



The Herb Age



AUGUST/SEPTEMBER 2022

NO 434



"It's an illuminating winter walk in a unique natural wonderland"
Royal Botanic Gardens

THE HERB SOCIETY OF VICTORIA INC

www.herbsocietyvic.org.au



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Meetup group: www.meetup.com/Herb-Society-of-Victoria/

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

President	Mary Dawson
Vice President	Jan Illingworth
Vice President Membership Officer Library Coordinator	Marie Baker
Past President	June Valentine
Committee Secretary	Graham Ellis
Treasurer	Carmen Hollway
The Herb Age Editor	Meridith Hutchinson
Committee	Heather Davies
Committee	Nigel Holmes

The Herb Society of Victoria acknowledges the traditional custodians of the land on which we join together and pay respects to Elders past, present and yet to emerge.

HSOV MONTHLY EVENTS

HSOV meets on the first Thursday evening of every month, from February to December. Monthly events often feature a guest speaker, mini-talks or event theme, like a picnic or trivia, and followed by herb refreshments.

Monthly events are held at:

- **Room MB10 Main Building**
- Burnley campus of Melbourne University (was Burnley Horticultural College)
- 500 Yarra Blvd Richmond
- Enter MB building from the main entrance
- **Room is open 7.00pm for 7.30pm start**

Parking inside the grounds is often limited. There is ample parking on Yarra Boulevard, which is free after hours. Public transport access is nearby.

Next Meeting Details: See Page 4

HSOV DETAILS

ABN 22 261 579 261

PO Box 396, Camberwell,
Victoria, 3124, Australia

Bank Details to deposit payments, including membership renewals:

BSB 633000 / Account 158914432

Membership can also be paid via Try Booking link:
<https://www.trybooking.com/BZGPX>

Advertising Rates	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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Friday 9th September 2022

The views expressed by the
contributors to this newsletter
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THE HERB AGE

AUGUST/SEPTEMBER 2022

Contents

	Page
Our General Meeting Details	4
To the Source in July	5
August Craft Workshop	5
President's report <i>by Mary Dawson</i>	6
Membership Renewal Reminder <i>by Marie Baker</i>	7
Herb Conference Program	8
Herb Conference Meet the Speakers	9
Herb Conference - More	10
Sushi and Muffins <i>by Marie Baker</i>	11
Welcome to our New Members	12
Herb Quiz Part 4	12
Vale Reg Grant	12
Fermentation Preservation Part2 <i>by Carmen Hollway</i>	13
Travels North <i>with Jan Illingworth</i>	15

Cover Photo taken recently of giant airborne tulips at the amazing "Lightscape" at the Royal Botanic Gardens, Melbourne.

Lightscape is a nighttime journey through the RBG with light and sound adding drama and wonder to the lawns, lake, paths and treescape backdrop. Follow a trail starting from the observatory, winding down to the lake, back up and through the fern gully to finish at the Herbarium. There are a few pop-up shops for drinks (mulled wine is fab!) or a bite. You still have a chance to see this fantastic experience each night, but be quick as it finishes on August 7th. Tickets are on the RBG website.



Our General Monthly Events

Burnley Campus, Melbourne University
Room MB10 (next main Building Hall)

Parking inside the grounds is limited so, if possible
please park on Yarra Blvd and walk in.

Please note: at time of publishing, COVID-19 vaccination (or a valid exemption) is a requirement for anyone attending the campus and therefore HSOV meetings at Burnley.

Shared Supper is back on again, so please bring a plate, herbs for tea
or assist at the tea trolley after the main event.



Thursday August 4th 2022

Please be seated 7.15 for 7.30 pm Start

Guest Speaker: Helen Lovel

Topic: GoGo Gardening with Neutrog

If you are feeling like you have déjà vu, that's OK. Helen was listed for in the last issue of the THA for July, but unfortunately had to be changed.

Helen is a wonderfully engaging speaker, and 'walks the talk' developing their cattle farm in central Victoria with these products.

Our home gardens provide herbs and plants that we eat, make teas or home remedies from, so it's worth a look at plant food that is organic, nutrient rich, bacterially diverse and locally made. Neutrog Biological Fertilisers are producers of 'SeaMunGus', 'Gogo juice' 'Sudden Impact' and supermulch 'Whoflungdung'. ☺ From humble beginnings, they now export to some of the most magnificent gardens and grounds around the world.



Thursday September 1st 2022

Please be seated 7.15 for 7.30 pm Start

Guest Speaker: Paul Lucas

From: Garden Clubs Australia

Topic: Pumpkins and USA Autumn (fall) colours

Paul Lucas is our local Garden Club of Australia coordinator and an incredible garden photographer, judging the CGA garden photography competition. Paul is presenting pumpkins and the fall (autumn) colours of New England, U.S.A from a recent trip. Don't be fooled by the Editor's pumpkin happy snap on this page. You are in for a treat of beautiful photos that will stun and amaze. Be ready with lots of 'ooooooooohhh's and 'aaahhhhh's'!

To the Source in July

Even though, this is the August/September newsletter, this may get to you in time for the event.

Where: 'The Source' (bulk buy) shop at Burwood Brickworks shopping centre.
70 Middleborough Rd Burwood (near the RSPCA) in Burwood.

Date: Saturday July 23rd

Meeting time: 11am (note change of time)

Meeting place: Outside 'The Source' store (shop number T15)

What: A dedicated presentation for HSOV members, family and friends
Plus free tastings. Duration is 1 hour. BYO containers for purchases

Cost: Free for our group (*Ed note: negotiated by June – many thanks*)

After: Suggest a visit to the magical roof garden with its many fruit trees, veggies and herbs plus hothouses where they grow hundreds of greens for the Acre Cafe and Restaurant. There are also many places to lunch at the centre.

Reduce, Reuse and Recycle. By choosing to buy bulk and recycling your own containers, you purchase only how much you want and make a difference to the environment. There is a wide range of Australian and International products (organic where possible) eg; cleaning products, flours, grains, chocolates, dried fruit and vegetables plus herbs and spices and so much more.

Organised especially for our members, friends and family; enquiries to me on HSOV email.

June Valentine

Ed Note: A reminder that all events are also available on our website, meetup and Facebook, which are on page 2 on the THA. We will also try to send out reminder emails closer to events.



August Craft Workshop

Date: Sunday August 7th

Time: 1pm (to 4pm)

Where: June Valentine's home.

Cost: Free (of course) and maybe receive a special thankyou
Please bring a plate to share with a cuppa afterwards if you can.



The aim of the workshop is for us to get together to make some quick and easy craft items for the upcoming Herb Conference in October. This will include Pot Pourri bags to include in the conference bags and items for sale on the HSOV stall over the weekend.

We have received some great ideas and input, so thank you so much for those who have contributed. The Herb Conference committee are meeting a couple of weeks before this workshop to confirm what else we'll be making.

HSOV workshops are always a great fun way to share knowledge and learn something new.

To join in and get some ideas for making your own items or gifts, please contact:

- June or Meridith
- Email us at theherbage@outlook.com

President's Report

Dear Herb Lovers of Victoria,

Happy Birthday to The Herb Society of Victoria!!

The HSOV recently celebrated its 42nd Birthday at the General Event in June. It was a very special occasion, not least, for the fact that social Birthday celebrations had not occurred due to Covid lockdowns in Victoria, since 2019! Members and Guests shared a beautiful supper together provided by the Committee with thanks to June Valentine for preparation and festive decoration and Marie Baker for the delicious cheeses. The supper followed on from a fascinating presentation by our Guest Speaker and HSOV member, Lesley Northey, on the topic of 'Japanese Herbs'.

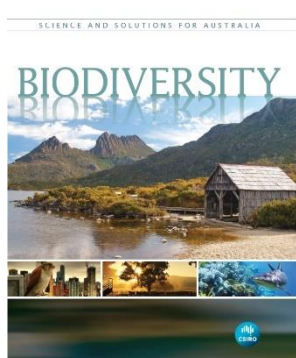


The Japanese use of herbs and spices can be dated back to at least the 8th and 9th centuries. Blessed with access to a bounty of different seafoods and lush, fertile lands, Japanese cuisine mostly maintains the tradition of using herbs and spices to subtly enhance flavours, rather than being main ingredients. However, influences from Chinese medicine and later Portuguese and Dutch influences have also left their mark.

Lesley's knowledge of Japanese Herbs – and Spices – provided us all with an insightful education and burgeoning curiosity into the culinary, medicinal and historical aspects of the many fresh Japanese herbs from her own garden and local store-bought products. Thanks Lesley, for taking us on such a wonderful journey some of which is shared in the following pages.

Biodiversity

I have been catching up of late on my interest in and reading on the ever-fascinating subject of Biodiversity. One of the downloadable online publications that has crossed my path is the CSIRO's Biodiversity Book (2014) which begins in Chapter 1 with the topic 'What is Biodiversity, and why is it important'. In introducing the topic, it informs us that 'Biodiversity is the term used to encompass the variety of all living organisms on Earth, including their genetic diversity, species diversity and the diversity of marine, terrestrial and aquatic ecosystems, together with their associated evolutionary and ecological processes'.



Furthermore, it states 'people throughout the world, many of whom may never use the term 'biodiversity', appreciate plants, animals, landscapes and seascapes for their usefulness and for qualities such as their spiritual significance – and it is because of these values also that biodiversity matters to us as human beings'.

Here is the online link if you are interested in the CSIRO publication –

<https://www.csiro.au/en/research/natural-environment/biodiversity/Biodiversity-book>

One of the things I read in the book which I'd like to share with you is

'Biodiversity is in the eye of the beholder'

That is, 'for some it is our life support system, for others it is a resource to be used, for others it is a precious cultural symbol. Australians have long had a sense that our biodiversity is special, but despite our sense of its importance, in many parts of our country biodiversity is in trouble'.

It was an honour and great pleasure to welcome Anne Makijani as the Guest Speaker to the July General Event to present on the topic 'Gardens for Wildlife'. Anne is a community member with a strong commitment to nature conservation and biodiversity. She volunteers in many community groups and Council initiatives and is passionate about the potential and scope that habitat improvement on private land can make for biodiversity. This has driven her interest in Gardens for Wildlife Victoria and her role in helping to establish Whitehorse Gardens for Wildlife.

Anne shared her rich knowledge and experience taking us through the Key Elements of improving habitat conservation in your garden – tall trees, large shrubs, medium shrubs, climbers and scramblers, fillers (grasses, lilies, wildflowers), small shrubs, ground covers, water and aquatic plants, mulch,

logs and rocks – and the significance of local indigenous plants; having evolved in local place they are best adapted to the soil and support of fauna. Thanks to Anne for sharing such an inspiring example of what passionate community-based action can create, learn, achieve, and enjoy with a love of and commitment to nature conservation and biodiversity.



Please find details inside about the upcoming outing organised by June Valentine to 'The Source' at Burwood Brickworks shopping centre on June 23rd at 11am – all members, family, and friends are welcome. The outing will include an informative presentation with free tastings – don't forget your re-usable bags and containers for any purchases. Thanks June, for organising this event.

As we move through 2022, we continue to keep the HSOV as inclusive as we always have been, while keeping everyone as safe as possible. Please find in the following pages a reminder of the Covid19 vaccination requirements for all members / persons attending HSOV events at the Burnley Campus.

Happy reading to you all,

Mary Dawson, President

Memberships Renewal Reminder

Dear valued members,

Thank you to everyone who has renewed their membership; your support is highly valued. A gentle reminder for those who may have missed their annual subscription, that memberships renewals were due on July 1st.

The online booking for paying memberships has proved to be very successful. It is easy, quick and provides you a receipt and us the ability to clearly identify it. This makes it the preferred method of payment where possible.

Simply go to webpage and follow the prompts. <https://www.trybooking.com/BZGPX>

Payments can also be made via direct debit into our bank account (please ADD your NAME as reference so we can be sure who has sent payment) or by cheque. The details are on the inside cover of the Herb Age.

Marie Baker, Membership Officer

17th Australian and New Zealand



What's Included:

- 4 Presentations and 1 workshop or Garden Tour each day.
- Morning Tea supplied by local CWA, including their famous scones
- Lunch from 'Mr Yes Mr No' foodtruck; fresh and wholesome (incl. vegan/GF)
- Afternoon herbal refreshments
- Market Stalls with a range of herbal books, teas and wares for sale
- Herbie raffle
- A Free Conference Bag with herb related goodies

Conference Program

The program has been finalized and looks fantastic!



SCAN ME

Saturday 8 October 2022

- | | |
|-------|---|
| 8.00 | Open and Registration |
| 9.00 | Introduction and Welcome and Housekeeping. |
| 9.30 | Dr Greg Moore "Big Trees, Little Trees and Roots" |
| 10.30 | Morning Tea |
| 11.00 | Penny Woodward - "Herbs for cooking, medicine and pleasure" |
| 12.00 | Lunch |
| 1.15 | Clive Larkman "Herbs Herbs Herbs" |
| 2.15 | Workshop or FOBG tour of Burnley Garden |
| 3.00 | Afternoon refreshments |
| 3.30 | Tony Hoseman - "Native American Indian Herbs" |
| 4.30 | Wrap up |

Sunday 9 October 2022

- | | |
|-------|--|
| 8.30 | Open and Registration (for Sunday only participants) |
| 9.00 | Welcome/Recap |
| 9.30 | Dr Chris Williams - "Aquatic Edibles" |
| 10.30 | Morning Tea |
| 11.00 | Dr Brian May "Japanese Herb Garden in the home garden" |
| 12.00 | Lunch |
| 1.15 | Caleb Armstrong "Herbs for pain relief" |
| 2.15 | Workshop or FOBG tour of Burnley Garden |
| 3.00 | Afternoon refreshments |
| 3.30 | Penny Woodward "Pest Repellent Plants & other Organic solutions" |
| 4.30 | Thankyou and close |

Location: Burnley Campus of University of Melbourne.

Set among beautiful heritage Burnley Gardens 500 Yarra Boulevard, Richmond VIC 3121

- Public Transport – accessible by train and tram. Best PT access is via number 70 Tram from Flinders St in the city and about a 3 min walk from stop number 18.
- Driving – Free Car Parking is available on Yarra Boulevard

Herb Conference – Melbourne 2022

Meet the Speakers:

Penny Woodward

Penny has written several books on herbs and edible/useful plants, as well as Horticultural Editor for magazines and presenting on the 3CR garden panel. Her knowledge is enormous, both well researched and practical and she is a wonderfully engaging speaker. She has started and run a Herb Nursery, has a degree in Botany and Zoology and is Patron of the HSOV.

Dr Greg Moore

Greg was a senior lecturer at Burnley and has a special interest in trees, sustainable horticultural plant science, revegetation and ecology. He is a member of several horticultural organisations, including Treenet, Greening Australia, and National Trust of Victoria's Register of Significant Trees. He has presented at major horticultural events worldwide and on ABC radio and 3AW.

Clive Larkman

Clive is a specialist in herb and perennial plants. He has applied his Botany qualification in running Renaissance Herb Nursery, which also runs Herb and Chillie festivals, for many years. A wealth of knowledge is backed up with warmth and charm for a great presenter.

Tony Hoseman

Tony is an expert of growing and uses of Native American Indian Herbs, especially White Sage (used in smudge sticks), Black Cohosh and Goldenseal. He is also incredibly fun, lively and entertaining.

Chris Williams

Among many roles, Chris is a lecturer at Burnley, and specialises in urban agriculture. His interest is in researching traditional indigenous and historic food crops for application in the modern world.

Dr Brian May

Brian is a clinical research fellow at RMIT in the area of Chinese Medicine, having published dozens of research papers on Asian Herbs. He has a warm, down to earth approach and passion for his subject.

Calab Armstrong

Caleb Armstrong is a pharmacist with an interest in herbs for healing offering herbal teas grown on their farm to support the health of his customers. He sees Pharmacists as ideally situated as a bridge between conventional and herbal medicines.

Workshop: Herbal Lozenges

Jill Cheah is a Naturopath and passionate about natural healthcare. She will be running this workshop on making herbal medical lozenges. This hands on and fun session is designed to teach you to make healing pastilles at home and take some home with you.

FOBG Garden Tours

Burnley Gardens was established in 1861 as a place for horticultural study and continues to this day. It boasts registered historic trees and new areas of garden experiment for today and beyond. The Friends of Burnley Gardens will guide you through the gardens with expert care and knowledge.





Herb Conference – More!

Weekend Event Tickets

Purchase tickets via TryBooking online. Scan below QR Code or go to the link:

<https://www.trybooking.com/events/landing?eid=912841&>

Both days - whole Weekend

- Non-member \$220
- Herb Society Member* \$180

One day only

- Non member \$120 per day
- Herb Society Member* \$100 per day



SCAN ME

* Members – Members of Australian and New Zealand Herb Societies or Friends of Burnley Gardens are entitled to this huge discount on this Herb Conference!

If you have difficulties with online booking, please contact one of the Herb Conference or general committee members, or email on theherbsocietyofvictoria@gmail.com and we will help you with the booking.

Volunteers

We're looking for helps for a variety of roles. Even an hour or 2 will be great. Ask your family or friends if they can help out too! Roles include:

- Registration desk before presentations start/Meet and Greet
- Manning the HSOV Stall with second hand books, craft items and some plants
- Parking control in the mornings
- Afternoon refreshments (preparing/pouring herbal teas etc)
- General helper

Please reach out via email theherbsocietyofvictoria@gmail.com and say a big 'YES, I can help!'

Social Dinner

What a great chance to spend some relaxed social time with our fellow passionate Herbies from other Herb Societies. Let's share the wonderful world of Herbs, have a great meal and a laugh.

When: Friday 7th October from 6.45pm

Venue: Elgin Inn Hotel, 75 Burwood Rd Hawthorn

Meals are ala carte, offering dietary options and drinks at pub prices. Elgin Inn is a nice old pub that has street parking, Hawthorn train station is close by and its accessible by public transport on tram 75.

Note: the event is upstairs and no lift is available.

Please book (preferably via Trybooking), so we can keep track of numbers and to keep you up to date.



SCAN ME

Day Trips

Day Trips - Monday 10th to Friday 14th October

Selected and Optional Day Tours around Melbourne to herb and garden places of interest. Day trips will focus on Melbourne's many attractions, aiming to be accessible by public transport or by private vehicle. We're still finalising these, but they will be low cost. (For example, a guided tour around Melbourne Royal Botanic Gardens and Herb Garden).

Sushi and Muffins

June Event with Lesley Northey on Japanese Herbs and Spices and HSOV 42nd Birthday. Those fortunate to be present at our birthday event in June were rewarded with a very informative talk by HSOV member Lesley Northey on Japanese Herbs and Spices.

Lesley commenced her presentation by explaining how her interest in and passion for Japanese cookery commenced. Many years ago, she had the time and opportunity to participate in a Japanese cookery course, and the rest is history as the course stimulated her interest in finding more about the herbs and spices used. Of course, as a keen gardener, she then proceeded to grow her own herbs and make up her own spice blends.



We heard about the importance of the herb garden in Japanese culture going back thousands of years, with Lesley pointing out that herbs add a fresh light flavour to dishes, whilst spices add depth and a more intense flavour.

Lesley brought in a range of cut herbs about which she spoke, and then the herbs were passed around for those present to sample. Similarly, Lesley spoke about the various condiments and sauces that are used in Japanese Cuisine, and samples of spice blends were circulated for tasting. For those wishing to know how to make their own spice blends, or to cook some Japanese dishes, Lesley supplied printed recipe sheets. In addition, Lesley donated several potted herbs for participants to take home. I brought home a pot of Mitsuha and one of one of Mizuna (Ruby Streak), which are now growing happily in my garden, and I look forward to using these herbs in salads when they are ready to harvest.



Another aspect of the talk was hearing about the large range of Japanese teas, made from many different plants, each with its own distinctive colour, aroma and flavour.

To finish, Lesley had made Sushi and Nigiri which we were able to share and enjoy with the birthday supper. I certainly learnt a great deal about Japanese cuisine, and its related herbs and spices, and I think I can speak for all those present in thanking Lesley for the great effort involved in her presentation and for the plants, recipe cards and tasty treats she supplied for us to sample.

Members then enjoyed the birthday herb supper which was supplied by the committee. The highlight of the supper was number 42 made out of a range of different flavoured mini muffins made by June Valentine. She similarly crafted a 42 out of dried fruit.



All in all, a very enjoyable evening was spent celebrating our 42nd birthday. With about 10 new members having joined us this year, we look forward with confidence to the next 42 years!

Marie Baker



Welcome to our New Members

A very warm welcome to our newest members to the Herb Society of Victoria. Great to have you with us and we look forward to you to growing and learning more together:

Sonya Bencic

Purwani Wiryana



ROUND 4 (and final round!)

- 37 Traditionally used in flavouring Gin
- 38 How many varieties of thyme? 150 , 212 or 300
- 39 Mediaeval scholars added the juice of this plant to their ink, in order to protect their manuscripts from bookworms and other bugs
- 40 What is the similarity between cinnamon and a dog?
- 41 Name a country which sounds like a spice
- 42 Someone who is not very clever
- 43 Rhymes with kettle
- 44 This reddish-purple berry is ground into a powder and used extensively in Turkish and Lebanese cooking
- 45 A seed which has been used as a substitute for capers
- 46 This expensive spice gives flavour to cakes, ice cream and custard
- 47 Name at least three songs that include herbs or spices
- 48 Can you find at least 30 herbs and spices starting with the letters in the word H.E.R.B.S.?

June Valentine

Answers on page 15

Ed Note: Many thanks to June. This well-developed, fun and informative Herb Trivia was finally held in December last year after stalling so many times last year due to lock downs. Was worth the wait as it was a fun way to end the year. And thanks for sharing this with all members through the Herb Age so those who were not able to make it could still play along at home. And no cheating on that last one – you can come up with 30 off the top of your head, without a book or Google, right? I'll start you off Hyssop, Echinacea, Rosemary.....I think that enough of a hint! Enjoy.



Vale Reg Grant

It is with regret that we advise of the passing of Reg Grant, who was a member for several years. Despite health issues in later years, Reg was always very enthusiastic about the Herb Society, attending meetings with wife Susan as regularly as he could. He loved to chat afterwards, sharing his latest news and investigations into the world of herbs and healing. The Herb Society extends deep condolences to Susan.

Fermentation Preservation Part 2

Continuing on from last issue. Remember, we were just at the exciting stage of mixing the brine (step 2.1), where you may like to add more salt during warmer months (which will hinder undesirable bacteria & yeasts from kicking off in the heat), and less in winter. Never dip below 2-3% (salt to water), or else harmful bacteria may survive. 5% is considered pretty darn salty.

Step 3: Chop/prepare your fruit or veg Size is totally up to you, so don't get caught up in super specific measurements in recipes. Simply: the bigger the pieces, the longer it will take to ferment. If you want a quick ferment, chop things up smaller. This increases the surface area of the pieces, which in turn allows the salt to draw out liquid, and the Lactobacillus to work their way through the pieces more quickly.

Step 4: Combine your fruit or veg and salt If you're going for firm, crunchy pieces of fruit or veg surrounded by premixed brine, shove the fruit/veg into the vessel quite tightly, then pour the brine over them until they're well covered. If you're after a softer, more juicy ferment where you're adding salt and getting the liquids from inside the fruit or veg (eg salsa or sauerkraut), combine the fruit/veg in a bowl and weigh how much you have. Work out what 2-3% of that weight is by multiplying it by 0.02-0.03. That's how many grams of salt to add. (eg 500g chopped tomatoes, capsicum, onions, garlic & corn needs $500 \times 0.03 = 15\text{g}$ of salt) Combine that salt with the fruit/veg, mix well, and then stuff into the vessel.

NOTE: With softer ferments, it may not seem like there's enough brine to submerge the veggies at first, but under a weight overnight, the pressure should help more liquid leave the veggies and create plenty. If it's still not enough though? Just mix up some brine and top it up with that.

Step 5: Keep your fruit or veg submerged Lacto-fermentation is an anaerobic process, so you need to keep the air away from your bits and pieces by keeping them submerged under the brine. ways to weight down your ferment include - A clean glass jar filled with water that fits inside the neck of the vessel. An outer cabbage leaf or two folded over and shoved into the vessel so it sits snug against the sides. A food-grade plastic ziplock bag filled with brine (in case it splits – plain water would affect the salinity of your ferment & could cause it to spoil) stuffed into the vessel. A small clean plate with a boiled-clean river rock on it. NOTE: If you use a folded cabbage leaf, it doesn't matter if it pokes above the brine and grows mouldy. You'll compost it anyway, and everything under the brine will be perfectly fine.

Step 6: Leave it alone Lactobacillus operates best in temperatures between 13-29 degrees Celsius (55-85 degrees Fahrenheit), so you want to find a spot in your house that's going to stay somewhere within that range. The cooler it is, the slower the ferment will be (and the longer it will take to be 'ready') and vice versa. Longer, cooler ferments allow more nuanced flavours to develop, but also open up the door to softening of the plant tissues (which means soggy ferments). Quicker, warmer ferments are ready sooner, but there's a greater chance that undesirable bacterial or yeast colonies could thrive and take over. Ideally, you want a spot somewhere out of direct sunlight where the temperature will stay around 18-22 degrees Celsius. When in this temperature range, it should take 3-5 days for lacto-fermentation to begin.



NOTE: It's a good idea to cover your vessel with something to prevent dust and bugs from entering, but allow the gasses created during fermentation to escape. This could be as simple as covering it with a clean teatowel or plate, or you could keep the vessel sealed and 'burp' it by opening the lid a couple of times a day to release the gasses. You can also remove the rubber seal in traditional glass clip-top jars before closing them: the tiny gap between jar and lid is enough for gasses to force their way out. If you have a fermenting vessel with an airlock in the lid, none of these will be necessary.

Step 7: Observe and interact After 3-5 days, you should notice some bubbles rising to the brine surface. This is a sign of active fermentation. Sometimes the gasses/bubbles try to lift the veg/fruit pieces above the surface: if that happens, just push them down with a clean utensil and top up with more cool brine if required to keep them submerged. When the brine goes cloudy and there are lots of bubbles, it's a sign that your fruit/veg is coming along nicely. At this stage, you can begin tasting your ferment. A fermented fruit/veg will taste nicely sour, and have some complex flavours going on. If it still tastes sweet, you may like to leave it fermenting for a bit longer. Once you're happy with the taste of your ferment, seal the jar with an airtight lid, and place in the fridge until you've eaten it all. Most ferments will last 3+ months in the fridge with little change to their texture, and many can last well over a year.



NOTE: Older ferments can develop a bit of a fizzy texture/taste: there's nothing wrong with them, and they're safe to eat, but you may prefer to cook with those instead of eating them raw if the feeling on your tongue is offputting. It's also worth noting that ferments made with cabbage or other cruciferous vegetables (kale, broccoli, cauliflower, radish, daikon etc) will let you know they're close to 'ready' when they start giving off a particularly farty smell. When you walk in the front door, and your kimchi welcomes you with a smack in the face of 'ripe' odours, it's probably time to seal that baby up and tell it to cool its jets in the fridge.

Carmen Hollway

Ed Note: Thanks Carmen – this has re-inspired me. I once tried Sauerkraut after visiting my friend's German heritage parents who make it all the time. It was amazing and sounded so simple. But, of course, they had been doing it so long that they just knew how much salt to use and couldn't really tell me measurements. I got the biggest jar I could find and filled it with cabbage, salt and a little water just like they said. And I used their tip to stop air getting to the goods – put a layer of clingwrap on the surface and push it down. I thought this will be awesome, only to find it was way, way too salty and I hadn't secured it properly so air had got in and there was a thick layer of mould under the cling wrap. Big Fail all round. Ready for a 2nd try now! Oh, and I have cheated using 2nd hand brine from store bought pickles (probably a no no but we ate them that day, so I think we got away with it!) for grated carrot and daikon to go on the side with sushi. yum!

Travelling North (with Jan Illingworth)

Feeling like going somewhere warm over Winter? Well, our wonderful committee member, herb conference committee member and sometimes presenter has beaten you to it and has been travelling north since May. Here's some snaps from the road trip up the coast. Currently Jan is in the top end, with latest pics, the Cooktown orchid and waterlily, in the centre.



Herbie Quiz ROUND 4 Answers

37 Juniper berry; 38 300; 39 Wormwood; 40 Bark; 41 Chile; 42 Dill; 43 Nettle; 44 Sumac; 45; Nasturtium; 46 Vanilla; 47 Some songs: Cinnamon girl by Neil Young, Sugar and spice by the Searchers, Love grows where my rosemary goes by Edison Lighthouse, Sergeant Pepper's lonely hearts club band by the Beatles

48 Some Herbs starting with HERBS: Hemlock, hibiscus, horehound, horseradish, heartsease, hawthorn, herb Robert, hyssop, hops. Elderberry, evening primrose, echinacea, eyebright, eucalyptus. Rose, rosemary, rock samphire, rue, rosella, rhubarb, rocket, raspberry. Brahmi, belladonna, boneset, bergamot, bearberry, buckwheat, blackberry, borage, basil, bay, betel leaf, betony, burdock. Speedwell, sage, savoury, sesame, saffron, self -heal, soapwort, stevia, sorrel, sandalwood, southernwood, sunflower, star anise, sweet woodruff, St. John's Wort, salad burnet

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