

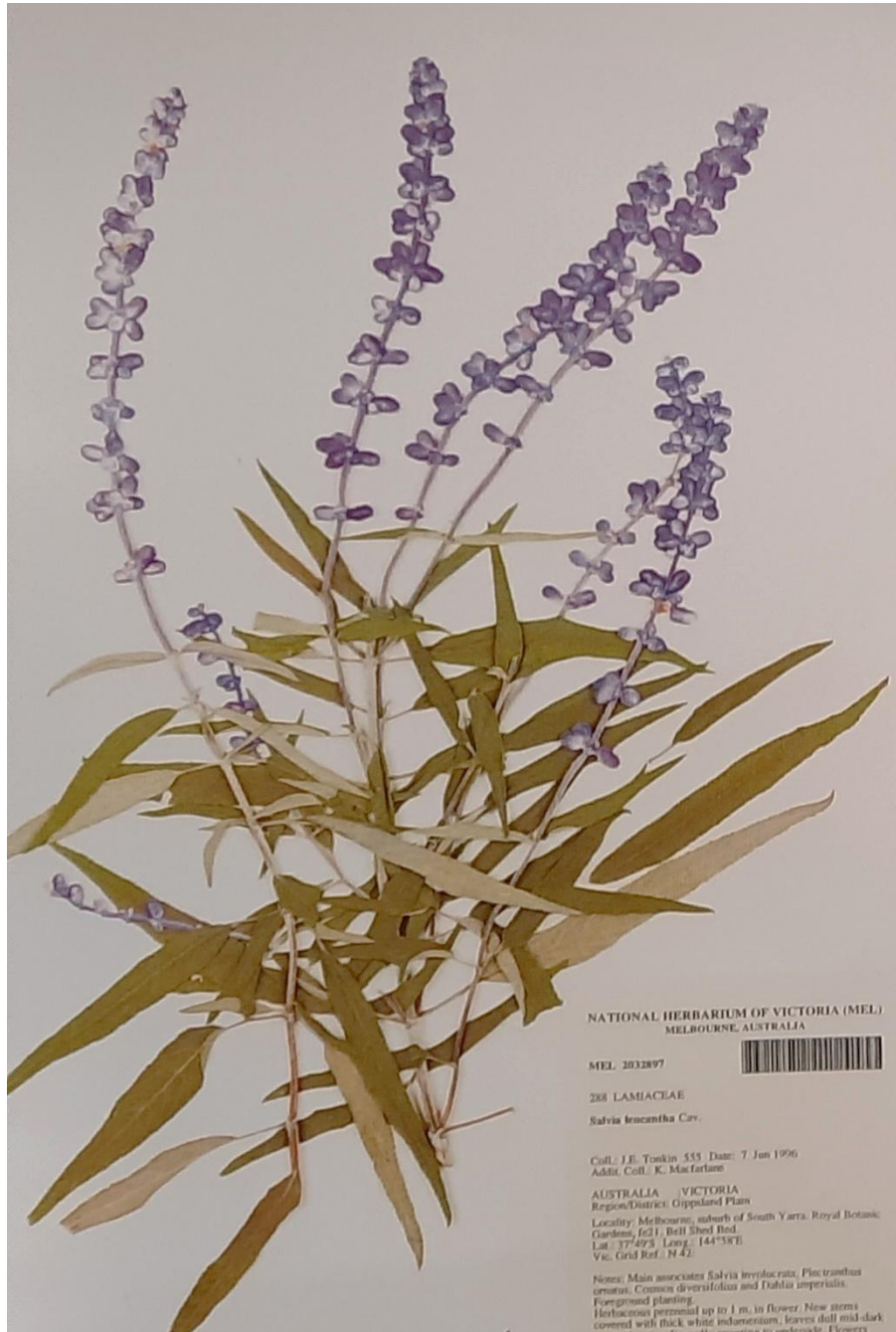


The Herb Age



OCTOBER/NOVEMBER 2024

NO 447



"The National Herbarium of Victoria is a dynamic working collection that continues to grow as new specimens are collected and preserved to support botanical and conservation research." Royal Botanic Gardens Victoria

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
(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

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
December 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.

The Herb Society of Victoria Inc does not offer treatment advice for medical conditions.

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

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THE HERB AGE OCTOBER/NOVEMBER 2024

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Cover Pic and Quote: The picture was taken on the HSOV tour of the Herbarium in August. This is one the many specimen examples hanging on the walls in the mounting room. And one many Herbies with recognise - *Salvia leucantha*, (below) commonly called Mexican Sage.

It is a beautiful and very hardy bush with silver sage leaves and velvety purple flowers, making it a favourite in many Victorian public and private gardens. This specimen was collected at the Royal Botanic Gardens in Melbourne and it was interesting to see even a familiar plant is preserved, mounted and described for future prosperity. The quote from the RBG website sums up the role of the Herbarium and its continued importance. See page 12 for a report of the tour.





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 October 3rd 2024

General Monthly Event

Please be seated 7.15 for 7.30 pm Start



Guest Speaker: Sam Taylor

Topic: Herbal Resins and Barks



We all know the biblical gifts of frankincense and myrrh - but do you know where they are derived from and what other modern trees offer herbal uses from their barks? From mastic, copal, chinchona, through to the sap of the dragons blood tree of Yemen, Sam Taylor will provide samples and a history around the historical use of these substances and how they are extracted

Thursday November 7th 2024

Annual General Meeting

Please be seated 7.15 for 7.30 pm Start

The AGM will be followed by

3 Mini Talks from our members.

Last year's mini talk presenters were amazing and such diverse and interesting topics – can't wait to learn more this time.

All positions are available and you can nominate on the night, so have a go!
This issue of the Herb Age for a HSOV Annual Report, Financial Annual Report the AGM Notice with details and Proxy/nomination forms.

All members participation in the AGM is important for the running of HSOV. If you can't make it that night, please speak to a current committee member and complete a nomination form. Under HSOV rules, we must have a quorum of 20 members or proxies at the AGM.



Annual General Meeting 2024

FIRST AND FINAL 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.

The purpose of the Annual General Meeting is to attend to the business of the Society and the Annual Election of Officers and Committee Members as defined in the Rules 2014.

Our Rules 2014 allow for up to fifteen positions on the Committee of Management. All positions are declared vacant at the AGM. Nominations are called for the following positions:

- President
- Vice-President (2 positions)
- Committee Secretary
- Treasurer
- Membership Officer
- Editor and
- Up to seven other Committee members.



Candidates, if unopposed, shall be declared elected at the Annual General Meeting. Where more candidates are nominated than required, voting shall be by secret ballot. Any member who is unable to attend the meeting may appoint any other financial member as proxy. The member appointing the proxy must notify the Committee Secretary (or President) in writing before the meeting. A Proxy Form is at the back of this issue of THA and one will be sent via email.

The Committee meets on the fourth Wednesday of each month except December to organise General Meetings and other activities of the Society. Committee Meetings are conducted in a friendly atmosphere and kept as short as possible. They held at the Conference Room in the Main Building at Burnley Campus, using Zoom, so you may access via Zoom from anywhere.

All financial members are eligible to attend the AGM and to stand for election to the Committee of Management. Nomination forms will be available on the night or complete the form in this issue, or emailed to you. All new Committee members are very welcome.

The HSOV Financial documents for the Financial Year to June 2024 are available in this issue of The Herb Age with the financial position of the Society. As a financial member you may ask questions at the AGM about financial matters or other issues that concern you. This issue of THA also has the HSOV annual report.

The report of last year's AGM, was provided in the December 2023 issue 442 of the Herb Age and will be available on the night.

Nomination and Proxy forms are on the last page of the THA in this issue.

HSOV Annual Report

Another great year of Herb Society of Victoria events and presenters - here goes recapping it all!

Late 2023 saw a visit to the State Rose Garden at Werribee, so many blooms! It's well worth a visit in the coming months if you missed joining us on that. November was a market night and December had an amazing talk from Sharni Hance on the history of wedding flowers and bouquets, with lots of herbs thrown in.

We kicked off 2024 with a picnic at the Sugar Gum table, with perfect weather and lots of herbie and yummy food and drinks shared, and a tour around the Herb Garden from Sam Taylor to reveal plans for its revitalisation. Followed by Jan's talk in March on the history of herb in Cyress and Greek, following her amazing 3 month Greek odyssey, through herbal tinted eyes. April was all abuzz with a fantastic bee talk from Lesley Northey, with focus how to identify and attract our native bees.

May had a couple of events. We had a great day out to Peppermint Ridge Farm in Tynong North to learn about native useful plants and sample some recipes with morning tea. Everyone came away wanting more, maybe lunch next time? HSOV were invited to have a table at the Friends of Burnley Gardens open day, which was a great success and we hope to continue being a part of the in the future. May meeting featured Floral Artisan Sandy McKinley from 'Acre of roses' talking about her rose journey.

June meeting's guest speaker was Andrew Laidlaw, Landscape Architect at the Royal Botanic Gardens Melbourne. Andrew showed his energy and enthusiasm for the RBG under his many years there, and how the RBG was evolving to be inclusive and usable spaces for people, as well as maintaining the collections and integrity of the gardens. July meeting saw Jan back again with a detailed presentation on first aid in the garden, which was all about using your herbs and plants for first line health. Another great and informative talk. June Valentine was sweet as ever in August with a fragrance presentation and September's fantastic fermentation talk with Kasz got some inspired.

Late Winter and Early Spring have seen us getting out in the field with a number of excursions. In early August, we ventured down to the Williamstown foreshore to rummage for the bounty of the sea - both coastal edibles and seaweeds for use in everything from soups to fertilizer with the fount of knowledge Chris Rockley.

Re-establishing a historical connection, we also had a dedicated tour of the Royal Botanical Gardens Herb farm which HSOV provided critical funding go establish. It was great to hear about future sessions and workshops that the garden management team were keen for us to collaborate with them on. We then got to go behind the scenes of the stories and expansive collection of the Herbarium of Victoria, with tales around the medieval mandrake and near misses in catching invasive weeds.



Our AGM is also fast approaching in November and we are looking in particular to find a permanent Herb Age editor, President and Vice President, so if you've been considering a role, please let the current committee know. We are very open about new members joining the committee too, so please don't feel this is a barrier.

On our forward event roster we have Sam Taylor running a talk on Herbal Resins and Barks in October, and Dr Sophie Selby giving her much awaited presentation on herbal antioxidants in December.

With the arrival of spring, its a great time to engage on a herbal spring cleanse with liver tonic salads and teas including herbs like nettles, thistles and shepherds purse. Happy herbing!

Jan Illingworth, President and Sam Taylor, Secretary



The HSOV Annual Report has been compiled from reports throughout the year from our hard working President Jan Illingworth and contributions from Sam Taylor.

It is with deep sorrow that we learned of the recent passing of Jan's beloved daughter, Emma, following a short illness. It was only this time last year, that Emma enthusiastically helped her mum at the Herbal Tea workshop that Jan co-ran for us. Emma's kindness was as clear as her big smile. On behalf of all Herb Society members, we are sending a memorial plant and offer our thoughts and big hugs to Jan, Geoff, Stella and extended family.

Scents and Sensibility

Smell is one of the most important basic senses in animals and human beings. Some animals use a sense of smell to recognise their home territory, animals of their own kind, and other kinds of animals. They also use smell to find food and mates. Insects and some other animals secrete a substance called pheromone in order to communicate by means of smell with their own species. The pheromone secreted by certain female moths can be detected by males of the same species several kilometres away. Plant species pollinated by bees and flies have a sweet scent. While those pollinated by beetles, have a strong musty, spicy or fruity odour.

Polar bears can smell a seal on the ice 32 km away. A dog's nose is at least 100,000 times as sensitive as a human's and it is one reason for them being trained to sniff out drugs. The white tailed rats of tropical Queensland have a strong sense of smell. Their favourite food are coconuts. After a flood in a Daintree rainforest home. All the labels were washed off the cans of food, disguising what was inside. A white tailed rat got in and chewed its way into one can and feasted on the contents. That can was coconut milk. What an incredible sense of smell! Being able to detect the coconut through the solid metal.

The way in which we smell is an intricate process that involves our whole body system. It's not just a simple matter of the nose taking a sniff and sending an appropriate signal to the brain. This is only the starting point: From the brain, responses are triggered in the body's organs and fluids.





We are able to smell and distinguish different scents through tiny filaments known as olfactory hairs which are located in the top of the nose. These hairs catch molecules in the mucus membrane. They send impulses along the olfactory nerves to a part of the brain called the olfactory lobe. An adult can pick up about 10,000 different scents, using 40,000,000 different receptor neurons.

Scent can evoke memories of a time, place, or person. They are wide ranging and were originally defined as good or evil. In the 19 century a Frenchman called Piesse classified odours according to the notes in a musical scale: top, middle and base notes. The top note has a fresh light quality which is immediately apparent; the middle note provides the heart of the fragrance, and the base note is the heavy element which helps fix the higher notes and stops them from evaporating too quickly. The first attempt at classifying scents was made by Count von Marilaun in 1893 who divided them into 6 groups by their predominant chemical substance. Today it has been expanded to 10 recognised group of flower scents, plus scent classifications for leaves, bark and roots.



The first scented gardens were planted within the enclosed courtyards of Persian palaces over 2,500 years ago. The classic Persian garden required three main qualities: running water, shade and scent. In the words of the prophet Mohammed “three things of the world which I love most are women, perfume and prayer.” The word perfume literally means “through the smoke”, from the Latin perfumare. Burning fragrant plants and woods as incense and for fumigation was the earliest type of perfume. Perfume makers in ancient Egypt were very highly regarded and usually members of religious orders. It was the duty of a priest to mix the aromatic spices and herbs for the incense that would be burned in a temple. Perfumes were also used when bathing by all members of society. The Greeks set up perfume shops which functioned as meeting places for philosophers and statesmen, who would argue and discuss the subtleties of individual perfumes.



Hippocrates wrote that “the best known recipe for health is to apply sweet scent unto the brain”. The most decadent users of perfume were the Romans. Men would often wear different perfumes on different parts of their bodies and perfume each of their garments separately. Even their horses and dogs would be rubbed down with aromatic oils. Many of the plants and spices that were used in perfume making in ancient times were indigenous to China, India, and Persia. Caravans of traders would travel for months along the silk route.

One such exotic ingredient was ambergris. This forms in a male sperm whales’ intestine and is thought to be a digestion aid. After many years it is expelled and washes ashore as hardened sea foam. Nowadays ambergris fragrance is synthetically created. Musk was made from the secretion of the male musk deer of the Himalayas. Modern perfumers create a synthetic musk scent. The art of perfume making reached France in the 12th century. Catherine de Medici had her own personal perfumer; who was responsible for the perfumed glove that was extremely fashionable for many years. Queen Elizabeth 1 was also an avid user.

Pomanders became popular at this time. They were compounds of dried aromatic substances that were mixed into a paste and placed into small spherical containers suitable for carrying. Louis XV, a decadent and frivolous monarch used a different perfume everyday, and his mistress Madame Pompadour was also extravagant in her use of scents. In one year her perfume bill amounted to today's equivalent of \$100,000. By the turn of the 19th century “la toilette” was a time consuming daily ritual with experts sharing their formulas for potions and perfumes. Technical and chemical innovations during the late 19th century revolutionised the perfume industry.

Plants create essential oils for two main reasons. 1) Protection: A plant produces chemical responses to insects, herbivores, fungus, bacteria and other microbes. For example the Codonopsis plant emits the odour of a fox to deter creatures such as voles. 2) Attraction: Bees are drawn by colour and scent to plants that have pollen and nectar.

The first body perfumes were a type of ointment, made by immersing aromatic material in an oily or fatty base a process called enfleurage. Later essential oils were extracted by steam distillation and in the 14th century the alcoholic extraction process was developed.

Today most perfumes are made by the distillation method and with the aid of Carto perfume AI system. Perfumers use a simple touchscreen to combine different scents from a vast digital scent library holding more than 1500 ingredients. In 2023 the global perfume market was valued at \$48 billion. Of the thousands of perfumes now made most well-known is Chanel No 5. First produced in 1921 for Coco Chanel. It was the world's first abstract fragrance and incorporated more than 80 ingredients in a complex multi layered formulation process. Joy by Jean Patou is one of the most expensive perfumes (\$850 per 30 ml) because it takes 336 roses and 10,000 jasmine flowers, plus other exotic ingredients to make a single bottle. Only 50 limited-edition bottles are made each year.

Perfume oil is extracted from many different flowers grown worldwide. Lavender is grown in France. Jasmine in Egypt, India, and China. Roses are a big industry in Bulgaria. Vanilla comes from Madagascar. Patchouli is grown in Indonesia. Bergamont oil comes from zest of the peel of a citrus variety grown in Italy. Frankincense, the fragrant resin from the Boswellia tree is mainly grown in Somalia.

Sandalwood is grown in India and more recently in Australia. Sandalwood is India's sacred tree. It's fragrance is both loved and venerated by Hindus, Buddhist, and Muslims alike and traditionally used in religious and other ceremonies, for medicinal and cosmetic purposes and also artisanal handicrafts. Less than twenty years ago 10000 hectares of sandalwood were planted in Kununurra Northwestern Australia. This region was chosen for its climate, soil and the potential for unlimited irrigation from Australia's largest man-made lake. Trees in India are traditionally harvested at 40-50 years of age, but trees from Kununurra are yielding good oil at only 15 years of age.

Aromatherapy is a type of complementary and alternative medicine that uses plant oils to give off strong aromas (scents) to promote relaxation, a sense of well-being and healing. Some examples: lavender oil sachet in your pillow for a restful sleep: eucalyptus oil inhalation for a stuffy nose and sweet almond and coconut oil for a massage.

Gardens can be planted with something "smelly" for every season e.g basil and roses for summer, rosemary and gardenias for autumn, violets and wattle for winter and hyacinth and jasmine for spring.

We use perfumed/scented items in our everyday life including cleaning products, beauty products and lifestyle products such as scented candles and air fresheners. There is even a scratch and sniff stamp!



Foraging by the Sea

What an amazing day we had for our seaweed foraging event at Williamstown Beach in early August. We were pretty pleased it had been moved a couple of weeks from the originally planned date which had been a day of arctic blasts and rain. Despite being mid-winter, the day was mild and no wind; blue skies and the sun eventually showing themselves through the clouds.

We started at Cyril Curtain reserve on the foreshore where our guide, Chris Rockley, had set up on the council picnic tables. There was a bounty of books and samples of the different seaweeds she had already collected earlier to show and talk about. Chris is a remarkably knowledgeable woman and clearly passionate about seaweeds and foraging in a sustainable way. She lives in the Western Districts of Victoria (coming a long way to run this for us) and also runs weed foraging tours in that area.

She emphasised to ensure to not forage in Marine Parks, as they are protected areas. Also be aware of potential pollutants. For example don't forage after heavy rains where pollutants are washed into storm water drains and into the bay. Keep an eye on the tides; foraging seaweeds is naturally best at low tide when they are more accessible. There are a few toxic seaweeds; never eat seaweed that has milky sap.

Our tour included a fabulous laminated (plash proof) Quick Guide, which she sells for \$10 on line. The guide showcased 25 algae/seaweeds and 5 coastal plants, with photos and clear explanations of when and what to harvest and how to use. Chris went through all the types of algae, basically they are brown, green and red.

Brown Algae includes Neptunes Necklace (*Hormosira banksii*), which were like little bursts of the sea when eaten; the little globes filled with seawater. Also Sargassum (*Sargassum sp.*), which was abundant there, has a strong flavour, which was good in soup. Red Algae has Red Lettuce (*Grateloupia turuturu*) and Red Hook Weed (*Hypnea sp.*), both of which I took home. The latter has a very fine hair like structure and took a lot of washing to remove the sand. Green Algae includes the best of the bunch for my tastes, Sea Lettuce (*Ulva sp.*), which was fantastic dried and then sprinkled over a salad. Another green is Velvet Horns (*Codium sp.*) which really looks like soft antler horns, good to eat after washing but was too fleshy to dry successfully.



Keeping in mind our herb interest, Chris also discussed plants near the sea, including

- Sea blight.
- Sea rocket which is hot like wasabi.
- Sea celery. Can be also found on brackish coastlines
- Pigface, good to rub on skin for sunburn or bites.
- Sheoak. Grows near water banks, coasts. The draw up water and release it in times of drought. Chewing the needles is said to lower thirst.
- Coastal salt bush and Grey salt bush. These are great dried at low temperature in the oven and eat while crisp.

Tip: if growing salt bush in the home garden and they are not growing well, try putting some sea water on them.

Armed with all that information, we were keen as mustard to get down to the foreshore and fossick around. The tide was well out, exposing lots of different seaweeds and I was surprised how easy it was to collect a nice bagful to take home. Some people went to a lot more effort than I to collect a wider range of algae, but I was more than happy. After we wrapped up the foraging, some of us grabbed fish and chips at the kiosk down the road for lunch. When I got home, I washed my harvest thoroughly and dried most of it in my food dehydrator, which worked a treat. I collected some salt bush which also dried well and have been using all my foraged sea foods.



Chris suggested some books, 'Seaweed in the kitchen' by Fiona Bird and 'The Seaweed Collector's Cookbook' by Miek Zwamborn, but Chris' own foraging guide is fantastic and would be a great start. For more information or to purchase one of the fabulous 'Forager's Quick Guides', see Chris' webpage www.chrisrockley.com



Thanks so much to Chris for a fantastic and fascinating morning – I so hope we can do another of her tours. Thanks even more to Sam Taylor for organising it too.

Meridith Hutchinson

Welcome to our New Members

Welcome to our newest members. If we haven't already seen you at meetings or events, we look forward to seeing you soon.

- Melinda Narayanan
- Paul Day
- Tracy Moore
- Alex Wood
- Hilary Christie
- Christine Iggulden
- Julie Wilkinson Flores

We're still waiting on a few existing members to renew, and we highly encourage to advise any changes on the membership form.

Herbs and the Herbarium

We started our afternoon at the Herb Garden in the Royal Botanic Gardens, which the HSOV has had a long association with. A garden for herb and medical plants has been at the RBG since the 1850s, initially just beyond the Directors house. It was established in the current location by Guilfoyle in 1880. Some of the trees at entrance are from the original planting, making them close to 150 years old. Guilfoyle had a huge network and brought in large numbers of plants for study, use and research.

The Herb Garden has had a few iterations, along with periods of neglect, particularly during war periods and early 1980s before the HSOV volunteer works. The RBG has been doing a lot of work to clean out areas where overzealous herbs like Apple Mint have escaped, by using steam to kill roots. They have starting plantings to bring back some of the original plants like Pepperberry and *Camellia sinensis*, which will used to create a low tea hedge. They would like to open up the area more like the original Guilfoyle layout and are considering introducing new herbs to reflect the changing cultural mix in Victoria. However, it is quite a process to get permission for new plants submitted in RBG living collections plan. Smaller, more annual-like herb plants probably have a good chance. They are also looking for Herb Society support and input. If anyone has information from the 1980s refurbishment, they would be very appreciative of it.

We moved from the Herb Garden towards the Herbarium, saying goodbye to our guides there and hello to a new one. The Herbarium was founded 1853, originally it was a small bluestone building, which soon ran out of space. The new one was built in 1935 and extended in 1989, and once again they are nearly out of space and planning a new building, but location is undecided. The RBG Herbarium has the largest collection in the Oceania region, mainly of pressed dried plants. Some go back to the 1600s from collections that have been gifted or exchanged over the years. It is very much a working collection, used by researchers and botanists. Today, plants are collected in the field in the same way they have been for centuries, using a plant press. They are then brought to the Herbarium and placed into a dryer for a week which also kills any bugs. Volunteers take the specimens from the dried collection and place them on acid free paper, some are also sewn in. There are also new techniques to preserve DNA in silicone gel and freeze dried. The Herbarium also has a seed bank.

We then went down into where most the collection is kept in rows and rows of filing cabinets. A few specimens were on show for our benefit, which included Mandrake from 1880s France, a US Birch, which was used for oil of wintergreen and Virginia ginger root. The latter is from the 19th century, collected in America for the Wallace Brothers Herbarium, who had a huge business exploiting labour to collect herbs and plants to supply a huge scientific market. There was a specimen example of industrial espionage; *Camellia sinensis* (tea) dated 1846, collected by Robert Fortune who spied for the British and smuggled the plants from China. The last examples showed the Herbarium importance in the modern day. In 2008, a diligent horticulturist spotted a plant with a wrong label for sale at a popular hardware/garden chain. He alerted authorities and it was compared to the 1890 species at the Herbarium. It was proven to be Mexican feather grass, an extremely evasive weed and the plants were recalled and destroyed.

It was a very interesting day out. So many times, I had walked past and wondered about the machinations inside. Our guide (how I wish I could remember her name) was a late substitute for a sick colleague and did a great job. Her background is the history of horticulture and her specialty at the Herbarium is fungi. She has promised we will be welcomed back for a fungi focused tour another time. Can't wait! Thanks to Sam for organising another great event.

Meridith Hutchinson



HSOV Financial Reports 2024

Profit and Loss Statement for the Financial Year ended 30 June 2024		
	2024	2023
INCOME	\$	\$
interest received Bendigo Term Deposit	0.00	179.49
interest Received	1.50	1.31
membership/subscription	1,534.10	2,633.71
raffle	189.20	168.00
sale of plants/seeds/books	307.00	420.00
donations	0.00	276.00
Refunded general expense	0.00	193.60
Refunded conference expense	0.00	1,320.00
conference related	0.00	8,163.39
Workshops/peppermint ridge event	1,088.30	
TOTAL INCOME	3,120.10	13,355.50
EXPENSES		
bank charges	0.00	0.00
donations & gifts	0.00	100.00
insurance /CAV	261.53	391.47
postage	210.46	469.45
printing THA	1,084.76	1,450.07
raffle costs	100.50	37.60
speakers' fees	600.00	600.00
memberships	150.00	228.96
website & media expenses	539.20	838.91
meeting related - supper etc	0.00	55.00
library additions	0.00	0.00
plants	361.46	860.61
conference related	0.00	7,330.51
peppermint ridge event costs	837.38	
workshop costs	101.15	
TOTAL EXPENSES	4,246.44	12,362.58
NET PROFIT/LOSS	-1,126.34	992.92

Please find above and next page, the financial reports for the Herb Society of Victoria.
Please note that the term deposit matures every 2 years, which why the interest is not reflected in this FY.

Carmen Hollway, Treasurer

Balance Sheet for the Financial Year ended 30 June 2024		
ASSETS AND LIABILITIES	2024	2023
CURRENT ASSETS	\$	\$
cash on hand - raffle door and plant float	140.00	140.00
petty cash	539.44	400.99
balance statement account	13,419.72	14,684.51
Bendigo Bank: Term Deposit	18,116.65	18,116.65
TOTAL ASSETS	32,215.81	33,342.15
LIABILITIES		
deposit held for conference	1,500.00	1,500.00
TOTAL LIABILITIES	1,500.00	1,500.00
TOTAL ASSETS AND LIABILITIES	30,715.81	31,842.15
MEMBERS FUNDS		
retained earnings	31,842.15	30,849.23
current year surplus/deficit	-1,126.34	992.92
TOTAL MEMBERS FUNDS	30,715.81	31,842.15

More Than Just The Fruit: Full Spectrum Tisanes

Many of us are familiar with tisanes from actual fruit, but how about those that come from their leaves that hold medicinal value? Here's the first on Loquat Leaf with more to come in the next issue of THA.



Loquat Leaf Tea

Where to Find Them? Loquat are prolific in Melbourne and regional Victorian towns, and you can just about find one hanging over every second backyard fence. When selecting leaves, it's advisable to use the younger leaves which are more concentrated in antioxidants, although any will do if there isn't new growth.

How to Brew Them? Break up the leaves slightly and brew for about 3 minutes. Strain and serve hot, or cold. Fresh or dried is fine. You can brew for 2-3 teams before seeing a loss in potency.

What are the Benefits? Loquat leaves are high in ursolic acid, which have been extensively studied as a potent antiviral compound. It is particularly useful for respiratory ailments due to unique types of triterpenoid antioxidants, and has a mild insulin sensitizing effect which can lead to a reduction in blood sugar.

Fun fact - Fish also love to nibble on these leaves for nutrition and tannins if you have them. The seeds are also traditionally brewed into an Italian bitter known as Nespolino <https://en.wikipedia.org/wiki/Nespolino>

Sam Taylor

THE HERB SOCIETY OF VICTORIA INC.

COMMITTEE NOMINATION FORM



Positions for Nomination:

- President
- Vice-President
- Committee Secretary
- Treasurer
- Membership Officer
- Editor
- General Committee members

Nominee

I wish to nominate for the position of

Nominated by

Office Use -----

Acceptance of position

Date

Financial position of Member

Treasurer

Secretary

THE HERB SOCIETY OF VICTORIA INC.

PROXY FORM

I....., a Financial Member of The Herb Society of Victoria,

appoint as my proxy for the 2024 Annual General Meeting on

..... and on any date that the meeting is postponed.

Signed Dated



If undeliverable, return to:

Herb Society of Victoria
c/- Burnley Campus, Melb University
500 Yarra Boulevard,
Richmond 3121

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Happy Herbing 😊