



The Herb Age



JUNE/JULY 2024

NO 445



"Tea is the elixir of life." - Lao Tzu

THE HERB SOCIETY OF VICTORIA INC

www.herbsocietyvic.org.au



www.facebook.com/groups/4104516136342577

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	Jan Illingworth
Vice President	Vacant
Committee Secretary	Sam Taylor
Membership Officer	
Treasurer	Carmen Hollway
The Herb Age Editor	Vacant
Committee	June Valentine
Committee	Nigel Holmes
Committee	Lesley Northey
Committee	Justine McDonough

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

Postal Address - The Herb Society of Victoria
c/- University of Melbourne, Burnley Campus
500 Yarra Boulevard, Richmond 3121

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/CHUGD>

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.

Please Email to
theherbage@outlook.com

Deadline
for next issue:
Monday 8th
July 2024

The views expressed by the contributors to this newsletter are not necessarily those of the Editor or of the Committee of the Herb Society of Victoria, Incorporated.

While every effort is made to publish reliable information, the use of that information is at the discretion of the individual. The Herb Society of Victoria, Inc takes no responsibility for statements made or opinions expressed.

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THE HERB AGE

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Contents

	Page
Our Monthly Events Details	4
President's report <i>by Jan Illingworth</i>	5
Book Review: <i>Around the World in 80 Trees by Jan Illingworth</i>	5
July Event: Herbs from the Deep	6
August Event: RBG Herbarium & Herb Garden Tour	7
HSOV Memberships Due	8
Committee Member Justine McDonough Steel	9
Peppermint Ridge Farm <i>by Meridith Hutchinson</i>	10
Burnley Open Day <i>by Sam Taylor</i>	11
Wild Food Recipes <i>by Sam Taylor</i>	11

Cover Pic and Quote: Anyone for a cup of tea? Strawberry Gum, Anise Myrtle or River Mint that is. These were some of the teas sampled at the Peppermint Ridge Native Foods Farm. And while the quote from the ancient Chinese philosopher Lao Tzu clearly did not have Australian plants in mind, it still applies, as the Aussie native teas are packed with healthy goodness. See Report on Page 10.

This issue, Sam Taylor has been doing a stellar job of bringing together **interesting and exciting events over the winter months**. The **seaweed foraging** has less than 10 tickets left at time of printing, so get on to it and come to what looks to be a really fantastic foraging event. Great news also that HSOV will have special access to the **Herbarium**, and for \$5 WOW - it will cost more for the coffee on the way in! Please remember to take a few pics and write up a couple of paragraphs for the Herb Age to share your amazing experience with members who can't make it.

The Herb Age Apologies. There were a few glitches with production of this issue which led to a delay in delivery to members and our sincere apologies for that. We are working hard to have it back to regular schedule next issue.





Our Monthly Events

Burnley Horticultural College Campus
and Gardens, Burnley Room MB10

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

Please bring a plate for shared supper, herbs for tea or
help out at the tea trolley at the end of the main event.



Thursday June 6th 2024

General Monthly Event

Please be seated 7.15 for 7.30 pm Start

Guest Speaker: Andrew Laidlaw

Topic: RBG for modern Melbourne

The HSOV is very excited to have Andrew Laidlaw speaking. He has worked as a landscape architect at Burnley and Melbourne's Royal Botanic Gardens especially on the Guilfoyle lake. Come and listen to his enthusiastic talk as well as celebrate the Herb Society's birthday. There could be cake and definitely a wonderful PRESENT(ation)

Thursday July 4th 2024

General Monthly Event

Please be seated 7.15 for 7.30 pm Start

Guest Speaker: Jan Illingworth

Topic: First Aid from your Garden

Have you ever stabbed yourself with the secateurs, stuck your eye with a stick or been bound up in bed with the flu.

Come on down for a talk by Jan; Nurse/Naturopath & Health Carer on *1st Aid from your Garden*. Easily obtainable remedies from your garden to make your life healthier. Like Yarrow pictured here, a great all round heal-all; good for fevers, coagulant and digestive.



President's Report

I will start with today having just returned from the FOBG open day. Beautiful day after the initial chill with lots of attendees and interest in HSOV and joining up. Lots of nice walks, CWA scones, plants and books for sale and Michele Adlers new book on Burnley history. Thanks to June, Meridith, Justine, Lesley, Robyn and Sam for their assistance. Sam also had a lot of interest in the herb garden with the result that the FOBG is keen to do more collaborations with us.

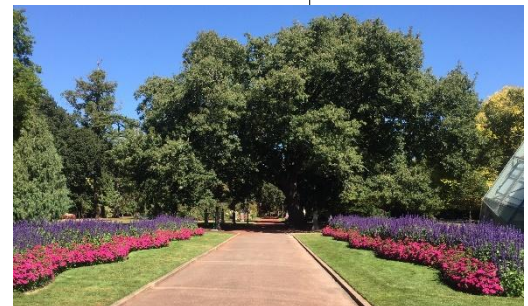


I encourage you to come along to our meetings and outings especially the sea plant foraging workshop on Williamstown beach in July. In August, there's a day out planned at the Royal Botanic Gardens Herbarium and a Herb Garden Tour. See more info on both inside the Herb Age and make sure you book through Trybooking.



Here's some nice pics of the trip I did to Ballarat and the begonia festival that was very showy and gorgeous on the banks of Lake Wendouree with a nice cup of tea and cake at the cafe there.

Looking forward to our birthday at the next meeting with the awesome and knowledgeable Andrew Laidlaw. Also, I am down to bake a cake, so here's hoping. Then July meeting is me with First Aid from your garden. Happy gardening while the sun is still shining. Cheers

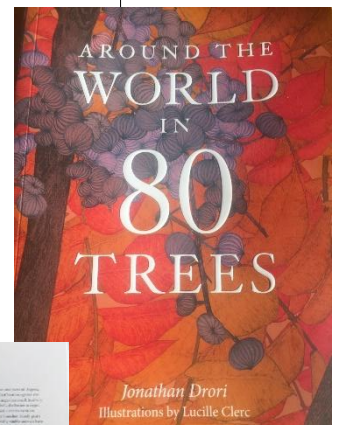


Jan Illingworth, President

Book review: Around the World in 80 Trees

Around the World in 80 Trees is a lovely factual and often amusing romp to all corners of the world on societies uses for trees. From food to timber of just for their beauty, this book adds historical facts for the trees listed.

Drori adds concerns about their demise if they were unique hard timbers and of course aphrodisiacs, to their listing for environmental projects to save them. Detailed illustrations from Lucille Clerc for every tree that has hidden pertinent drawings. A resting read at the end of the day.



Around the World in 80 Trees

by; Jonathan Drori and illustrations; Lucille Clerc published; 2020, Orion Pub Group, London. UK

Jan Illingworth,



Event: Herbs from the Deep

Event: Herbs from the Deep

Date and Time: 10am, Saturday 20th July 2024

Cost: \$25 for members (HSOV subsidised) and \$35 for non members

Location: Meet at Ferguson St Pier, Williamstown Beach

Booking: <https://www.trybooking.com/CRSIA>

Numbers are limited and ticketed bookings are essential.

Sam will be at Williamstown station until 9.50am to direct people coming in by train to the meeting point.

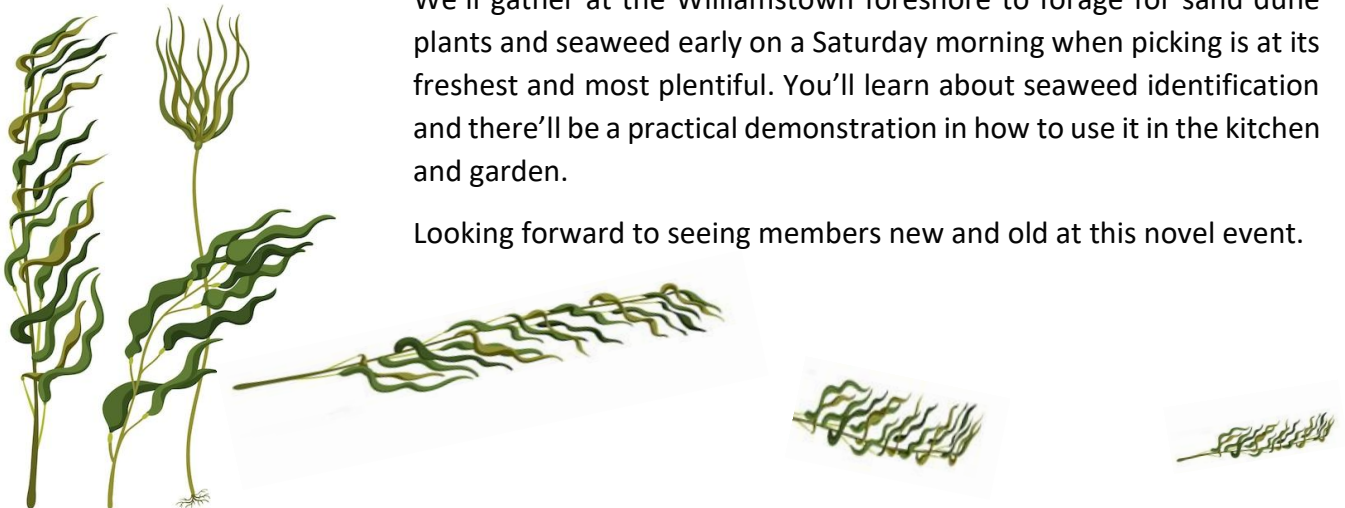


A source of abundant plant life often overlooked for its medicinal and edible value; our coastlines offer just as much as our fertile soil plains.

In recognition of this, HSOV has organised a seaside forage with Chris Rockley, a local environmentalist, ethnobotanist, science communications expert and Parks Vic tour guide.

We'll gather at the Williamstown foreshore to forage for sand dune plants and seaweed early on a Saturday morning when picking is at its freshest and most plentiful. You'll learn about seaweed identification and there'll be a practical demonstration in how to use it in the kitchen and garden.

Looking forward to seeing members new and old at this novel event.



Event: RBG Herbarium & Herb Garden Tour

Date: Friday August 16, 2024

Time: Meet at 12:00 PM

Meeting Spot: Herb and Medicinal Plants Collection

near Oak Lawn Gate, Melbourne Royal Botanical Gardens

Price: \$5 for members and \$10 for non members

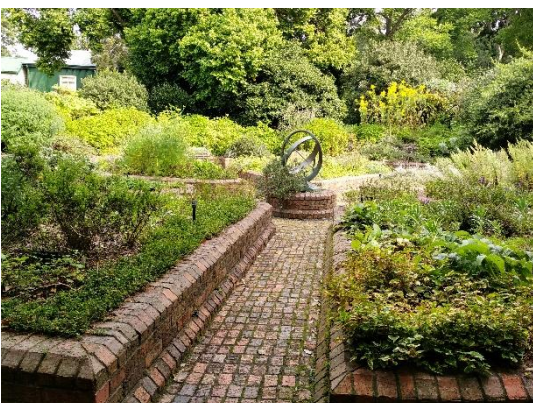
Booking: www.trybooking.com/CTCYO

The society played a fundamental role in establishing the Herb Garden so this will be a great opportunity for members to hear how it is going, and the rare plants it has. We are also fortunate to receive the **privilege of being offered a tour to the otherwise off limits Herbarium.**



So, what is a herbarium and what purpose does it serve? A herbarium is a collection of preserved plant, algae and fungi specimens. In many ways it is similar to a library, but the information is stored in biological form rather than book form.

Founded in 1853, the National Herbarium of Victoria is the oldest scientific institution in Victoria to preserve plant samples. Aug 16, 2024 This internationally significant collection is the largest herbarium collection in Oceania, comprising 1.562 million dried plant, algae and fungi specimens. It includes over 30,100 types, making it the largest repository of type materials in the Southern Hemisphere.



HSOV MEMBERSHIP RENEWAL 2024/2025

Membership renewal is due on 1 July 2024

Single membership fee which includes the <i>Herb Age</i> by email	\$26
Family membership fee which includes the <i>Herb Age</i> by email	\$34

Long standing members only who have previously elected to receive the *Herb Age* by post may continue to do so. However, the cost to print and mail the *Herb Age* is barely covered by the membership cost. We strongly encourage those who can get their *Herb Age* by email to renew with the email option.

Existing Single membership <i>Herb Age</i> printed and posted	\$38
Existing Family membership <i>Herb Age</i> printed and posted	\$48

Methods of payment

The preferred methods of payment are **Trybooking** and **direct transfer of funds** into the bank. These methods provide an accurate record of your payment and reduce the labour involved for the committee in collecting the funds.

- **Payment using Trybooking**

<https://www.trybooking.com/CHUGD>

Click on the link above and you will be taken to the HSOV page where all the relevant information will be displayed. Payment is by credit or debit card and there is a 50 cent booking fee applicable.

- **Direct transfer of funds into HSOV bank account**

Name of account: The Herb Society of Victoria Inc.
BSB 633 000 Account number 158914432

Please **add your name to the reference field** so that your remittance can be identified.

Other methods of payment are:

- **Payment by cheque**

Post to: The Herb Society of Victoria
c/- University of Melbourne, Burnley Campus
500 Yarra Boulevard, Richmond 3121

Please include your name so that your payment can be correctly identified.

- **Payment with cash at the HSOV monthly event.**

It is not necessary for members to fill out a renewal form. However, please inform us of any change in your details by the following methods:

- By email to: herbsocietyofvictoria@gmail.com or
- By post to the above address (new postal address this year)

Please note that members who joined the society from February 2024 are not required to renew at this time. Membership will be current until 30 June 2025.

Payment before 31 July would be appreciated.



Committee Member

Justine McDonough Steel

I feel very fortunate to come from a family of gardeners and to have grown up pretty much free range. Mum and dad grew veggies, fruit trees and flowers. We had chooks and bikes and composted. And went to field naturalist meetings.

My nana was a gardener and spent the year potting up cuttings for the annual Kew Cottages fete. I was always fascinated by the bright tins she utilised but never understood what this olive oil they once contained was!

I've always had a passion for conservation and the environment and have done some great projects through the ATCV. (The Australian Trust for Conservation Volunteers.) My first project was revegetating holes left by mining companies in Western Australia. I would love to see those wetlands now.

I first got into herbs when my sister was doing work experience with a naturopath. How I coveted her Blackmores products containing exotic ingredients like marshmallow root. For me it was a simple face steam over a bowl of rosemary.

What I love about herbs is that they are small and easy to grow yet so POWERFUL. I really love their medicinal qualities. At the moment I'm drinking lemon Myrtle tea which has 20 times the antioxidants of blueberries according to our talk at Peppermint Ridge. And using lots of thyme in chicken soup.

In my thirties I got into essential oils and used them for everything. I love how the oils contain the life force of the plant. And the chemical constituent list is amazing. This is where I learned most about the uses of herbs. My collection is a little out of date now but I Will always love frankincense and geranium. And still make my own deodorant spray.

I first heard about the herb Society from Jan when our branch of the CWA was doing the catering for a conference. That was BC. It was love at first sight seeing the beautiful Tussie Mussies in the raffle. Everyone was very passionate about herbs, sharing their cuttings and the herbal tea was REAL. Bit fussy cause I don't drink green or black tea!

When I was older, I was finally able to afford my own Blackmores products and visit their little shop in Hawthorn. I even bought some shares in the company but unfortunately, they were compulsory acquired last year. They were the only shares I'd ever owned so I'm open to recommendations for other ethical companies if anyone can point me in the right direction.



I look forward to getting to know more members, please say hello and to continue learning more about the wonderful world of herbs.

Justine McDonough Steel



Peppermint Ridge Farm

What a great out it was on our trip to Peppermint Ridge Farm and Native Foods in early May. We were so lucky to have a beautiful crisp Autumn day, with fog in the distance as we drove down to Tynong North to join about 20 in our group.

Anthony and Julie were our hosts and we kicked off at 10am sharp with tea tasting and tour of the garden where everything is edible. Some sample 4 teas, Lemon Myrtle, Strawberry gum (with a waft of black tea), Anise Myrtle (sweet) and River Mint – all delicious and we got to have more later with our native food morning tea. They also use cold tea for cooking stock. Here's an overview of tour with Anthony.

- **Lemon myrtle** is high in antioxidants and can be used in cooking and for teas. You can grow in a pot 5 to 10 years.
- **Native tamarind** use the fruit, which has the most variety of antioxidants of any plant.
- **River mint** Prune and harvest now as it goes woody late autumn. Cut back hard in May and comes back in spring. Sheep and cattle have eaten a lot of wild river mint, so it is not as common as it used to be.
- **Prostanthera -native thyme** Mauve flowers and round leaf. Also called native mint and native oregano., so a bit confusing and flavour is between all of them. Makes good butters or add to bread dough.
- **Kangaroo apple** So called because the young leaf looks like a Kangaroo foot print. Fruit and leaf are high in oestrogen or progesterone (depending on part and when). Russians use this plant to make contraceptive pill.
- **Mountain pepperberry** It is VERY peppery. Only a tiny amount is needed in cooking.
- **Finger lime** Their plant was 5 years old and had about 150 fruits on it.



They are also involved in researching the medicinal use of the plants. Julie is science teacher and has interpreted scientific research to simple language and trains chefs in the Gippsland area.

Compared to blueberry, native plants are much higher in Vitamins. Those grown in Victoria have proven to be even higher. 20 x higher in vitamins minerals and trace elements. Incl. Calcium. Antimicrobial ie for the gut to kill non beneficial bugs.

They have huge antioxidant properties to wipe out free radicals and stop your cells aging. Over 10 times more than blueberries. There is now research into Australian native plants for eye disease, Alzheimer's and very early studies are having great success with cancer treatment.

Teas are best and easiest way to take them and the benefits come out in hot water. Can also steep in oil or alcohol. Substitute these in your food.

It's also all in their book, which Sam purchased a copy for the HSOV library. We also had a chance to buy plants from their wee, but selective nursery and I took home some finger limes, which made a fabulous salad dressing.

Thanks so much to Naomi for organising this and hope we can do this again, maybe lunch next time!

Meridith Hutchinson

Burnley Open Day

The Herb Society of Victoria recently had the pleasure of being part of the Friends of Burnley Garden open day on Sunday May 26th. We had a small stall where we connected with new and old members and were able to strengthen our ties with the Australian Garden History Society and the Friends of Burnley Garden, the latter of which ran fabulous tours of the grounds and the campus rooftop gardens.

Our committee were also stationed in the Herb Garden and gave a short explanation to passerby's on its unique and pivotal history in the gardens. The Herb Garden also features on pages 115 to 116 Michele Adlers new book "*Burnley Gardens: their Design and the People who loved them.*" Michele acknowledges the three seminal members of the Herb Society Enid Carberry, Hank Swaan and Marjorie Hutchinson in her work, and included the redevelopments of the Herb Garden over time.

For members wishing to get a more in-depth look at the sections devoted to the Herb Garden, the Herb Society library has purchased a copy of Michelle Adlers new book, which members can browse and borrow.

Sam Taylor



Wild Food Recipes

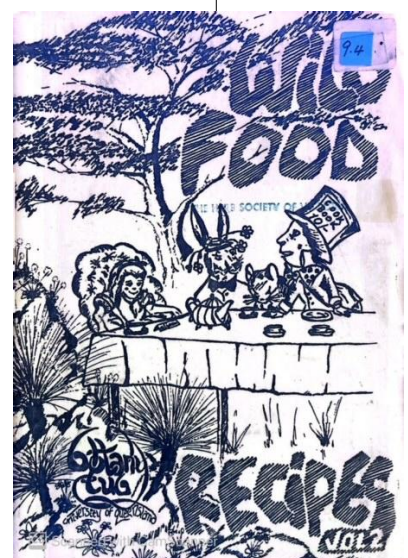
Ahead of our coastal foraging event and off the back of our native bush foods tour, we have a number of relevant recipes from our library collection, namely Wildfood Recipes from the UQ Botany Club in QLD. Of course, only forage where it is permitted and from clean, unpolluted sources.

Kelp Pickles Use tender upper parts of the stipe (stem) and lower parts of the blade of kelp, slicing stipe about 5 mm thick and cutting blade into bite size pieces. Soak in fresh water for several days, changing the water as often as convenient. On about the 4th day, place kelp pieces in pan, cover with fresh water, bring to the boil and simmer for 10-15 minutes. Drain.

Prepare spiced vinegar: 2 1/4 cups vinegar; 1 1/2 cups of water; 3 cups raw sugar; 2 onions (sliced); 4 slices of lemon; 1 teasp. cinnamon; 1/2 teasp. ground cloves; 1 heaped teasp. mace; sliced capsicum (optional). Combine ingredients, bring to the boil for 10 minutes, pour over kelp pieces. Allow to stand. Repeat for 5 consecutive days, then bottle and allow to stand for at least 4 weeks before using.

ARAUCARIA BIDWILLII (Bunya Nut Pine) Bunya pine was a common tree in rainforests of southeast Queensland. Nuts can be eaten raw, roasted or can be ground into a flour. When camping, boiling is the best method of preparation as nuts roasted in a camp fire frequently explode but by either method they are delicious when eaten hot. The kernel is starchy with the texture of a waxy boiled potato with a slightly resinous flavour.

Sam Taylor



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Happy Herbing 😊