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New newsletter

We have decided to send out an email newsletter as a way of keeping in touch in between magazines. If you would rather not receive these emails, just follow the unsubscribe link at the bottom. We are against spam.

In this issue

We are celebrating our RHS silver gilt at Tatton and looking forward to a new Herb Society website. Meet Nicky, author of our newsletter and read about what she does with the samphire she finds growing wild by the sea on Jersey.

Bigger online presence

The Herb Society is excited to be on the brink of launching our new website at herbsociety.org.uk. The improved site will aim to provide a great online resource for herb enthusiasts, presented in an attractive and easy-to-use format. Stay in touch for more news, as we expect it to go live within the next few weeks.

Our new logo is ready to unveil too, so watch out for it very soon!

Medicinal tips

In every issue Nicky will give you a tip from her own store cupboard. "These are all remedies I have tried out on myself or the family, and the Herb Society and I can accept no liability if you choose to follow a tip!"

Aloe for burns

My trusty aloe plants always sits on the window sill in my bedroom, barely watered (!) lest it take over the whole bedroom. Aloe is recommended for a variety of ailments, and drinking aloe is also recommended. The thing I find it absolutely wonderful for, is burns: be that touching the grill, a hot pan, or even over cooking in the sun. Aloe takes all the sting out of it, and by the next day there is usually nothing to show for where the burn has been. So the bag of peas stays in the freezer, and the aloe does its stuff. I even wrap it in cling film and take it on holiday in case I get sunburnt!



Stay in touch

There have never been so many ways to keep up to date with the Herb Society!

[Facebook.com](https://www.facebook.com/herbsocietyuk)
Join the community

[Twitter.com](https://twitter.com/herbsocietyuk)
@herbsocietyuk
Tweets daily

[Pinterest.com](https://www.pinterest.com/herbsocietyuk)
A growing treasury of herb articles from around the web

Blog [WordPress.com](http://herbsocietyuk.wordpress.com)
Articles fortnightly

Or comment on this newsletter by replying to this email!



Herb Society Newsletter No.1, August 2014

Hi,

I'm Nicky Westwood, and I will be producing the Herb Society's e-newsletter. The newsletter will appear in between issues of the magazine. I was Administrator for the Society for 10 years from 1997 to 2006. I now live in Jersey in the Channel Islands. Our home has a garden that goes down to the sea wall. The house is built on a sand dune with a tiny smattering of soil at the top, so it's only hardy grass that will take. The soil and environment are perfect for growing Mediterranean herbs! And we have quite a few healthy looking lavenders, thymes and other herbs. I'll keep you up to date with the garden as the year unrolls.



I will also keep you up to date with the various herbs that grow naturally around the island. This month I'm featuring rock samphire. On top of this, I will pass on tips about herbs that I have used on my family and pets with great success.

*I would love any feedback!
Nicky*

Samphire

This grows naturally around the island, poking out from walls and cracks between rocks. It prefers a salty setting! This is similar, but not the succulent which has recently made a comeback as an expensive vegetable. It's crunchy, with an aromatic taste. I often nibble on it as I'm wandering over the rocks. And if you live by the sea, it's free! My great grandfather, Phillipe de Faye, was a captain who sailed clippers to China and back, bringing tea to the UK. It took him a whole year to do the trip. He was allowed two weeks' holiday, and when he came back to the island the family organised samphire collecting picnics. My great grandmother, Susannah, pickled the samphire, and he took it away to eat as a relish with salted pork or beef.



Rock samphire - *Crithmum maritimum* growing wild on the rocks at St Catherine's breakwater at the east end of the island

Recipe for pickled samphire

- 300g samphire
- 500ml white wine vinegar
- 80g granulated sugar
- 1tsp mustard seeds
- 3 bay leaves
- 3 cloves
- 0.5 teaspoon turmeric
- 0.5 teaspoon coriander seeds

Boil all ingredients, except samphire, for 5 minutes, cool completely. Blanch the samphire in boiling water, cool in iced water and pat dry. Put into sterile jars and seal tightly.

A silver gilt at RHS Tatton Park flower show!

Congratulations to the North West group of the Herb Society who achieved a silver gilt medal with their Tudor Herb Garden display! Council members Barbara and Peter Depledge led a team of 27 volunteers at the show, using top quality plants supplied by society trustee Malcolm Dickson and his son Thomas at Hooksgreen Herbs. The stand garnered much interest from the public, and enjoyed a visit from Rachel de Thame on press day. The 16th century garden is one that might have been found at the Old Medicine House in Blackden, Cheshire, which is pictured at the back of the stand. John Gerard, the reknowned herbalist was also from Cheshire, and a 1636 copy of his *Herbal* was on display.



The above photo is courtesy of Peter Depledge - for more news from the show and to see more of his pictures, visit our new blog at herbsocietyuk.wordpress.com.