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October 2016 Newsletter

Inside this issue:

<u>Next meet</u>	1
<u>Last meet</u>	1
<u>In the garden</u>	1
<u>Bee Herbs</u>	2
<u>Herb Honey</u>	2
<u>Lemon Herbs</u>	2

Last meet

The September meeting was all about bees to coincide with National Bee Aware Month.

Members enjoyed a bee quiz which was won by Carolyn, who has her own hives.

Plants useful in a bee garden was discussed while nibbling on honey & ginger cookies.



In the Garden

October is probably the best month to sow and plant almost anything that your heart desires in your herb garden, or vegetable garden and is undoubtedly the busiest season for gardeners: **Preparing soil** in new garden beds, or revitalizing old beds and containers with good compost.

Starting seeds of most plants, although some may still require warmer soil and air temperature before germinating.

Watching out for new growth of perennials, especially those that are completely died down (e.g. French Tarragon and Stevia) or lay dormant in winter (e.g. Lemongrass and Lemon Verbena).

Pest control is paramount with the abundance of new growth that is visible everywhere. Snails and slugs take advantage of seedlings, while other pests will feast on weaker plants.

Sow seeds of Angelica, Anise Hyssop, Balm of Gilead, Basil, Bergamot, Borage, Calamint, Calendula, Catmint and Chamomile. Chervil, Chicory, Chives and Coriander as well as Dill, Fennel, Feverfew, Lovage, Parsley, Sage, Salad Burnet, Tarragon, Tansy and Valerian.

Next Meet

Monday, 10 Oct,
7.30pm
Milford Primary
Helen: 479 7344

SWAP MEET

Plants, seeds,
books

Plant THESE for the BEES

Many herbs are great bee-friendly plants, and can be a good source of nectar for these important pollinators. Companion planting with bee attracting flowers will ensure a good crop! And a healthy ecosystem in your garden.

Anise	Dill	Parsley
Anise Hyssop	Echinacea	Phacelia
Basil	Fennel	Poppies
Bergamot	Foxglove	Rosemary
Borage	Hollyhock	Sage
Catnip/Catmint	Hyssop	Scabiosa
Chives	Lavender	Summer Savory
Comfrey	Lemon Balm	Sunflowers
Cornflower	Marigold	Thyme
Dianthus	Marjoram/Oregano	Yarrow

← 30 herbs and cottage garden flowers that are particularly suited to bee-and-butterfly gardens

louisejewell.net →



Herbs Honey

Thank you to Helen for submitting the following recipe and ideas on Herbal Honeys.

Fresh plants that can be used to make herbal honeys:

- * Anise hyssop
(*Agastache foeniculum*)
- * Comfrey leaf (*Symphytum off.*)
- * Fennel seeds
(*Foeniculum vulgare*)
- * Garlic (*Allium sativum*)
- * Ginger root (*Zingiber officinalis*)
- * Horseradish
(*Armoracia rusticana*)
- * Lavender (*Lavendula off.*)
- * Lemon Balm (*Melissa off.*)
- * Lemon verbena
(*Aloysia triphylla*)
- * Marjoram (*Origanum majorana*)
- * Oregano (*Origanum vulgare*)
- * Peppermint (*Mentha piperata*)
- * Rose petals (*Rosa*)
- * Rose hips (*Rosa*)
- * Rosemary (*Rosmarinus off.*)
- * Sage (*Salvia off.*)
- * Shiso (*Perilla frutescens*)
- * Spearmint (*Mentha spicata*)
- * Thyme (*Thymus species*)
- * Yarrow blossoms
(*Achillea millefolium*)

How to Make the Herb Honey:

Coarsely chop the fresh herb of your choice (leave garlic whole).

Put chopped herb into a wide-mouthed jar, filling almost to the top. Pour honey into the jar, working it into the herb with a chopstick if needed.

Add a little more honey to fill the jar to the very top. Cover tightly and label.

Your herbal honey is ready to use in as little as a day or two, but will be more medicinal if allowed to sit for six weeks. Herbal honeys made from aromatic herbs make wonderful gifts.



Lemon Herbs

Inspired by Dittany 4, 1983

Adair Genge from the Southland Herb Society said in Dittany 4, 1983: "I suppose we all have a particular natural fragrance from the garden which we prefer to any other, whether it be rose, peppermint, musk or lavender. One of my particular favourites is the scent (and taste) of lemon.[...]"

Here are a few herbs Adair mentioned, and a few extra ones. All with that unmistakable fresh zingy lemon scent.

Lemon Balm (*Melissa officinalis*) - an herbaceous perennial in the mint family with strongly lemon scented leaves. Great for tasty calming teas.



Lemon

Thyme (*Thymus citriodorus*) - A delightful thyme in the garden whether you have the species

plant (*T. citriodorus*) with dark green leaves, golden-variegated *T. citriodorus aureas* or the silver-variegated *T. citriodorus* 'Silver Queen'.

Lemon Verbena (*Aloysia triphylla*)

- This deciduous shrub (or small tree) may take a long time in spring to show new growth, so be patient! Deliciously lemon scented leaves can be used in cooking or as a tea.



Lemongrass (*Cymbopogon citratus*)

- A native to Asia, the leaves are used for tea, while the base of the stalks are used in cooking.

Lemon Basil (*Ocimum spp*) - A tender annual with mouthwatering lemon scented leaves. Used in Thai and Indonesian cooking.

Lemon Scented Pelargonium

(*Pelargonium spp*) - A number of these fragrant shrubs exist with a lemon scent such as 'Lemon Fancy', 'Lady Mary', 'Mabel Grey' and 'Rober's Lemon Rose'. Pelargonium leaves can scent jellies and creams or line sponge cakes to impart fragrance.



Lemon Bergamot (*Monarda citriodora*)

- A fast growing annual herb with lemon scented leaves and whorls of pink flowers. Use for teas.

Other lemon herbs include: Lemon Myrtle (*Backhousia citriodora*), Lemon Mint (*Mentha x. aquatica* 'Citrata'), Lemon Savory (*Satureja montana citriodora*), and Lemon Catnip (*Nepeta cataria* ssp. *Citriodora*).