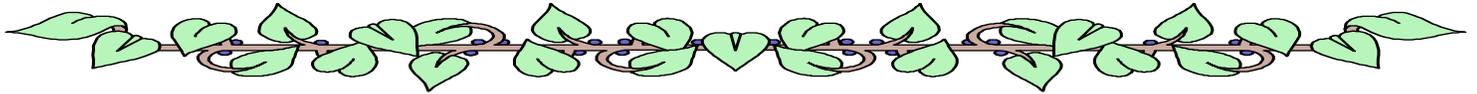




THE

# PRAIRIE SAGE

## QUARTERLY



The Herb Society of Manitoba is dedicated to promoting knowledge, use and enjoyment of herbs through education, programs, research and sharing the experience of its members with the community.

### SAGE CORNER

Buttercups, daisies, pussy willows, wild violets, primroses, cowslips and bluebells: memories of an English childhood at springtime. Tens of acres of bluebell woods have gone; replaced with housing estates. A tiny protected area with a designated path remains for future generations to enjoy with all five of their senses. But don't stray from this mulched and root strewn path; all plants are now protected by the law; even the white flowering garlic that creeps between the compacted bluebell bulbs and cowslips.

Rare primroses and crocuses grow within small circles of yellow polypropylene rope; a garish and alien contrast to the carpet of blue. Many a botany enthusiast with zoom lens is seen teetering at a strange angle, with their toes on the edge of the path, to capture a glimpse of nature that may not be seen anywhere else.

The English daisy, *Bellis perennis*; buttercup, *Ranunculus acris*; violet, *Viola odorata*; and cowslip,



English Daisy

*Caltha palustris*; are just a few of these spring flowers that are considered herbs with many health benefits.

Girls making chains of pink-tipped white daisies for their hair had no idea about their Great Grandmothers making a tea of these flowers for constipation or for Grandpa's chesty cough. Boggy areas near streams and ditches were home for cowslips, and if there was a hedge nearby, violets were sure to be found hidden from the heat of the day. A small posy of these would help if you returned home with wet muddy feet.



Cowslip

When you're considering new herbs and plants this spring, keep in mind our own prairie

*Continued:*

### \*HERBAL HAPPENINGS\*

#### H.S.M. GENERAL MEETINGS

HELD AT  
ASSINIBOINE PARK  
CONSERVATORY,  
EVERY MONTH EXCEPT JULY,  
AUGUST & DECEMBER

All members and  
visitors welcome

2nd Thursday of the month  
@ 7:00 P.M.

#### APRIL 08, 2004

SPEAKER: DAVID HANSON  
FROM: SAGE GARDEN HERBS  
NURSERIES ON ST. MARY'S RD.,  
WINNIPEG.  
TOPIC: PLANNING & PLANTING  
A PRAIRIE HERB GARDEN.  
A HANDS-ON WORKSHOP.

#### MAY 13, 2004

SPEAKERS: MIKE & GEORGE  
CARRIER. FROM: HEMPYREAM  
@ THE FORKS, WINNIPEG.  
TOPIC: ALL ABOUT HEMP.

#### JUNE 10, 2004

SPEAKER: RICK SHERRIN  
TOPIC: COOKING DEMONSTRATION  
WITH HERBS & SPICES  
& SAMPLES.

## SAGE CORNER

Continued:

plants and heritage seeds. A big bonus is that they are accustomed to our weather and soils. By choosing them we can help to ensure our native genetic stocks never become extinct here; let's learn from other countries. New medicines could be just waiting to be discovered from these herbs and grasses. If we don't use and nurture them, future generations could just have old photo's to gaze upon. Remember the old saying, "If you don't use it; you'll lose it," it applies here, as well.



Primrose

Our speaker for March, Shirley Froehlich of Prairie Originals in St. Andrews, has an incredible variety of native wildflowers, herbs and grasses. Many are grown from her own seeds.

Thinking of planting and seeds reminds me that on April 8<sup>th</sup>, David Hanson will be at our General Meeting to conduct a plant workshop: Planning & Planting a Prairie Herb Garden. You'll take home plants, seeds and/or cuttings. Monies made from our Christmas Craft & Social evening will mostly fund this event.

May 13<sup>th</sup>, is the evening to come and learn everything you have ever wanted to know about hemp. Mike & George Carriere of Hempstream at The Forks, will be joining us. Hemp as a nutritive food source, is one of the best; as a fabric it is surprisingly soft and silky.

In June we will have a return visit from Rick Sherrin who was a speaker at Herbfest 2003. He has an incredible

talent for demonstrating how simple it is to cook with herbs and spices in everyday meals. There will be samples to taste! Thank you to all of those members that have started off 2004 by volunteering so eagerly to help with our Herb Garden and other aspects of our Society.

I would like to start a list of members that have any kind of herb, plant or farming business. Occasionally I receive information from places such as the University (Univ.) of Manitoba, Univ. of Grand Forks, Univ. of Saskatchewan or groups in our province, which could be helpful to businesses. Please send me your email address.

I'm desperately looking forward to my first cup of herbal tea outside on the deck. The day the plastic is ripped from the window and the door slid open is a memorable one. We can't do that yet, so make a big mug of your favourite brew, get comfy and enjoy a few more moments reading.

*June Harris*  
HSM Member  
[prairiesage@mts.net](mailto:prairiesage@mts.net)

## WELCOME

### TO NEW MEMBERS OF H.S.M.

Along with spring, we welcome newcomers to our Society. If you have questions about our group, please feel free to call any member of the executive; we'd be delighted to help.

Welcome to:

### INDIVIDUAL MEMBERSHIP:

Phyllis Jivan  
Sherry Helwer  
Carrie Forsythe  
Dr. Greg Chernish  
Dr. Gordon Sims

### FAMILY MEMBERSHIP:

Bill and Carole Enefer  
Curt and Cherie Stowzinski

*Pat Young*  
Membership Chair

## H.S.M. EXECUTIVE

### PRESIDENT

Bill Runnalls 669-7750

### VICE PRESIDENT

David Hanson 257-2715

### SECRETARY

Yvonne Crampton 224-4711

### TREASURER

Judy Carnegie 204-642-7918

### COMMITTEE HEADS

#### PROGRAMS

Ellen Hanson & June Harris

#### MEMBERSHIP

Patricia Young 885-7615

#### TELEPHONE

Irene Hyland 837-7698

#### HOSPITALITY

Shirley Hull 253-5512

#### PRAIRIE SAGE QUARTERLY

June Harris 837-6765

#### LIBRARY & COOK BOOKS

Ellen Hanson 475-8083

#### HERB GARDEN &

#### OUTREACH PROGRAM

Anne Jackson 256-1998

#### WEB SITE

Audrey Hosegood 452-1303

#### GOURMET DINNER CLUB

Yvonne Crampton 224-4711

#### FUNDRAISING

Grace Hicks 668-8225

#### MEMBERS AT LARGE

Anne Jackson 256-1998

## CHIVES

Allow some to flower and use these in your cooking too.



### CHIVE FLOWER BUTTER

1 lb. butter unsalted  
2 to 4 chive flowers, or to taste  
Rinse the flowers and pat dry with towels. Cut up very small and mix evenly into the butter. Store in small pats, curls or any other way you can imagine.

## SPRING IS ON ITS WAY

In one week it will be Valentines Day. I hope the thick layer of snow has kept all the perennial herbs nice and cozy. My indoor herbs did not fare as well this winter. I will be out looking for replacements for rosemary, lavender and my sweet bay laurel that did so well last summer in the garden, but did not survive indoors.

It has been a difficult winter for us so I am not sure how much time or money I will have to spend on seeds or plants. One thing to lift our hearts, we had the joy of a visit from the Bohemian waxwings this month. Their antics when harvesting the Russian olive tree and the crab apples are wonderful to watch. The flock arrives suddenly and then leaves just as suddenly.

The chickadees have survived as I have heard their cheerful calls even on the coldest days. There are no tracks on the snow. It has been unmarked by squirrel or rabbit. I wonder if



they have all dug tunnels through the snow, as happened once before. In spring when the snow had gone there were bare patches all through the grass where the voles had lived through the winter. I found the lilies and tulips had been rear-ranged by the squirrels too.

I hope everyone's plans for spring seeding and summer planting go well.

*Irene Hyland  
HSM Member*



## HERBAL DINNER CLUB REPORT

The Herbal Dinner Club met on January 24<sup>th</sup> at the home of Shirley and Loyal Hull. The theme was Scandinavian: 16 very congenial members and partners gathered to enjoy a very delicious meal. Each member prepared a recipe to share with the group.

Appetizers were chicken liver paté and herring served with Finn Crisp crackers. Then a creamy herring and apple plus a Scandinavian cucumber parsley salad were served with fresh Finnish rye bread.

The main course consisted of Swedish meat balls, Swedish beef roast and Jan's son's Temptation (potatoes with anchovies). Carrots in parsley white sauce and red cabbage with caraway were the tasty vegetables.

Dessert consisted of yummy Cold Blueberry Soup flavoured with mint and lavender. It was served with Cardamom Spice Cake and Gingerbread Cake with lemon sauce.

Everyone felt very satisfied and our taste buds were certainly pleasantly stimulated. Thank you to our gracious hosts Shirley and Loyal. The fish-shaped ice centrepieces added a really spectacular touch!



I am happy to report that we now have 22 members in our Dinner Club group. We have decided to split into two smaller groups if need be for some of our dinners. Our next dinner is planned for the end of April at Shelley Kaptein and Ron Miller's residence; for German and Austrian fare.

Anyone interested in joining us, or if you have any questions about this group; see me at the meeting or call 224-4711.

*Yvonne Crampton  
Herbal Dinner Club Chair*

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# HERBAL COURSES AND WORKSHOPS

## UNIVERSITY OF MANITOBA FACULTY OF AGRICULTURE GARDENING & LANDSCAPING EVENING COURSES

### SPECIAL TOPICS IN GARDENING

Prairie Herb Gardens - Mar. 24  
Shade Gardens and Rockeries

- Mar. 30

Easy Garden Perennials

- Apr. 1st

Micro-Climate Gardens - Apr. 6

Moon Gardens - Apr. 8

Container Gardens - Apr. 13

### FLORAL DESIGN

Monday Evenings

March 15 - April 5

### PRUNING WORKSHOP

Saturday, April 24

### SPECIAL TOPICS IN GARDENING

6 topics, 1 evening each -

2 hrs/evening

7:00 - 9:00 pm.

All 6 topics fee: \$100.00

Individual topic fee: \$25.00

Instructor: Dave Hanson

1. Prairie Herb Gardens

Entry Level, March 24

Herbs are increasingly used in the preparation of food but there are many other applications for herbs incl. medicinal and aromatherapy. Course will focus on many uses of herbs, incl. how they can be used as landscape plants. Site selection, planning and plant selection will also be discussed.

Instructor: Stefan Fediuk

2. Shade Gardens and  
Rockeries

Entry Level: March 30

Rock gardens can be a great addition to the home landscape. Course will discuss rock garden design,

construction methods, horticultural aspects and maintenance, in addition to the wide range of plants suited to rock gardens.

3. Easy Garden Perennials

Entry Level: April 1

The course will discuss some of the new garden perennials that are easy to grow for everyone.

4. Micro-Climate Gardens

Advanced Level: April 6

A microclimate is defined as the climate of a small, specific place within an area contrasted with the climate of the entire area. This course will lead you to the discovery of micro-climates in your yard and possible plant selections.

5. Moon Gardens

Advanced Level: April 8

A moon garden is a wonderful way to extend the amount of time you can enjoy your landscape. Course will discuss plant choices and other techniques to enhance your landscape.

6. Container Gardens

Entry Level: April 13

Container gardens provide an opportunity to enjoy growing flowers, herbs and vegetables on a scale that suits you and your home. Course offers ideas on container selection, preparation, planting design, colour, plant suitability and selection.

### FLORAL DESIGN

Instructor: Donna Cheung

March 15 - April 5 (4 Mondays)

7:00 - 9:00 pm. Fee: \$90.00

Course includes principles of floral design and the techniques of arranging flowers. You will receive hands-on experience with corsage making, rose bowls, bow

making and making one-sided and dried flower arrangements. You must bring an Exacto knife, small scissors and small wire cutters to each class. Maximum enrolment of 15.

NOTE: Instructor will supply materials (fresh and dried flowers, bowls, ribbons & misc. supplies) an additional fee of \$75.00 is payable at first class.

### PRUNING WORKSHOP

Instructor: R. St. Lawrence

Saturday, April 24

1:00 - 4:00 pm.

Fee: \$35.00

Proper pruning techniques for woody plants are important to maintain plant shape and plant health. This 3-hour workshop (1.5 hours classroom & 1.5 hours outdoors) will provide you with hands-on experience working with a variety of landscape plants.

*Come prepared to work outside regardless of the weather.*

For further information please call 474-6037, Toll free 1-888-216-7011 ext. 6037, or e-mail: [w\\_otto@umanitoba.ca](mailto:w_otto@umanitoba.ca)

Free parking is available in all staff, student and ticket dispenser lots after 4:30 pm.

Parking is not allowed in 24-hour reserved and other restricted areas. A campus map is available at:

<http://www.umanitoba.ca/about/map/parking/index.shtml>.

### CANCELLATIONS:

The University reserves the right to cancel courses for any reason. Should this occur, full refunds will be provided.

*Continued:*

# HERBAL COURSES AND WORKSHOPS

Continued:

## WHO SHOULD ATTEND?

These courses were developed in response to a demand for practical horticulture information designed for local conditions. They offer both theoretical and practical information, with the emphasis placed on practical. For anyone interested in horticulture: horticulture industry owners, managers and employees, people interested in employment in the horticulture industry and taking horticulture courses for general interest.

## PRAIRIE HORT. CERT. (P.H.C.)

The Continuing Education Division offers P.H.C. for those desiring advanced education in horticulture. Please contact 474-8016, toll free 1-888-216-7011 ext. 8016, or e-mail: stusvcs\_ced@umanitoba.ca

## MAIL REGISTRATION TO:

Student Services  
Room 188  
Continuing Education Division  
University of Manitoba  
Winnipeg MB R3T 2N2

Enclose a cheque/money order payable to University of Manitoba. Fees are payable before course begins and registrations are not accepted at the door. Deadline is no later than 1 week prior to the beginning of each course. All courses are taught on the U of M campus. Information on room locations will be forwarded with registration confirmation. Register early, some classes fill up quickly. Course withdrawals are subject to a \$25.00 administration fee.

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone #: (Home) \_\_\_\_\_

(Bus.) \_\_\_\_\_

Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

## COURSE(S) APPLYING FOR:

Special Topics in Gardening:

All 6 Special Topics  
(see below) 98054 \$100.00

Prairie Herb Gardens  
03-01 \$25.00

Shade Garden & Rockeries  
03-02 \$25.00

Easy Garden Perennials  
04-01 \$25.00

Micro-climate Gardens  
04-02 \$25.00

Moon Gardens  
04-03 \$25.00

Container Gardens  
04-04 \$25.00

Floral Design 98058  
03-01 \$90.00

Pruning Workshop 98059  
03-01 \$35.00

Total Fee \$ \_\_\_\_\_

Less P.H.C. student discount  
(10%) \$ \_\_\_\_\_

Plus GST (7%) \$ \_\_\_\_\_

Total Fee Enclosed \$ \_\_\_\_\_

Cheque     Cash

Visa \_\_\_\_\_  
exp. \_\_\_/\_\_\_

MasterCard \_\_\_\_\_  
exp. \_\_\_/\_\_\_

Signature: \_\_\_\_\_

## THE EAST KILDONAN GARDEN CLUB 2004

Meetings are held second Wed. of the designated months, 7:30 pm. at Bronx Park Community Centre, Henderson Hwy. and Chelsea Place.

Goals: To encourage cultivation of trees, shrubs, plants and vegetables and to provide gardening information to the community.

The E.K. Garden Club sponsors a Junior Gardener Program for children 4-16 yrs. They meet once a month on a Sat. morning @ Schriemer's Home & Garden Showplace, Mar. 20, Apr. 17, May 8 & June 19. Registration date: Feb. 21.

## MAIN AGENDA:

Feb. 11 - NATIVE PLANTS:  
With Shirley Froehlich  
(from Prairie Originals)  
and seed exchange

Mar. 10 - LET'S TALK  
GARDENING:  
Panel/questions from  
members

Apr 14 - WATER GARDENS: -  
with Ken Froese

May 12 - ALL ABOUT ROSES:  
with Marion Schneider

May 15 - SPRING CRAFT,  
PLANT SALE & AUCTION

July 18 - TOUR OF MEMBER'S  
YARDS & HOMEGROUNDS  
COMP.

Aug. 9 & 10 - FLOWER SHOW  
at Kildonan Place Shopping  
Centre (mall hours)

*Continued:*

# HERBAL COURSES AND WORKSHOPS

Continued:

Sept. 8 - FALL PLANT AUCTION

Oct. 13 - ANNUAL DESSERT CONTEST (Theme - Chocolate)

Nov. 24 - SEASONAL POTLUCK PARTY

Workshops or Special Interest Events T.B.A. as scheduled.

Contact: Arlene Wheeler, President: 668-9153 or Mona Hunt, V.Pres.: 661-0836



MEMBERSHIP IN THE 'FRIENDS OF THE CONSERVATORY' WILL GIVE YOU A DISCOUNT ON ALL ASSINIBOINE PARK COURSES, PLUS 10% DISCOUNT AT THE CONSERVATORY GIFT SHOP. REGISTER BY PHONE 986-5537 FOR MEMBERSHIP.

## THE ASSINIBOINE PARK CONSERVATORY WINTER/SPRING COURSES

To register or for more info. Please call: 986-5537

### INTRO. TO BASKETRY

Instructor: Brigitte Weber. Learn to create your own beautiful baskets, mats, or soap dishes by weaving with rattan and other natural and native plant materials. By the end of this new workshop, you should be able to have completed two small weaving projects. Limited capacity.

Please bring a towel or apron to protect your clothes and a pair of garden shears. There is a lab fee of \$16.00, please pay Brigitte the night of the class. Time: 7:00 - 9:30 pm. Cost: \$20.00 nm \$17.00 mbr 104-8E1 Tuesday, March 30

### INTERMEDIATE BASKETRY

INSTRUCTOR: Brigitte Weber  
Designed as a follow up to our intro, course or for someone with some weaving experience. You should be able to complete a more advanced project in class. Limited capacity. Please bring towel or apron to protect clothes and a pair of garden shears. There is a lab fee of \$16.00. Please pay Brigitte the night of the class. Time: 7:00 - 9:30 pm. Cost: \$20.00 nm \$17.00 mbr 104-8E1 Tuesday, April 6 104-8E2 Tuesday, April 13

### DESIGN YOUR OWN GARDEN FOR SUN

Join Stefan Fediuk, M. Land. Arch, as he guides you through the process of designing a garden for a sunny spot, with a particular focus on perennials. Course incl. all the theory you will need including a discussion of colours in the garden, phasing of bloom times, and individual characteristics of some of the most beautiful and interesting perennials for our climatic zone. One of the nights you will work on your own plans for a garden. Please bring measurements of a single planting bed in your garden that you wish to use, as well as any pictures of perennial plants and gardens

that you like or do not like for reference.

Time: 7:00 - 9:30 pm.

Cost: \$60.00 nm \$57.00 mbr 104-6K1 All Mondays: March 22 & 29, April 5

### New in the Water Gardening Series...

### MAINTAINING YOUR WATER GARDEN

INSTRUCTOR: Terry Smith  
Why is my water green? Why does my water smell bad? These are two of the commonly asked questions by home pond owners. The answers can be found in understanding the chemistry and biology of water and bodies of water. This course will acquaint you with aspects of both water chemistry and biology. We will also look at the steps involved in the first time set-up of a pond and spring, summer, and fall maintenance procedures, concentrating on the biological aspects of these procedures.

Time: 7:00 pm - 9:30 pm.

Cost: \$25.00 nm \$22.00 mbr 104-7U1 Wed. March 17

To register for these courses or for more information call: 986-5537



### MID-CANADA FLOWER SHOW

March 26-28

Garden & Landscape Show Assiniboia Downs, Winnipeg.

phone 925-1620 for details.

*Continued:*

# HERBAL COURSES AND WORKSHOPS

Continued:

## HOME EXPRESSION SHOW

March 11-14, 2004

Winnipeg Convention Centre

Speaker: Ken Beattie

Go to:

[www.homeexpressions.ca](http://www.homeexpressions.ca)

for schedule of events & coupons.

## HOME & GARDEN SHOW

### MINNEAPOLIS

Visit:

[www.northerngardener.com](http://www.northerngardener.com)

And go to event calendar.

## MASTER GARDENER

### PROGRAM

Birtle, Manitoba

Gardening Fundamentals and Botanical Latin

Another 3 workshops would tentatively be offered 1/month in March to May if this plan is agreed to by the U of Sask.

They would be one day (Saturday) workshops,

possibly followed by another non-compulsory workshop

on the Sunday, if there is enough interest.

E-mail: [shonda@mts.net](mailto:shonda@mts.net), for more information.

## MANITOBA REGIONAL

### LILY SHOW

St. Vital Mall,

Winnipeg, Manitoba

Contact: John Rempel

Email:

[jrempel@mb.sympatico.ca](mailto:jrempel@mb.sympatico.ca)

## THE NEEPAWA LILY SHOW

Neepawa, Manitoba

Contact: John Rempel

Email:

[jrempel@mb.sympatico.ca](mailto:jrempel@mb.sympatico.ca)

## ITALIAN GARDEN TOUR

September 2004

Join Ciscoe Morris, host of Seattle radio and television

garden programs, for a 10 day tour of Italy, featuring Rome, Tuscany and Florence, and the Lakes District, in September 2004. Contact: Brad Cilley of Northwest Travel Service, 'phone: 425 747 8277 ext. 131

Email: [brad@nwtravel.com](mailto:brad@nwtravel.com)

More info: [www.nwtravel.com/packenglandciscoe.php](http://www.nwtravel.com/packenglandciscoe.php)

## GLADIOLUS & DAHLIA SOC.

Vincent Massey Collegiate

975 Dowker Ave., Ft. Garry

March 24 - 2004

7:30 pm.

Gladiolus corm sale.

## TRANSCONA GARDEN CLUB

Transcona Collegiate

1305 Winona Street

7:30 pm.

Mar. 17: New Plants:

Speaker from Schriemer's

Mar. 20: Tour of Schriemer's

Unfortunately the Landscape Manitoba people have decided not to go ahead with the Yard and Garden show. We may have to do some lobbying with the Association members to show it would be a good thing for Winnipeg, Manitoba to have a large gardening event in the future.

*Valerie Denesiuk  
E.K. Hort. Assoc.  
[valerie.denesiuk@pwgsc.gc.ca](mailto:valerie.denesiuk@pwgsc.gc.ca)*



## WOMAN HEALING FOR CHANGE

### ART THERAPY WORKSHOP

Sat April 3, 2004

9:30 am. - 3:30 pm.

Westminster Housing Co-op

145 Maryland Street

Cost \$25; low income \$15

Limited number of participants: Potluck lunch.

Art therapy is a means of listening to oneself. Work-shop will explore several artistic and some writing techniques for learning about yourself and your life. Learn to use self-exploration ideas to continue with after the workshop.

Artistic or writing abilities are not a requirement. Wear casual clothes – it may get a little messy but fun.

Facilitated by Delaney Earthdancer and Nicole Neault. For more info.,

contact Delaney 786-2915

## BUILDING & DEEPENING

### INTIMACY IN RELATIONSHIPS

D'arcy Bruning-Haid, M.A.

Counselling Psych.

May 1, 2004

10:00 am. - 2:00 pm.

Incl. potluck lunch at the Westminster Housing Co-op 145 Maryland St.

\$25 singles; low income \$20

\$45 couples; low income \$40

Info: call Gerrie 668-1515

Please send payment to:

Woman Healing for Change

Box 263, Matlock MB

ROC 2B0

Ph: 204-389-4134

Fax: 204-389-5623

Email: [hplodge@mts.net](mailto:hplodge@mts.net)

## 2005 N.A.L.S. LILY SHOW

Hosted by the Manitoba Lily Society, July 13-17, 2005

CanadInn at Polo Park,

Winnipeg, MB.

Contact: John Rempel, Email:

[jrempel@mb.sympatico.ca](mailto:jrempel@mb.sympatico.ca)

*Continued:*

# HERBAL COURSES AND WORKSHOPS

## GARDENSCAPE AT SASKATOON

Mar. 26-28, 2004.

Gardenscape is a showcase or the horticulture industry, featuring model gardens, commercial exhibits, demonstration theatres and much more.

Saskatoon Prairieland Park is located on 136 acres in the Saskatchewan River Valley, hosts more than 300 regional, national and international events annually. World-class trade show facilities, full-time casino and Marquis Downs Racecourse.

Street Address:

503 Ruth Street West  
Box 6010, Saskatoon, SK  
S7K 4E4

Phone: 1-306-931-7149

Fax: 1-306-931-7886

Toll-free: 1-888-931-9333

Web site:

[www.saskatoonex.com](http://www.saskatoonex.com) Or:  
[www.canada.com/saskatoon/aroundtown/viewEvents.asp?id=101902&class=Event](http://www.canada.com/saskatoon/aroundtown/viewEvents.asp?id=101902&class=Event)

Email:

[contactus@saskatoonex.com](mailto:contactus@saskatoonex.com)

## AROMATIC EARTH WORKSHOPS

### INTRO. TO AROMATHERAPY

April 4, 2004

Sun. from 1-4 pm.

### AROMATHERAPY - BATH & BODY CARE

April 25, 2004

Sun. from 1-4 pm.

### INTRO. TO AROMATHERAPY

June 2, 2004

Wed. from 7-10 pm.

### AROMATHERAPY - BATH & BODY CARE

June 16, 2004

Wed. from 7-10 pm.

Anyone referring someone to take a class will receive a gift certificate for \$10.00 towards purchase of essential oils, unscented bulk products, carrier oils, or \$10.00 off the class of their choice.

*Sue Mazu, HSM Member  
Aromatic Earth  
204-831-7271*

Dreaming of your garden?  
Suffering from cabin fever? Try  
browsing these Web sites.

<http://www.gardeninglife.ca>

<http://www.canadablooms.com/index.html>

<http://www.canadablooms.com/index.html>

<http://www.gardencolors.com/default.asp>

<http://www.amtelecom.net/~ejsm/all/searchplant.html>

[http://www.interlog.com/~onthort/mg/Z8\\_Items/gardens.html#1sites](http://www.interlog.com/~onthort/mg/Z8_Items/gardens.html#1sites)

<http://www.cityfarmer.org/>  
<http://agrigator.ifas.ufl.edu/agcountries/Canada.htm>

<http://www.renegadegardener.com/>

If you want to be tempted to spend \$\$ and dream of summer:

<http://www.oscseeds.com>

<http://www.botanus.com/>

<http://www.holesonline.com/>

<http://lilynook.mb.ca/>

<http://www.thegurugarden.com/index.htm>

<http://www.canadiangardening.ca/catalogues/>

*Valerie Denesiuk  
E. Kildonan Hort. Assoc.*

## LIVING PRAIRIE MUSEUM

2795 NESS AVENUE, WINNIPEG

## ONE DAY - NATIVE PRAIRIE PLANTING WORKSHOPS

Tues. Feb. 17, 6:30-9:30 pm.

Thurs. Feb. 19, 6:30-9:30 pm.

Wed. Mar. 3, 6:30-9:30 pm.

Sat. Mar. 6, 12:30-3:30 pm.

Learn about native prairie plants and how you can include them in your home or cottage landscape design. John Morgan of Prairie Habitats Nursery, a veteran of prairie planting and restoration, will conduct the workshops. The one evening includes: slide presentation, discussion and wildflower seed planting lab.

Fee: \$40.00+GST, includes all seeds and materials. To register, or for more information please phone: 832-0167.

## OUR FAVORITE HERBAL RECIPES COOK BOOK VOLUME II

Consider them for when you go visiting at Easter; for Mothers Day and birthdays. They make a lovely gift at only \$12.00 and you are supporting your Society at the same time. They are available at our General Meetings at the Library Table, McNally Robinson on Grant Avenue or the Gift Shop at the Assiniboine Park Conservatory.

Thanks for your support.



## HERB OF THE QUARTER

### ALOE

*Liliaceae/Aloeaceae*

Common names: Aloe, Cape, Zanzibar, Socotrine, Curacao and Barbados aloe.

This genus consists of about 325 species of tender evergreen perennials, shrubs, trees, and climbers; many of which are hard to tell apart.

*Aloe vera* L., syn. *A. barbadensis* Miller (also called Barbados aloe); *A. vera* Tournefort ex Linne or *A. vulgaris* Lamark, or Curacao aloe is a clump-forming perennial, freely suckering with dense rosettes of thick, spiky, grey-green leaves, red-spotted only in young specimens. Its thick, sword-shaped leaves are greyish-green, mottled with white in mature plants, edged with soft teeth in shades of pink or red. If light levels are very low, the leaves will lose their greyish cast and become just plain green. Tubular yellow flowers are borne in summer and it can grow to a height of two to three feet.

*A. vera* has been identified in wall paintings in ancient Egypt where it was used to treat excess mucus and as an embalming ingredient. Records of its use in ancient Greece date back to the 4th century B.C. The use of *A. vera* in Chinese medicine was first mentioned in the 11th century. It appears in Anglo-Saxon medical texts, having been introduced to Europe in the 10th century.

Various aloes have similar constituents to *A. vera* and are

used in similar ways. These include *A. ferox* Miller (Cape aloe) and *A. perryi* Baker (Socotrine or Zanzibar aloe). 'Aloes' or 'bitter aloes' is the name given to purgative drugs made from the leaves of several species; its sap is more commonly used.



Aloes are a common feature of southern and northern African landscapes where there are hundreds of different species, and most have medicinal uses. Here, where frosts are unknown, tall stems covered with dense rows of tubular flowers (red, orange, yellow or green) rise from thick succulent leaves.

The southern Cape area was once well known for Cape aloes; first exported in 1761. *Aloe vera* is also native to Arabia and the Cape Verde Islands where they vary greatly in size.

In ancient times the Island of Socotra in the Indian Ocean off the east coast of Africa, was very important as a source of aloes (*Aloe perryi*) for medicine and embalming; hence the name Socotrine aloe.

*A. vera* is often thought of as a miracle herb; used for soothing and healing sunburn, and to moisturise irritated and sensi-

tive skin. Allantoin and 20 amino acids are its healing properties. Also is good for chronic constipation, especially in older people; excellent as a douche for vaginal irritations; eczema; athlete's foot; psoriasis; and specifically, for acid burns.

When using aloe for burns, make sure your preparation does not contain lanolin, as this will intensify the burn. *A. vera* should not be taken in the first three months of pregnancy and should be stabilized in order to retain its active properties.

This herb prefers a minimum temperature of 41 degrees F. (5 deg. C.). The species will tolerate a few degrees of frost, but pots should be taken indoors before this happens.

Indoors, the plant should be placed in a light, cool spot in the winter, between 5 and 10 degrees C. Only water when leaves begin to shrivel. Water well, but let the potting compost drain dry completely afterwards. Its soil should be light, well-drained and preferably contain minerals; a lot of sand, stones and clay would be suitable.

Propagate by offsets at any time; these are new plants from stolens just under the surface. *A. vera* rarely sets seed.

To encourage flowers, give it a short rest in the winter, with no water and no more than 50 degrees F.

*Continued:*

## HERB OF THE QUARTER

### ALOE

Continued:

The sap is squeezed and drained from cut leaves and used fresh. Leaves are usually cut as required from two to three year old plants. Use the older, lower leaves first. Rub the wet end of the leaf on your skin. Do not throw away after one use; if stood in a jar or glass without water, the leaf will keep for several weeks. To reuse, simply slice a thin piece off the bottom of the leaf. Be careful, the gel can leave a stubborn, reddish stain on clothing.

In commercial use the sap is often evaporated to a brown crystalline solid for the preparation of creams, lotions decoctions, pills and tinctures. Try to find concentrates or gels without mineral oil, paraffin waxes or colouring. Check ingredients very carefully; fresh of course is by far the best.

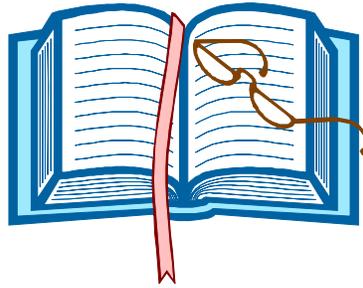
All aloe species are listed on CITES Appendix II (a list of animal and plant species that are the most endangered).

For more details go to:  
<http://www.iasc.org/articles.html>

*June Harris  
HSM Member*

*"Tomatoes and oregano make it Italian; wine and tarragon make it French. Sour cream makes it Russian; lemon and cinnamon make it Greek. Soya sauce makes it Chinese; garlic makes it good."*

*Alice May Brock  
of Alice's Restaurant  
Web site*



### LIBRARY NEWS

Videos are now available to borrow:

- June Harris, 2002 -  
"Herbfest 2002"
- David Hanson, 2003 -  
"Prairie Herb Gardening"
- Robin Marles, 2002 -  
"Aboriginal Plant Use in the NW Boreal Forest"
- John Morgan, 2002 -  
"Native Plants in the Prairie Landscape"

Thank you, to Janet Meckling for assisting me at the Library table during general meetings.

*Ellen Hanson  
Library Chairperson*



### TRADITIONAL HERBAL COLD REMEDY TIPS

Cowslip flower tea, drunk at bedtime and sleeping on hop pillows are still recommended to cure insomnia.

Coltsfoot leaves (another English herb), boiled in water, sweetened with honey and drunk three times a day, was a well-tryed remedy for the common cold.

Inhaling steam from a jug of boiling water containing Rosemary leaves is still a remedy for a congested nose.

### BOWL OF CHERRIES, CELERY AND JUNIPER

Celery seed, which can be taken in extract form, will stop gout attacks and has many other benefits. In addition to gout relief, it is also reputed to reduce inflammation, calm muscle spasms and fight bacteria. Some animal studies have shown that it may help protect the liver as well.

Another botanical that's reputed to reduce gout pain is extract of juniper; rich in antioxidant flavonoids.

Cherries are actually more valuable than you may realise. In a recent article, natural medical physician Dr. Joseph Mercola, (<http://www.mercola.com>) listed a number of cherry benefits that go beyond gout relief. Dr. Mercola reports that cherries contain: isoqueritrin and queritrin, two powerful antioxidant flavonoids, and other com-pounds which have been shown to deprive cancer cells of protein. Cherries also contain bioflavonoids that may help some people to manage migraine headaches.

For more information on cherries and gout, go to:  
[http://www.hsibaltimore.com/ea2004/ea\\_040128.shtml](http://www.hsibaltimore.com/ea2004/ea_040128.shtml)

*HSI e-Alert:*  
<http://www.hsibaltimore.com/ealert/freecopy.html>

### DEFINITION:

Petiole: the stalk of a leaf.



## JANUARY HERB GARDEN REPORT



The Herb Garden was once again a success in 2003, thanks to The Friends of the Assiniboine Park Conservatory and the staff of the Conservatory, including Wendy Mackie, Chris Tarrant, Maurice and Margaret. As well, an especially big thanks was well earned by our very dedicated members who helped plan, plant and maintain our Herb Garden last year. Without these special people, the Herb Garden would not be the vibrant, evolving place it is today.

The only glitch last year, was when the flea beetles landed, just after the canola harvest was finished in early August. Due to the vigilance of our Garden Team, we were able to react quickly. Irene Hyland spotted the little buggers and alerted us to the problem. After some discussion, we decided that soapy water would be the most environmentally friendly solution. Everything covered with flea beetles was sprayed with diluted Lux dish detergent. However, the harm was done as far as nasturtiums, sunflowers, horseradish, stocks and pansies were concerned. Later, we removed the damaged foliage and flowers. Luckily, the remaining plants seemed to fill in the empty

spaces rather nicely in no time at all and before we knew it, the garden had all but healed itself.

Other than our many human guests, we also have constant animal visitors that grace our garden – rabbits (anytime) and deer (at night). They both like to nibble on our first line of defence: the flowering kale that encloses the outer circle of the garden. They really must find them tasty, because we had to replace dozens of kale plants again last summer. As you probably know, last spring, Shelmerdine's planted the little-leaf lilac hedge that will eventually replace the kale once it's big enough. Hopefully, the hedge will do just as good a job at keeping the critters at bay. However, we might just find we have to expand the outer ring again, in order to keep space for the "critter food."

That was last year; now we have a whole new year to plan for, and being a gardener – "Hope Springs Eternal!"

It is always lovely to be involved in something as special as our Herb Garden. It is so rewarding to be able to enjoy the outcome, in spite of the unknown challenges that may occur along the way. Whatever your interest or inclinations, you can be involved in this special project.

For instance, we would love to have your input about especially useful or beautiful herbs you have grown in your own garden that you think might work in ours. Perhaps, you could donate a clump of that perennial herb you got from your Great Aunt Edna, and then help tend it over the

summer to make sure it adapts to its new home. Or, perhaps, you can donate just a few hours a month of your time. Every gardener knows that just one person doing just one hour of weeding can be a big help in a garden so big. Many hands make light work, and there are so many ways to share. At our Jan. meeting, we had 11 members volunteer to help with our herb garden in 2004. We have room for many more volunteers to lend a hand.

Please consider this an invitation to join us! The Herb Garden at Assiniboine Park is the most visible reflection of our Herb Society in the summer months. This year the park celebrates its 100th year and hopefully, we can help to make it the park's most beautiful year yet by having a beautiful 2004 Herb Garden.

Please contact me by 'phone or at one of the General Meetings if you are interested in helping to make this year the Herb Garden's best year yet!

*Herbally yours*  
Anne Jackson  
Herb Garden Chair  
Phone: 256-1998

*"Those herbs which perfume  
The air most delightfully,  
Not passed by as the rest,  
But, being trodden upon and  
Crushed, are three;  
That is, burnet, wild thyme  
And watermints.*

*Therefore, you are to set  
Whole alleys of them,  
To have the pleasure when  
You walk or tread."*

*Frances Bacon*  
1561 - 1626

## MEDICINAL HERB CORNER

### HYSSOP

*Hyssop officinalis*

*Hyssopus: Labiatae/Lamiaceae*

*Hyssopus* was the name used by Hippocrates, derived from the Greek word *ezob*. It is historically known as a holy herb.

Five species of aromatic perennials are included in this genus:

Blue giant hyssop or anise-hyssop (*A. foeniculum*); white-flowered cultivar (*A. 'snow spike'*); Korean anise hyssop (*A. rugosa*); Mexican giant hyssop (*A. mexicana*); yellow giant hyssop (*A. nepetoides*) with saw-toothed leaves; *A. alba* with white flowers; and *A. rosea* with pink flowers. Rock hyssop, *H. officinalis* subsp. *aristatus*, is a colourful, late flowering sub-shrub.

The blue giant hyssop can easily be grown locally; great for teas, the seeds attract goldfinches, the flowers attract butterflies and young leaves add interest to salads.

The leaves of *H. officinalis*, have a slightly bitter sage-mint flavour; so they are used sparingly. Dried flowers can be sprinkled on top of soups or used for a minty tea. Leaves can be used to make a greenish dye for natural fabrics and yarns.

*H. officinalis* is native to central and southern Europe, western Asia and northern Africa. This genus is also found from Mediterranean regions to central Asia.

A bushy plant; it can grow 1 to 2 feet high. Once widely cultivated for medicinal uses, it is now grown mostly as an orna-

mental. It consists of several squared, downy stems that are woody at the bottom and bear opposite, entire (toothless) sessile, glabrous to hairy, linear-lanceolate leaves that have a peppery scent when stroked firmly. The rose to bluish-purple flowers (up to 1-inch long), grow in successive dense spikes at the tops of stems from June to October in zones 3-10. It prefers full sun and warmth, but will accept some light shade. Prune back severely in winter or early spring. It can also be used as a low hedge in herb knot gardens.

White hyssop makes a choice specimen plant for an informal hedge or white garden.



Hyssop is often planted as a companion to cabbage (deters the cabbage moth) and grapes; but keep it away from radishes.

Like most herbs, it prefers well-drained to dry soil; neutral to alkaline. Propagate by seed in autumn or spring, or by soft wood cuttings in summer. The variants may not come true from the seed.

Harvest the flowering tops as the buds open. For the best aroma and flavour, pick unsprayed leaves just before it flowers; use sparingly. Dried infusion, syrup, liquid extractions, tinctures or oil can be taken from both leaf and flower.

Pinene, the main constituent of hyssop oil, is used in insecticides. Some gardeners feel that its camphor / turpentine odour repels certain varieties of butterfly, and planting hyssop provides a natural insect repellent.

The camphoraceous volatile oil and compounds are similar to those found in *Marrubium vulgare* (Horehound *Labiatae/Lamiaceae*) hence its effectiveness for bronchial complaints. It's often used along with *Glycyrrhiza* (Licorice) and *Verbascum* (Great Mullein) for respiratory / bronchial problems.

Hyssop is a potent expectorant; used as a cough remedy in ancient Egypt, commonly found in cough candy or liquid expectorants today.

Traditionally, it has been used as a carminative, astringent, anti-inflammatory, diaphoretic and tonic. Used to relieve catarrh, internally cleanse the body, regulate blood pressure (high or low), promote perspiration, improve digestion and protect the body from infection.

Hyssop is used in essentially the same way as sage, with which it is sometimes combined, to make a gargle for sore throats.

*Continued:*

## MEDICINAL HERB CORNER

### HYSSOP

Continued:

Hyssop essential oil is used in French liqueurs, such as Chartreuse and Benedictine, and as a base for perfumes.

### HYSSOP TEA

Pour a pint of boiling water over an ounce of green tops.

Prepare a standard infusion of the leaves and diced stem. As a lotion, this brew relieves inflammation and bruising, being noteworthy for its beneficial effect on black eyes.

The essential oil contains the ketone pino-camphone, which in high doses can cause convulsions. Do not take more than the recommended dose. And do not take for more than 2 weeks without seeking professional advice or use continuously for extended periods.

Some of the above information was gleaned from:

*The Wordsworth Book of Herbs & Spices.*

*The Encyclopedia of Herbs & Their Uses, by Deni Brown*

*June Harris  
HSM Member*

## MAPAM NEWS

Our Annual General Meeting and Grower Panel was held on Feb 13, 2004. Paul Bobbee from Arborg, Marcie Vreeman from Minnedosa, and Paul Gregory from Fisher Branch were the three presenters who answered questions for over an hour, from a room full to the max at the Direct Farm Marketing Conference in Brandon.

Keep the radio dial to CJOB, (680 AM radio) on April 11th at 8 am. to hear Dorothy Dobbie's Gardening show; I will be her guest. At the Home Expressions Show at the Convention Centre, Garden Stage, I shall be presenting a slide show on Devil's Creek Farm.

Dates:

Thurs., March 11, 7 pm.

Fri., March 12, 8 pm.

Sun., March 14, 4 pm.

If there are any catnip growers interested in working on an insect repellent product, I have information on different strains.

The older I get the faster time flies. This leap year I am going to take one day off and go fishing; no phone, no visitors and no tractor. Just a fishing rod, a canoe and a paddle – "Heaven on Earth."

'Phone evenings:

204-482-8667 Selkirk.

*Bob Shearer  
Chairman of the Board  
MAPAM*

## RICHTERS HERBS

Richters now have HerbWild products which include items such as Canadian Wild Edibles. These are wild mushroom mustard, oxeye daisy capers, wild choke-cherry vinegar and more.

Other intriguing buys are an international selection of pre-blended herbs, complete with history and recipes. Such as: Ethiopian Berbere, Chinese 5-spice, Savory Masala, Zahtar (Middle Eastern), etc.

Their toll free number is:

1-888-herb-726.

Fax: 905-640-6641 or browse and order online at

[www.HerbWild.com](http://www.HerbWild.com)

## BIRDS DO IT, BEES DO IT...

We are not alone when it comes to using herbs to make our homes smell sweet and keep them free of germs. Birds also fill their homes with sweet smelling herbal disinfectants.

Evolutionary ecologist Marcel Lambrechts has found that Corsican Blue Tits scent their nests with a potpourri of perfumed herbs, including lavender, mint, yarrow and citronella. And the birds keep picking fresh herbs from the onset of egg laying to their offspring's nestling stage.

Lambrechts and his colleagues at the Centre for Functional and Evolutionary Ecology in Montpellier, France discovered the strong scented plants purely by chance, just by looking at the top of the nest. When Lambrechts removed the herbs from 32 nests, he found that the parent birds would quickly return with fresh fragments.

Lambrechts believes the Blue Tits are exploiting medicinal components in the herbs to keep their chicks safe.

"It's known that these compounds have actions against bacteria, fungi and mosquitoes," he says, "Blue Tits are real botanists."

*Josie Glausiusz  
Discover Magazine  
November 2002.*

*"Bay leaves, cloves and sage act as natural insect repellents for ants and other crawling insects."*

## MANITOBA'S MEDICINAL, AROMATIC, HERB & SPICE INDUSTRY UPDATE AND THE NATIONAL HERB & SPICE COALITION AND THE NATURAL HEALTH PRODUCTS RESEARCH SOCIETY OF CANADA CONFERENCE ANNOUNCEMENTS

The medicinal, aromatic, herb and spice industry in Manitoba is represented by MAPAM, the Medicinal & Aromatic Plants Association of Manitoba and the Manitoba Herb Society along with a number of growers not affiliated with any structured association. These growers are fiercely independent and very talented agro-entrepreneurs carving out a niche in a very competitive and secretive world of natural health products, which includes the medicinal herb and aromatic plant industry, the culinary herb, the nutraceutical industry, functional foods and supplement markets. The industry in Manitoba is mostly small scale with the majority of growers with less than 5 acres. The estimated number of growers here is 40-50, with many not active in any association. This makes quantifying the actual number of growers here extremely difficult as they do not wish to make their crops or acreages known to the public, reducing the overall estimation of the number of growers. It is estimated that about 50% of these growers do not advertise their crops. The main reason cited for non-disclosure was fear of losing their niche market to competitors.

There are approximately 20-25 spice growers in Manitoba with a total acreage of approximately 3,500 hectares (8,500 acres) with an estimated value of \$3.0 million dollars. Nutraceuticals and functional foods are an integral part of this industry, however with the broad range of products that can be considered nutraceuticals or functional foods, no estimation of acres is possible. This is due to the many products that can be obtained from a single commodity such as fibre, bran, fatty acids, essential oils, etc., found in many nutraceuticals and functional foods.

Manitoba has a very considerable advantage in this industry with infrastructure already in place to assist this industry with providing a safe and effective product to consumers. The St. Boniface Research Centre in Winnipeg is home to the National Centre for Agri-Food Research in Medicine (<http://www.sbrca.ncarm/>), specializing in clinical trials with nutraceuticals and functional foods. The Richardson Centre for Functional Foods & Nutraceuticals, market development: (<http://www.umanitoba.ca/afs/ffnc>). The Food Development Centre, processing and process development: <http://www.gov.mb.ca/agriculture/fdc/index.html>. Vita Health, large international retail/wholesaler, <http://www.vitahealth.ca/careers.htm> and Manitoba Agriculture, Food & Rural Initiatives, market investigation and agronomic research: <http://www.gov.mb.ca/agriculture>. All these organizations and the raw material producers are making this industry a success. Manitoba could become the national centre for this industry if it continues to support the growth of this industry through industry infrastructure development. It offers this province's producers a diversification option to broaden their risk structure and supplement income from traditional farming.

Nine conferences in Western Canada have highlighted this industry since 1997. A national coalition has been formed; the National Herb & Spice Coalition (NHSC), made up of representatives from all areas of this industry. Representatives of all provinces and territories make up the board of directors. NHSC represents growers and industry and is the voice for this industry in Canada. NHSC had a conference, "From Grass Roots to Global Enterprise: The Canadian Herb & Spice Industry Comes of Age," to bring together representatives from all aspects of this industry to share information and network. Across the country and the world, the herb, spice and natural health product industry is developing from the field to the shelf. There are critical factors: agronomic education, regulations, business development, research, marketing, etc. This conference sought to address these issues for producers, wild-crafters, processors, regulators, researchers, buyers, educators, government representatives, etc., who work with/within the herb, spice and natural health products industry. The conference was Feb. 17-19, 2004 at University of Guelph, ON. For details visit: <http://www.saskherbspice.org/natconf/>.

There is a new organization to address the need for coordinated research in this industry. It is made up of researchers, government professionals and university and hospital scientists conducting research. Manitoba has representation on both of these national organizations through myself,

*Continued:*

## MANITOBA'S MEDICINAL, AROMATIC, HERB & SPICE INDUSTRY

Continued:

Keith Beaulieu, AGDM, P.Ag. The Natural Health Products Research Society of Canada (NHPRSC) is based out of British Columbia at the University of British Columbia, Allison McCutcheon, President, John Thor Arnason, Network Chair, Natural Health Products Research Society of Canada (NHPRSC). The NHPRSC held an inaugural conference and poster presentation in Montreal, Feb. 20-22. The NHPRSC held a national consultation with scientists and members of the society, Feb. 23/24 in Montreal to build a consensus on a 10-year strategic plan including a Scientific Framework and Business Plan for a multidisciplinary Natural Health Products Research Network. These conferences will solidify the status of this industry here and provide growers, processors, buyers, brokers and researchers with a concrete plan on which the industry can build upon into the future.

For further information on this organization and the conference and strategic planning session please visit: <http://www.nhpresearch.bcit.ca/aboutconference.html>.

*Submitted by:  
Keith Beaulieu AGDM, P.Ag,  
Greenhouse & Alternative Crops Specialist  
Soils & Crops Branch  
Agriculture Development & Marketing Division  
Manitoba Agriculture, Food & Rural Initiatives*



### **GARLIC 'BEATS HOSPITAL SUPERBUG'**

The ingredient which gives garlic its distinctive smell is the latest weapon in the battle to beat the hospital 'superbug' MRSA.

British researchers in the University of East London, found allicin treated even the most antibiotic-resistant strains of the infection. MRSA (Methicillin-resistant *Staphylococcus aureus*) causes an estimated 2,000 deaths in UK hospitals each year.

Researchers are now testing allicin products in a 6-month study. Initial trials have proved effective, so they will now test them in a 6-month study of 200 volunteers including healthcare workers and patients. Scientists hope these products will be used by people working in hospitals so they can prevent MRSA being passed on to patients.

### **GARLIC COULD PROVIDE CANCER DRUG**

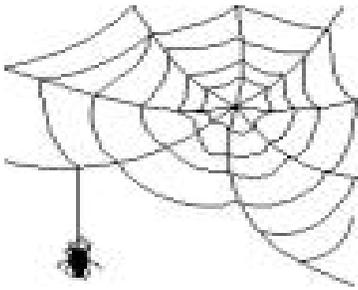
The chemical which gives garlic its flavour could be used in a 'smart bomb' to fight cancer, scientists say. The finding comes just days after it was revealed the same chemical, allicin, could treat the hospital superbug MRSA. The cancer treatment harnesses the natural chemical reaction in which allicin is produced. The journal *Molecular Cancer Therapeutics*, details how the reaction can be triggered at tumour sites.

Allicin is a toxic, but unstable chemical which breaks down quickly and harmlessly when eaten. It is not present in unbroken cloves, but produced as a biochemical reaction between two substances stored apart in tiny, adjoining compartments within each clove – the enzyme, alliinase, and a normally inert chemical called alliin. If the clove is broken, as in cooking, the membranes separating the compartments are broken and allicin is produced.

### **CHEMICAL REACTION**

Israeli researchers decided to try to recreate this toxic reaction at the site of a tumour. The antibody is chemically bound to alliinase and injected into the bloodstream where it seeks out cancer cells. Alliin is then also injected. When it encounters the alliinase, the resulting reaction turns the alliin molecules into allicin which penetrates and kills the tumour cells. Healthy cells nearby are left

*Continued, page 16:*



## WEB SITE REPORT

JANUARY 31, 2004

[www.herbsocietymb.com](http://www.herbsocietymb.com)

As of January 31, 2004 the Herb Society's Web site has had 770 hits since the site was re-launched in September of 2002. We continue to average about 45 hits a month. The site is continually updated.

Since the last issue of the *Prairie Sage Quarterly* the 2004 Herb of the Year page has been added to the site. Sweet Bay is the Herb Society's 2004 Herb of the Year. Many thanks to June Harris for the information she provided to help build the new Web page. Both the American Herb Society and the International Herb Society have chosen garlic for their 2004 Herb of the Year. This year links are provided to other sites that describe the American/International Herb Society's Herb of the Year, rather than providing a rewriting of information available elsewhere. The Herb Society's 2004 Herb of the Year page is still under construction, but it is well underway.

Other updates to our site include the addition of new information about upcoming monthly meetings; this year's Evening in Paradise and the Herb Garden page is now updated. As well, several businesses have been added or removed from the Herb Society member's business directory page. Remember, if you are a Herb Society member and have

your own business, you can list your business for free on our Web site – one of the benefits of membership. Either pick up a form from Pat Young, Membership Committee Chair, at our meetings or email me at: [info@herbsocietymb.com](mailto:info@herbsocietymb.com).

I would also love to hear from you via the same email address, if you have any suggestions or questions about our Web site.

I look forward to hearing from you!

*Audrey Hosegood*  
*Web site Committee Chair*

## GARLIC COULD PROVIDE CANCER DRUG

Continued:

intact because they have not attracted the antibodies. Researchers from the Weizmann Institute in Rehovet successfully used the technique to block growth of stomach tumours in mice. They say the method could work for most types of cancer, as long as a specific antibody can be designed to recognise receptors unique to the cancer cells.

## THE CHALLENGE

Professor David Mirelman, who led the research, said: "Even though doctors cannot detect where metastatic cells have migrated and lodged themselves, the antibody alliinase-alliin combination should chase them down and destroy them anywhere in the body."

Sara Hiom, a science information manager for Cancer Research UK, told BBC News Online: "The medicinal properties of garlic have long been recognised."

"These are encouraging preliminary data. The challenge now will be to develop methods for use against different types of tumour cells and eventually to adapt the technique for use in humans so that the necessary clinical trials can be carried out."

*BBC News Online*

## MANY THANKS

TO ALL WHO  
CONTRIBUTED  
TO THE  
*PRAIRIE SAGE*  
*QUARTERLY*

All your contributions are very much appreciated.

If you have any ideas for upcoming issues that you could share with us, please give me a call:

June Harris, Editor  
1-204-837-6765  
[prairiesage@mts.net](mailto:prairiesage@mts.net)

Your Web site is  
[www.herbsocietymb.com](http://www.herbsocietymb.com)

## COMMON SENSE WARNING □

Any information in the *Prairie Sage Quarterly*, is not intended to prescribe or diagnose in any way, or meant to substitute for professional help in any way. The intent is to offer general information & historical use of herbs.

Those who are sick should consult their doctors.

## HERBAL RECIPES

### SOUTH AFRICAN MALAY CURRY

This recipe is a typical South African *Malay Curry*. The first Malay people in S. Africa were brought as slaves from what is today Indonesia. As a result of the influence of the Malay and West Asians from the Indian sub-continent who came later, many curry (or kerrie) dishes are popular in South Africa.

What you need:

- A few tbsp. of cooking oil
- 2 onions, sliced
- 1 clove of garlic, minced
- 1 small piece fresh ginger root, peeled and crushed
- 1 tsp. turmeric
- 1 tsp. coriander
- 1 tsp. cumin
- 1 stick of cinnamon (or ½ tsp. ground cinnamon)
- 1 tsp. curry powder (or more, to taste)
- 4 cloves
- 1 lb. lamb, mutton or beef cut into bite-sized cubes
- 1 eggplant, cut into slices or cubes
- 1 sweet green pepper, cleaned and chopped
- 1 to 2 hot green Chile peppers
- 1 C. dried apricots, soaked in warm water and drained
- 1 small can tomato paste
- 1 tsp. vinegar
- 2 C. beef broth or stock (or mutton stock if available)
- 1/2 C. apricot jam
- 1 C. plain yoghurt or buttermilk

Heat oil in a large pot. Over high heat, fry onions and garlic, stirring continuously. Add the spices and stir for approx. 1 minute. Reduce heat slightly, add meat, fry until browned on all sides. (This may be easier if you

remove the onions, set them aside, then return them to the pot after the meat is browned.) Add all remaining ingredients except apricot jam and yoghurt (or buttermilk). Cover, reduce heat and simmer on low, stirring occasionally, until everything is tender, approx. 1 hour.

Add jam & yoghurt (buttermilk) a few minutes before serving.

Serve with Chapatis or rice.

### HERB-ROASTED VEGETABLES

- 3 large carrots, bias-sliced into 3/4-inch pieces (or use 2 C. packaged, peeled baby carrots)
- 2 med. red potatoes, quartered (about 12 oz. total)
- 2 small onions, cut into wedges
- 2 tbsp. olive oil (or cooking oil)
- 1 tbsp. balsamic vinegar (or red wine vinegar)
- 1 tsp. garlic salt
- 1 tsp. dried rosemary, crushed
- 1/4 tsp. pepper

Place vegetables in a 13x9x2-inch baking pan. In a small bowl, mix oil, vinegar, garlic salt, Rosemary and pepper. Pour over vegetables, tossing to coat. Bake, uncovered, in a 400° F. oven for 40 to 45 minutes, or until vegetables are tender, stirring occasion-ally.

Makes 4 servings.

### IMMUNE BUILDING HERBAL TONIC SOUP

This soup is delicious and has the added benefit of some of the most potent immune-strengthening herbs.

Astragalus, ginger, garlic, onions and shitake mushrooms all have proven immune-enhancing properties.

Serves 6 people.

- 1 ounce sliced, dried astragalus root
- 1 inch fresh ginger, slivered
- 1/2 C. brown basmati rice
- 1/4 tsp. sea salt
- 6-8 C. vegetable or chicken stock
- 2 tbsp. olive oil
- 1/2 C. onions-chopped
- 1/2 C. carrots, sliced
- 1/2 C. shitake mushrooms, sliced
- 1/2 C. red bell pepper, chopped
- 6 cloves garlic, minced
- 1/4 C. light miso
- 1/4 C. parsley, minced

Simmer astragalus, ginger, rice, sea salt and stock in a heavy saucepan, covered for one hour.

In a separate pan, sauté onions, carrots, shitake mushrooms and red bell pepper in olive oil for 5 minutes. Add garlic, sauté for 1 minute. Add sautéed vegetable mixture to soup pot, cover and simmer for 30 min. Remove the astragalus. Dilute the miso with a small amount of hot broth. Add to soup along with the parsley.

Turn off the heat; cover and let stand for 5 minutes before serving.

Per serving: 156 calories, 9g protein, 5g fat, 19g carbs, 39% vitamin A, 41% vitamin C, 2% calcium.

## A TASTE OF EUROPE

A *bouquet garni*, which is nothing more than sprigs of



thyme, bay and parsley tied together, is *de rigueur* in French stews and other meals. *Fines herbes*, equal amounts of fresh chopped chervil, chives, parsley and tarragon, are used in soups, stews, meat dishes and more, and so is *herbes de Provence*, a mix of equal parts dried basil, fennel seed, lavender, marjoram, Rosemary, sage, summer savory and thyme.

In Italy oregano, basil and garlic are a near-holy trinity, commonly used in fresh and cooked dishes. Spain and Portugal use fewer herbs than most of their Mediterranean neighbours, but no one should take a trip to Spain without sampling *paella*, a traditional rice and seafood dish that is seasoned with saffron; or leave Portugal or Madeira without having tasted *espetada*, beef kebabs flavoured with bay or laurel.

In Northern and Eastern Europe, dill, mint, parsley, caraway, thyme, horseradish, sorrel, fennel and paprika are everyday ingredients – as well as garlic. Dilled horseradish-mustard sauce is popular in these regions, served with cold meats, fish, hardboiled eggs, sliced cucumbers and tomatoes.

Garlic is the predominant flavour in *tarator*, a cold Bulgarian soup made from

cucumbers, ground nuts to garnish, and yoghurt, while a Russian cucumber soup, *rassolnik*, is made with fennel. Beet soup, or *borscht*, is traditionally flavoured with dill, parsley and lovage; Romania's traditional clear



Dill

broth soup, *chorbe*, depends on lovage for its tang, but may also contain dill, parsley, coriander, chives and garlic.

New potatoes dressed with dill are a popular dish in Finland. Dill is everyday fare in many Scandinavian dishes – in fact, the word dill comes from the Old Norse *dilla* which means 'to lull to sleep.'

Some of the information above was taken from:

[www.bbg.org/gar2/topics/kitchen/handbooks/gourmet/herbs/2a.html](http://www.bbg.org/gar2/topics/kitchen/handbooks/gourmet/herbs/2a.html)

## TARATOR SOUP

2 fresh cucumbers, peeled & chopped  
1 garlic clove, minced  
4 C. plain yoghurt (low fat or partly cream)  
1/2 C. water  
1/4 tsp. salt  
2 tbsp. dill, chopped  
Garnish: toasted almond slices or chopped walnuts.

In a blender, puree cucumber and garlic; pulsing blades to liquefy. Toss in the dill, salt, water and yoghurt and mix well. Dilute with milk if needed.

Chill at least 2 hrs. Ladle into bowls and sprinkle with the toasted almonds. Cold, sharp and tart, it's superb for spring or summer.



## NANA-KUSA-GAYU

The Japanese have cherished wild plants for the way they remind us of the seasons. These wild plants (herbs) play an important role in many of their traditional festivities conducted to mark the passage of time.

One of these is *nana-kusa-gayu*: meaning seven herbs rice gruel; a special New Year's dish prepared on January 7th. The herbs are dropwort, shepherd's purse, cudweed, chickweed, henbit, turnip and radish which are now known to be rich in minerals. They are referred to collectively as *haru no nana kusa*: the 'seven herbs of spring.' January falls under spring according to the lunar calendar used in Japan until 1872; the tradition has continued.

Women collected the herbs and sang a special Seven Herbs song while chopping them. While the tradition of *nana-kusa-gayu* continues, most Japanese people now buy the seven herbs pre-packaged from super-markets.





## ALOE TREES

### *ALOE DICHOTOMA MASSON*

Family: *Aloaceae*

Common names: Kokerboom and Quiver tree

The Quiver tree or *Aloe dichotoma* is probably the best-known aloe found in South Africa and Namibia. At the Cape there is a recently planted forest of quiver trees at Karoo Desert National Botanical Garden.

This distinctive tree aloe has smooth branches, which are covered with a thin layer of whitish powder that helps to reflect away the hot sun's rays. The bark on the trunk forms beautiful golden brown scales, but beware, the edges of these scales are razor sharp. The crown is often densely rounded as a result of the repeatedly forked branches, hence the species name *dichotoma*, (*dichotomous* meaning forked).

The blue-green leaves are borne on terminal rosettes, but in juvenile plants the leaves are ranked in vertical rows. Bright yellow flowers are borne from June to July: young buds can be eaten and are similar in appearance and taste to asparagus.

Sugar birds are drawn to these flowers in winter where they feed on the nectar. *Aloe*

*dichotoma* is extremely tough and may live over 80 years with a height of approximately 7m. This species is a conspicuous component of the arid parts generally known as Namaqualand and Bushmanland.

A common phenomenon in the branches of these trees is the huge communal nest of weavers (birds) that live in flocks of thousands. Here their young and unborn are safe from predators such as snakes and jackals.

The earliest record of *A. dichotoma* was made by Simon van der Stel (Governor of the Cape at the time) on his northward journey to the Copper Mountains in 1685.

The tree acquired its name from the natives (Bushmen) who use its branches as 'quivers' for their arrows. They hollow them out, cover one end with a piece of leather and skilfully make a strong and serviceable quiver called *Choje*.

Large trunks of dead trees are also hollowed out and used as a natural 'fridge' to store water, meat and vegetables. The fibrous tissue of the trunk has a cooling effect as air passes through it, a so-called natural fridge.

### *KIGELIA AFRICANA*

Family: *Aloaceae*

Common name: Sausage tree

This is another tree in the same family. A semi-deciduous tree capable of growing 25m in height, it is native from Tanzania to Kwazulu-Natal.

The bark is smooth and grey in colour. Its large deep red, trumpet-shaped flowers show

between August and October; fruiting appears from December to June. It is large, pale grey and sausage like, weighing as much as 10kg, and up to 1m in length.

Flowers are pollinated by bats and eaten by a variety of animals once they have fallen

The unripe fruit is said to be poisonous but is taken as a remedy against syphilis and rheumatism.

The huge ripe fruits, which are inedible, are added to beer, to aid with fermentation. When food was short, seeds were roasted and eaten by certain tribes, while others made a dressing from the powdered fruit.

The Sausage tree's wood is yellowish or whitish in colour and soft, being used to make dug out canoes, planks, boxes and hoes.

Research is being carried out on the fruit, to be used as a treatment for skin diseases. A moisturiser is already on the market in some African countries.

There are other interesting aloe trees which are worth investigating such as: *Aloe candelabrum*; *Leucodendron argenteum* (Silver-leaf protea); *Leucosidea sericea* (Oldwood); *Leucospermum conocarpo-dendron* (Tree pincushion); *Aloe marlothii* (Flat-flowered aloe); *Lonchocarpus capassa* (Apple-leaf) and *Maytenus senegalensis* (Confetti tree).

As aloe vera is considered a herb, does that mean these incredible aloe trees of the same family, are also herbs?

June Harris  
HSM Member

