intensifies and sweetens the flavours and you can bake it earlier in the day then just throw it together later in the day. You can also mix it up with sweet potato and it freezes well. Of course you can adjust the spices, to your own spicy taste.

### **Ingredients**

2 kg of pumpkin – any sort, a variety is good.  
 1 onion  
 1 leek -well washed  
 3-4 cloves of garlic  
 4 cm knob of ginger  
 4 cm knob of turmeric  
 10 cm stalk of lemongrass  
 3-4 chillies  
 6 curry leaves  
 1-2 Tablespoons of coconut oil (or olive oil)  
 2 litres good stock (vegie or chicken)  
 400ml can coconut milk  
 Salt/pepper to taste  
 Garnish – see below



### **Method.**

Line a baking pan with baking paper. Cut the pumpkin into large pieces, leave the skin on and pop in a moderate oven until cooked. Leave to cool. I have also experimented with baking the onion, garlic and leek at the same time (see pic) and it works fine too – just a bit squishy to cut them up!

In a large pot, heat the oil, medium heat. Grate the garlic, ginger, turmeric, lemongrass and finely chop the chillies and curry leaves and add to the pot til fragrant. Dice onion and leek; add to the soup pot and sauté. When mix is soft, add stock. Spoon out the pumpkin flesh from the skins and throw in the pot. I normally scoop most straight over the pot – it is so easy. Add coconut milk, bring to a simmer. Blitz with a stab blender and add salt and pepper to taste.

Serve with a good toasted bread and garnish. Suggested garnishes are a dollop of plain yoghurt swirled around with a little grated parmesan, grated nutmeg and chopped herbs like coriander, chives or parsley. We just had it for dinner tonight actually – it's very good on a cold night! ☺

*Meridith Hutchinson*

## *Spices to grow in Melbourne*

This is a continuation of the March presentation. Part 2 is on spices that can be grown in Melbourne and Victoria.

**Fenugreek:** A member of the pea family so an excellent manure crop. In the past Turkish women ate fenugreek to sweeten their breath, banish odours and to guarantee a rounded plumpness!

**Coriander:** best grown in the cooler months as a herb, but as a spice save the seeds when it does bolt during summer.

**Juniper:** *Juniperus communis* is the variety. Need at least 2 trees for fertilisation because male and female flowers rarely grow on the same plant. The green berries can take 2-3 years to mature and turn black when ready to be harvested. They are used to flavour gin, and in cooking, partner particularly well with game dishes, especially venison. We Aussies can substitute kangaroo meat.



**Mustard:** a member of the Brassica family. Also grow as a green manure crop to improve the soil and for erosion control. Depending on how they are prepared black seeds are generally hotter than brown or white ones.

**Chillies:** Belong to the Capsicum family. Usually grown as an annual in Melbourne because they don't like the cooler winter weather we experience. The Scoville scale measures the hotness of chilli, ranges from neutral for the sweet capsicum to volcanic for the Habanero. Usually Mexican and Indian varieties are rated the highest. Size matters too, generally the larger the chilli the milder it will taste. When cooking with chillies remove the seeds to make them less fiery. Dried chillies have quite a different flavour to fresh ones because during the drying process caramelization of the sugars take place. They can be dried in the sun or an oven or in a food dehydrator.

Chillies (pictured above) are a good companion plant in the garden for their insect deterring benefits. The Australian Police Force sometimes use a capsicum spray against offenders- makes a person very teary eyed. I can vouch for that, not because I was performing a criminal act though! But because I was drying some chillies in the sun when it started to rain. I brought them inside and to prevent them from going mouldy I put them in the microwave (only for 30 seconds) and had quite a reaction! When handling chillies take care not to rub onto your skin but if you do, relieve the burning sensation by applying aloe vera gel or dab on some milk. The name Cayenne usually refers to chilli in its powdered form, whilst paprika is the name given to sweeter, less hot members of the capsicum family. Hungary and Spain are most noted for their range of such.



**Curry leaf:** *Murraya koenigii*. Curry leaf (pictured left), is best grown in a pot so you can move it during winter to a more sheltered frost free area - it does originate from the Indian subcontinent so not always happy during our cooler weather. The leaves can be frozen

**Nigella:** similar to cumin, which doesn't grow in Melbourne. A common name is "Love in the Mist", but make sure you plant *Nigella sativa*. The black seeds are one of the ingredients of Indian spice blend, Panch phora.

**Elderberry:** *Sambucus nigra*. The berries are rich in Vitamin C; sometimes used as a health tonic for coughs and colds, but most often made into wine and jam. Musical instruments are fashioned from the wood.

Other common spices to grow are fennel, dill, caraway and poppyseed.



Some spices which will grow in Melbourne are planted mainly for your horticultural pleasure, either because they are challenging or low harvest yields

**Ginger:** *Zinger officinale*. 10kgs of raw ginger will convert into 1 kg of dried powder. Rhizomes grow from spring onwards and are harvested in their second year. In Qld ginger is picked twice a year (Feb. and August). Can be planted as a bought seedling or as a sprouting fresh piece from a fruit shop and best in a pot so that it can be moved/ protected from frost. Chinese sailors 3000years ago chewed ginger to prevent sea sickness. Ginger, (right) combined with honey and lemon, is an excellent remedy for a sore throat. Apparently if you massage ginger juice onto the scalp it will stimulate hair growth, so all you baldies give it a go! In India and China traditional therapeutic uses included applications for nausea, rheumatism, fevers, colic, cold hands and feet etc. etc. Store fresh ginger in the freezer.



**Turmeric:** *Curcuma domestica* (left). This is also best grown in a pot. The main stem can remain inset for 3-4 years, harvest when the foliage begins to dry off and turns yellow. Turmeric has a milder flavour when grated fresh, but beware of the resultant yellow hands. Ok if you are attending a Y party though! Turmeric is valued for its antiseptic and digestive properties and is used as a food colouring substitute for the more expensive saffron.

**Cardamom:** *Elettaria*. This is a member of the ginger family and was known as the Queen of Spice and at one stage was the 3rd most valuable spice after saffron and vanilla. The plant takes 3-4 years to flower and set pods and very rarely happens in Melbourne. In fact never (so far) at Burnley Horticultural College where there are some splendid specimens growing. Pods are picked before they turn yellow, and then dried. Very versatile in the kitchen as it can enhance both sweet and savoury dishes. Able to use the whole aromatic pods or just the seeds, for a slightly different flavour. The leaves can be used as wraps when cooking fish etc. Cardamom has many medicinal properties, sometimes used in cough mixtures; when chewed after a meal it aids digestion and sweetens the breath.

**Saffron:** *Crocus sativa* (right). There are usually only 2 flowers per bulb and it requires 60,000 flowers to produce 100gms of dried saffron. The stigmas are handpicked and this spice is the most expensive in the world - sells for \$1,300 for 10gms. Powdered saffron is a much cheaper version, but not recommended because often adulterated with calendula petals, powdered rock and plant fibres. Australian saffron is available at some markets.



**Wattleseed:** Most wattles are poisonous so choose carefully. The best variety is *Acacia aneura*. For culinary use seeds are often roasted and ground - they have a slight coffee flavour. The aborigines ground the seeds and baked as a sort of damper. Seeds have a high protein content. Picture left shows the seed pods on the wattle, after seeds have been released.

*June Valentine*

**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

## *Big Beautiful Green Walls*

There are many walls, most are built to keep people or animals out. But some are created to sustain people and animals. These walls and big beautiful green walls, they are forests, they are walls of trees.



The first green wall is to cross the entire width of Africa. and 21 countries have signed up to the initiative. “The Great Green Wall is an African-led movement with an epic ambition to grow an 8,000km natural wonder of the world” An ambitious project and decades in the planning, planting began in 2007. About 15% has been completed, already bringing back life to degraded landscapes. Once complete, it is expected to be 3 times the size of the Great Barrier Reef and improve the lives and millions of people and fauna.

The Great Green Wall project crosses some of the world’s poorest countries, and faces extreme challenges. It is being realised through local efforts, as well as partnerships with organisations like the United Nations and also the Royal Botanic Gardens at Kew. One small act that you can do to help is to sign an on line pledge at the website below. By adding your name, it supports the Great Green Wall to lobby governments and organisations to grow a world wonder!



Locally Koala Clancy are building a tree bridge from the You Yangs to the Brisbane ranges to allow koalas to move safely between the areas and improve their diversity and territorial range. Currently koalas are dying due to loss of habitat as they are cut off from moving between remnant bush land by urban encroachment and farmland. If you are looking to support a local tree wall this is the one that is highly recommended.

“Koala Clancy Foundation plants trees for koalas, creates new habitat and advocates for better protection of wild koalas. It is an independent, registered charity and not for profit organisation.” See the website below to learn more, become a member or make a donation.

They have ‘Koala Conservation Days’ for tree planting. It’s a nice day out too if you go on one of their days. These are not too strenuous, you learn to identify weeds and they show you wild koalas. Fun to do with some friends or maybe we could look at booking a group for the HSOV when we back to a more normal life.

*Compiled with input from  
Carmen Hollway and Jill Bryant.*

References:

<https://www.greatgreenwall.org/>

<https://www.koalacancyfoundation.org.au/>





# Book Review

## Remarkable Trees

### Title: Remarkable Trees

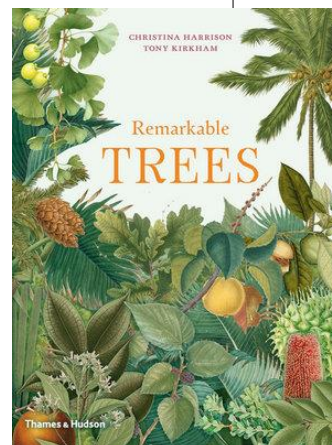
Authors: Christina Harrison & Tony Kirkham

Pub: Thames & Hudson Ltd. London; 2019. In association with the Royal Botanic Gardens, Kew.

The authors selected 60 trees that have influenced societies by adding economy, culture, housing and health. Each tree has a section on its environment, history and uses with numerous illustrations from inspired artists, explorers and ancient publications.

The trees are categorised by function such as building, celebrating, healers and killers, with the last chapter highlighting endangered trees. A remarkable book about remarkable trees.

*Jan Mlingworth*



## Spice Quiz

1. A word that rhymes with the capital of the Philippines
2. Sounds like an aftershave
3. A redhead's nickname
4. A South American country
5. Colour of Buddhist's monks robes
6. The Cluedo Colonel
7. Greet an expected visitor at the door
8. What 2 letters make a hot pepper



*June Valentine*

See answers on Page 14



## *A Leaky Gut Story*

I'm telling this story because some of you may have, or are going through a similar experience and it may help. A few years ago, I went to doctor to find out why I was always tired. She had some blood tests run that turned up hypothyroidism (underactive thyroid). All I had to do was take medication to supplement that natural thyroxine hormone that my body was not producing enough of and Bingo, all back to normal. And it was ...for a while. Then I became aware of more symptoms, all vague; and often they'd come and go. It was only when I stopped and scanned through my body and wrote them down, that I really noticed there was something not quite right. Basically I felt like I was coming down with the flu with a foggy head, poor memory and aches and pains.

A trip to the doctor's revealed no change to the thyroid, and I was told its aging and to monitor what's happening and come back in 3 months. Not happy with that I tried a different doctor at the same clinic, who ordered a huge round of blood tests. All came back Ok, except the auto-immunity indicator, which I was told was not unusual in someone over 50 and got the same response; it's just aging- monitor what's happening and come back in 3 months. Still not happy, I tried a different clinic, taking along my results and this time poo tests were ordered. The results showed no issues and I was told the same thing. It's aging and monitor for 3 months. I started to wonder if that was the standard response when Doctor's don't really know what's going on and don't have more than 10 minutes to investigate, but that was my cynical side coming out! ☺. Anyway, I knew things were not normal and I knew there had to be an answer.

I always believe that the knowledge you need comes to you at the time you need it. Sometimes, it's a book you bought years ago that suddenly takes your eye in the bookcase, sometimes it's an article in the paper or a comment during a chat with a friend, and sometimes you just need to get out and look for it. I searched the local library on the one thing I knew had come up, the autoimmune indicator. The search turned up an amazing Australian book by Dr Sandra Cabot – a name I'm sure many of you may have come across as she has written many self-help health books. This one was on healing autoimmune disease – see below reference. It gave me plenty of WOW moments.

“An autoimmune disease occurs when a person's immune system launches an attack against their own cells, tissues and/or organs. This results in inflammation throughout the body and potential damage to specific organs”. There are over 80 autoimmune diseases which affect about one in 20 people. Symptoms are often vague and commonly include fatigue, unrefreshing sleep, foggy head, low mood and aches and pains. The book reveals there are 3 contributing factors to an auto-immune disease: genes, environmental trigger and a leaky gut. Ah.. finally we are getting to what this story is about!

Clearly we cannot change our genes, you either have a predisposition or not. Environmental triggers can be very hard to avoid, as they range from common infections, bacteria and diseases, as well as heavy metals, some medications and even hormone imbalances. So the last factor, the one that can be changed, is leaky gut. “Professor Alessio Fasano is a paediatric gastroenterologist and a world leader in research on leaky gut and its relationship to autoimmune disease. According to Professor Fasano, a leaky gut is necessary but not sufficient to develop an autoimmune disease. That means you can't get an autoimmune disease unless you have a leaky gut”. Inversely you may have a leaky gut without development of an autoimmune disease.

So what is a leaky gut? It doesn't sound like much, does it? Ok so put simply, the gut is part of the digestive track and can be likened to a very thin layer of skin. As a way of explaining, our outer skin holds our body in and has protective qualities, but is also permeable when the time is right. For instance our skin opens pores to release sweat when we are hot to help cool us down and then closes the pores to prevent outside nasties getting in. Likewise the gut is a protective layer that keeps nasties **INSIDE** the digestive track. It opens up on a regular basis to release nutrients into the blood stream and then closes to stop those nasties in our gut from also entering the blood stream. But in a leaky gut, the gut doesn't close quickly enough. It continues to leak and depending on what part of the gut is leaking, undigested food particles, bacteria, fungi, Candida and even waste (ie pre-poo!) can start to enter the bloodstream. No wonder we feel bad with a leaky gut.

Some of the symptoms of leaky gut include: fatigue, joint pain, skin problems, food sensitivities, foggy head, poor memory, low motivation, respiratory problems, depression, anxiety, muscle aches, fibromyalgia, poor or unrefreshing sleep, adrenal gland exhaustion, IBS, liver problems, nutritional deficiencies (especially iron, magnesium, Vit B12 and D) and an inability to gain or lose weight. On yea...WOW! It's a huge list, right! And another big light bulb moment as things were starting to make sense for me.

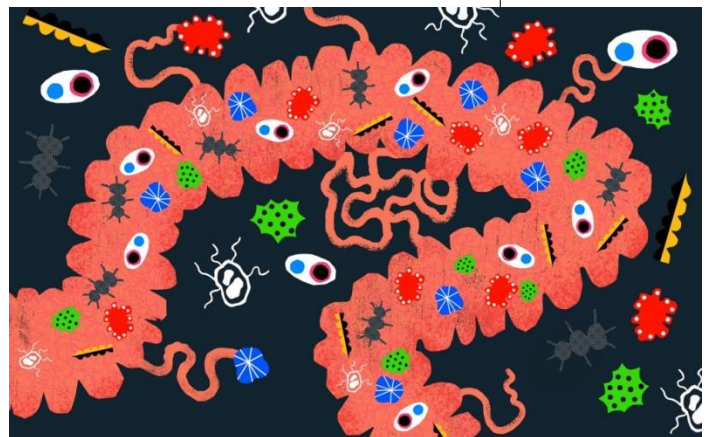


Illustration by James Daw

So what can be done for leaky gut. There are 4 stages according to the book:

1. Remove foods that irritate the gut
2. Correct dysbiosis and/ or Small Intestinal Bacterial Overgrowth (SIBO)
3. Improve digestive function
4. Heal and Seal the gut.

If you are serious about repairing a leaky gut, then I suggest you refer to a professional practitioner like a Naturopath or Herbalist. The starting point is diet and one of the biggest culprit is gluten, but there are many others that may be irritating the gut. There are also herbs and supplements that support gut repair, immunity and in my case, thyroid function.

I've found a Naturopath that specialises in this area and knew what to do with my symptoms straight away, not after monitoring for 3 months! My treatment includes a formulated herbal tonic that must be doing me good because it tastes really, really bad! I have had enormous improvement in my energy levels and reduced symptoms. The big thing I have taken from this whole experience is to take control of my health, do some research and find a practitioner that supports my circumstances and practice that advice. If you can relate to this story, then I suggest you start with a look at the book (or website) that I picked up and I hope it will take you on the road to wellness.

*Meridith Hutchinson*

#### Reference:

"Healing Autoimmune Disease - A plan to help you immune system and reduce inflammation"  
by Dr Sandra Cabot and Margaret Jasinska ND ISBN 978-1-936609-35-2.  
See also [www.sandracabot.com](http://www.sandracabot.com)



## Thai Curry Pastes

Here are a couple of curry pastes, nice and warming over winter, which you can use with your choice of meat, fish or vegetables. These are just the bases so when you cook your meal, you may need to add sweet (palm sugar), salty (fish or soy sauce) and sour (tamarind), with coconut milk to smooth out the flavours. You can roast spices in a heavy pan on the stove top, being careful not to burn them.

### Mussaman Curry Paste

#### Ingredients:

4-6 dried red chillies, deseeded and roasted  
 6-8 red shallots, unpeeled  
 6-8 gloves of garlic, unpeeled  
 1 tablespoon galangal, chopped  
 1 stick lemongrass, grated  
 ½ tablespoon coriander root, chopped  
 1 teaspoon kaffir lime zest or leaf, finely chopped  
 ½ teaspoon white peppercorns  
 2 teaspoons coriander seeds  
 1 teaspoon cumin seeds  
 ¼ nutmeg, grated  
 2-3 cloves  
 2 cardamom pods  
 ½ teaspoon salt  
 2 cm length cinnamon/cassia bark

#### Method:

In a dry wok, over a low heat, add red shallots and garlic and char the skins. Remove and peel; this adds a smoky flavour.

Dry roast separately the peppercorns, coriander seeds, cumin, cloves, cinnamon /cassia and cardamom. Grind spices to a fine powder.

Combine salt, chillies, shallots, garlic, galangal, lemongrass and lime to a paste, preferably with mortar and pestle, but you can use a food processor. And ground spices and combine until all ingredients are smooth and well incorporated.

### Yellow Curry Paste

#### Ingredients:

2 tablespoons red shallots, chopped  
 3 tablespoons of garlic, chopped  
 1 tablespoon ginger, chopped  
 1 tablespoon lemongrass, finely chopped  
 1 pinch salt  
 ½ tablespoon coriander seeds, ground  
 1 teaspoon cumin seeds, ground  
 ½ tablespoon turmeric powder  
 1 tablespoon roasted chilli powder  
 1 teaspoon shrimp paste

#### Method:

Combine shallots, garlic, ginger, lemongrass and salt to a paste, preferably with mortar and pestle, but you can use a food processor.

And coriander seeds, ground, turmeric, chilli and shrimp paste and combine until all ingredients are smooth and well incorporated.

#### Reference:

Thai Cooking Class – Authentic Thai Cuisine by Paul Blain; Published by Hinkler Books.

### Spice quiz Answers

1 Vanilla; 2 Allspice; 3 Ginger; 4 Chile (Chilli);  
 5 Saffron; 6 Mustard; 7 Come in (Cumin); 8 KN (Cayenne)



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