



The Herb Age



AUGUST/SEPTEMBER 2024

NO 446



*“The beauty of fragrance is that it speaks to your heart, ...
and hopefully someone else’s.” Elizabeth Taylor*

THE HERB SOCIETY OF VICTORIA INC

www.herbsocietyvic.org.au



Email: theherbsocietyofvictoria@gmail.com

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
(Acting)	Meridith Hutchinson
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:
Friday 6th
September 2024

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Eureka Printing Pty Ltd
702 High Street Road
Glen Waverley 3150*

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THE HERB AGE
AUGUST/SEPTEMBER 2024

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Cover Pic and Quote:

Amass of scented herbs and flowers. The picture is from the compilation of Tussie Mussies made for the market night last year. Their fragrant essential oils are used in scents and perfumes, which will be explored at the August monthly event by June Valentine – see more on page 4 for monthly events. The late, great movie diva, Elizabeth Taylor’s quote alludes to the intoxicating power scents have on us.

Below pic is from Jan’s trip to Erskine falls – see page 6.





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 August 1st 2024

General Monthly Event

Please be seated 7.15 for 7.30 pm Start

Guest Speaker: June Valentine

Topic: SCENTS and sensibility



Time to have a bit of fun. Wear or bring along scented herbs. Maybe a herbal hat (see Heather's previous inspiration, left), lavender lapel, potpourri earrings, a gum leaf garland or a rosemary vest (remember June's creation a few years ago). Let your imagination go wild! If you have any scented stories to share, bring them too. June always achieves fun and inspiration to her talks and this one is all about scents and perfume and asks just how smelly are you?



Thursday September 5th 2024

General Monthly Event

Please be seated 7.15 for 7.30 pm Start

**Guest Speaker: Assoc Prof Hafiz Suleria or
Assoc Prof Said Ajlouni (TBC)**

Topic: Antioxidants in Herbs – the latest research

Our speaker TBC, will be one of the above highly respected Associate Professors from the Melbourne University, School of Agriculture, Food and Ecosystem Sciences. Some of the research projects they have been involved with include the impacts of chocolate and seaweed on gut health; both delicious, but maybe not together! This presentation will focus on the latest research on herbs to provide an even better understanding of why they are good for you!

President's Report

Howdy. I had a lovely sunny day with the family in the Fitzroy Gardens. The garden and conservatory (below) were looking really good despite being in the depth of winter. Could not work out why these ducks were up a tree. They are wood ducks and nest in hollows. I think they are standing outside their nest hollow.



I was pleased to do some research and provide herbal medicinal first aid from one's garden for the talk I gave at our July meeting. It is amazing the power of herbs and that we are surrounded by wonderful healing herbs. All gardens should have labiataes; mints, sage, thyme, lemon balm, holy basil, rosemary and oregano. These are all antiviral and bring down fever, so good to take as a tea for any colds and flu or dab onto cold sores or shingles. Add some yarrow tops and or calendula flowers for a bigger punch.

Chamomile is your stock standard calming and insomnia cure. It can also help with fennel, bay leaves and tansy for indigestion. Those pesky lawn weeds like daisy, agrimony, pellitory, dandelion, nettle, cleavers, fumitory, chickweed, dock and plantain are helpful for insect stings, eczema, urinary problems, liver and gut stagnation. We also learnt how to make a poultice for burns, boils and rashes. Mix up your desired herbs in a blitzer, make a warm slurry with oats or psyllium husks or aloe vera, apply to a piece of gauze or muslin, lay over the affected area and tap or bandage a pad over the top. Change at least twice a day.

The top right image is nettle, middle is plantain & sow thistle and lower is fumitory with mustard growing through it.

Jan Illingworth, President

Ed Note: just a few days after Jan's talk in July, I was feeling a bit feverish in the morning and made a tea with what I had in my garden – sage, thyme, feverfew, calendula and parsley. It seemed to do the trick and I felt fine by afternoon.

Memberships Reminder

Just a gentle reminder that HSOV memberships were due July 1st. Thank you to those who have already renewed.

Memberships can be paid online via Trybooking, directly into the HSOV bank account, cash at the next meeting or by post. Details and links for these are on the inside front cover (page 2).



Committee Changes

It is with sadness that the committee has accepted the resignation of Naomi Ingleton from the Editor role and the committee. Unfortunately, several adversities all came at once, making the Herb Age unmanageable for her. The Editor role of the Herb Age is therefore vacant again. Meredith has taken back the role in an acting capacity, with Naomi's departure. We thank Naomi for having a go and all the effort she has put into the committee, including organising the fabulous event to Peppermint Ridge Farm.

At the upcoming AGM, to be held in November, there will be several roles open on the committee, so please think of how you can contribute and get your nominations in. There are currently no nominations for President, Vice-President and Editor, as well as several general committee roles open. Our President and fearless leader, Jan Illingworth has served in the role for well over 2 years and is not eligible to nominate this year. So, here's your chance to lead the HSOV to future greatness!

June Valentine has announced that she will be stepping down from the committee, after several years (decades maybe!) and several roles, including President, Vice President, sourcing speakers and managing the pickup and delivery of the printed THA, to name a few. Her enthusiasm will be missed and with the committee getting smaller, we need new volunteers to step up.

Annual General Meeting 2024 – First Notice

The 2024 Annual General Meeting of the Herb Society of Victoria Inc. will be held on **Thursday 7th November at 7:30 pm** at Room MB10 Main Building, Burnley Horticultural Campus, 500 Yarra Blvd, Richmond. It is important that we have as many members present to ensure the quorum needed for a successful AGM.

Please consider nominating for one of the several roles, all of which will be voted on at the AGM. The HSOV needs several more members to join the committee for its continued successful running. Nomination and Proxy forms are available by connecting with one of our committee or emailing theherbsocietyofvictoria@gmail.com.



Ferns at Erskine's Falls

While it was raining cat & dogs in Melbourne, went down for the weekend to sunny Lorne. Travelled up into the Otways to Erskine Falls for a tranquil, though steep wander around the river and falls itself. Lovely lot of tree ferns, ground ferns and Willy wag tails.

Jan Illingworth

Event: RBG Herbarium & Herb Garden Tour

NEARLY BOOKED OUT

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

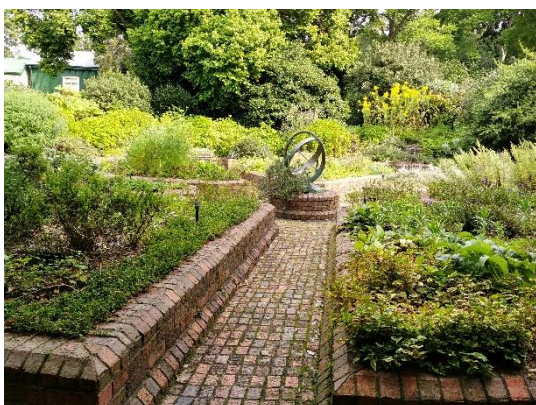
Booking: www.trybooking.com/CTCYO

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.



Event Aug 4th: Herbs from the Deep

-- NOTE: This event was planned for Saturday 20th July and has been rescheduled --

Event: Herbs from the Deep

NEW DATE : 10am, **SUNDAY 4TH AUGUST 2024**

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

Location: Meet at Williamstown Station, then walk to Cyril Curtin Reserve

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

Numbers are limited and ticketed bookings are essential.

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 and science communications expert.

We'll go down to Cyril Curtin Reserve, Williamstown to forage for coastal plants and seaweed early on a Saturday morning when picking is at its freshest and most plentiful. You'll learn about seaweed identification and be issued a foraging guidance booklet that will cover what you learn on the day

What to Bring:- Hat, Walking Shoes, Scissors and Large Waterproof Bags.



Directions: Meet fellow tour members at Williamstown Train Station at 9:45 to depart together. Sam will be at Williamstown station until 9.50am to direct people coming in by train to the meeting point.

If running late, from the train station, go straight down Cole Street to the end or go along the coast. It's about a 15 minute walk along there to get to Cyril Curtin Reserve.

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

If you had already booked for July 20th and cannot make the re-scheduled time, please contact Sam to arrange a refund. Emails and texts were sent to all attendees when it was learnt the event had to be postponed and apologies for any inconvenience.



Herbs, Plants and the Planets

Astrological gardening is not a new concept and is a concept that has been used through the ages. Astrology is a language like any other language. In language we start with the letters and sounds and then we learn words and create sentences. Astrology can be a complex language when you start throwing in planetary influences, the elements, the rulers, the zodiac and the elemental correspondences of a plant to the mix, but once learnt it has many applications.

In traditional astrology there 7 planets ~ Saturn,(Saturday) Jupiter, (Thursday) Mars, (Tuesday) The Sun, (Sunday) Venus, (Friday) Mercury, (Wednesday) the Moon, (Monday) and each of these planets rule a day and a particular hour of the day. A Chaldean chart will show you the day, night and day hours that each of the 7 planets rule during the week. Herbs and plants have characteristics of a planet that rule them, making it easier to work out which planet they can belong to and the best time to plant.

The Planets

Mars is a fiery and hot planet. Herbs associated with Mars are hot in nature.

Plants like Cayenne, chili (pic right), nettle, coriander, mustard, peppercorns, ginger, basil (pic right), these are plants that leave a lingering, burn or hot taste in your mouth. Mars rules the parts of a plant that cut you like Hawthorn (thorn) and Holly, (the spike). Nettle is a classic Mars plant, there's no forgetting a nettle once you've met her, she burns the skin and the burn can linger for a long time as the leaves have fine hairs which contain irritating chemicals. Nettle is one plant you can identify with your eyes closed.

Venus rules the skin, pleasure and aphrodisiacs. Rose and Jasmine are two famous Venus plants. Rose (pic right) with its beautiful fragrance touches your soul enticing you to close your eyes for a few moments while she fills your nose with a gentle fragrance giving you pleasure. Rose water made from infused rose petals can be used for face and body care. A spritz of rose water can help reduce redness of your skin and help relieve headaches. Rose oil made from rose hips can help with blemishes and nourish the skin while the night Jasmine flowers can be turned into a massage oil and help with relaxation.

Aphrodisiacs such as Damiana can be made into an elixir which can bring help sexual pleasure when things are a bit slow in the boudoir. Strawberries (pic right), chocolate, champagne, pleasurable and luxury things are ruled by Venus.

Mercury herbs are often spices that excite the nervous system and the brain through taste. Mercury herbs relieve respiratory difficulties, hoarseness and headaches caused by stress. Mercury herb leaves have fine or feathery leaves because they resemble the nervous system, plants like Fennel. Lily-of-the-Valley (pic below) contains the metal Mercury.



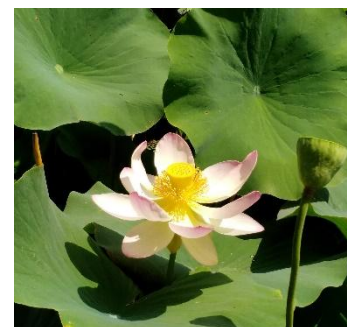
Fast growing weeds such as Clover, creepers, vines and winding plants (Hoya) are associated with Mercury because they grow fast. Mint (pic right) is a classic Mercury herb; it is said in myth and lore that it is a good herb to drink when words need to be tempered as it calms words before they are spoken.





The Moon is probably the most famous of the 7 traditional planets to be used in gardening, The Moon is my nemesis and I have stood many a night looking at the different phases of the Moon trying to understand, memorize the different phases trying to work out what to plant, when and in what phase.

Moon charts suggest planting root plants during a waning moon, grow leafy greens and flowering plants on a waxing moon and then throw in the different phases of the Moon, the waxing gibbous, waning gibbous, dark moon, new moon, crescent moon, you can't plant in infertile signs of the zodiac, you can plant in fertile signs, it's enough to do your head in.



Moon herbs are associated with water, (watercress, Aloe Vera - pic left, cooling and moisturizing), water lily (pic right) and plants that help with sleep ~ Mugwort, passionflower and wild lettuce. Moon plants and herbs are shaped like a full moon (Lunaria annua), bloom in the evening or that live in or near water.

Jupiter is known for its legendary over-indulgences, excess's that includes food, wine and song. Jupiter will often suffer digestive difficulties due to an over enthusiastic appetite. Bitters can be used for over indulgences, over-eating or a diet of rich & fatty foods. Dandelion (pic left) is an excellent herb for it can soothe a stomach, the fresh leaves can be used as a gut cleaner as it will remove dried feces left in the bowl from constipation, drying the root makes an excellent non-caffeine coffee alternative. The flowers make an excellent tea to soothe the stomach.



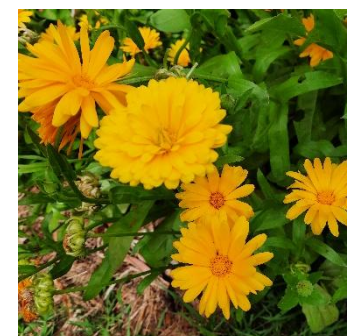
Saturn is the ruler of the poisoners and rules the poisonous parts of a plant. Saturn plants thrive in in places other herbs would struggle to survive in, dry, poor soil and places which receive little sun. Some of the world most toxic plants are ruled by Saturn, Mandrake (leaves), Hemlock, Hellebore, Belladonna, Monkshood, Foxglove (pic left). But not all Saturn herbs and plants are toxic.



Herbs like Mullein (toxic seeds), its leaves (need to be filtered as the hairs can irritate throat) and flowers can be drunk in a tea or smoked to help the respiratory system. It is excellent for helping to shift mucus from the lungs. Patchouli has a rich earth and musk smell which helps lift mood and anxiety. Herbs like Comfrey (pic above), Solomons Seal and Nettle root have been popularly used for broken bones, tendonitis and arthritis for centuries. Invasive herbs such as Morning Glory, slow growing plants and herbs that rejuvenate or that affect aging are associated with Saturn. Gotu Kola is an anti-aging herb that will help with collagen production.



Sun plants often resemble the sun in shape and color - Daisies, Chamomile (pic left), sunflowers (pic left), Calendula (pic right) and St. John's Wort (whose flowers look like an exploding sunburst). Sun plants are open during the day and close at night. Medicinal Sun plants such as Hawthorn can affect the heart because the Sun rules the heart.



Katherine Moss

St. John's Wort Oil and Face Serum

St. Johns Face Serum

60ml St. John's worts Oil
 1 teaspoon rosemary antioxidant extract
 12 drops Helichrysum essential oil
 20 drops lavender essential oil

Put all ingredients into a glass measuring jar, stir well.
 Pour into a 60ml jar with stopper or tincture jar with dropper.

With daily use should last about 3 months.



Photo by Gary Stearman from unsplash.com

St. Johns wort Oil

1 part St. John's wort flowers to 7 parts oil
 Place oil and plant matter into a blender and blend for 5 mins.
 Steep for a month or longer until red color comes through.
 Strain, add the rest of the ingredients.

Katherine Moss

Wild Food Recipes – Acacia Pikelets

Another interesting recipe from the Wildfood Recipes from the UQ Botany Club in QLD, touched on in the last issue.



ACACIA (Wattle) Pikelets

Wattle pollen of any species
 2 eggs
 1/2 cup sugar and pinch of salt
 1 cup of milk
 2 level teaspoons of cream of tartar
 1 1/2 cups of flour
 1 level teaspoon of baking soda

Beat lightly eggs, cup sugar and a pinch of salt, as for a sponge cake for about 10 minutes. Then add the milk; sifted flour, baking soda, cream of tartar and liberal amounts of Acacia pollen. Mix lightly and spoon onto a hot frying pan greased with butter

Sam Taylor

If undeliverable, return to:

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