HERB SOCIETY OF MANITOBA NEWS

Mission Statement: 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.

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Common Sense Warning:

Any information in the HSM News 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 and historical use of herbs.

Editor's Message



Hello Lovely People!

So, how about our winter then? The amount of snow we've had reminds me of when I was a child growing up in Northern Manitoba and my Mom took a photo of me and my friend Lois, all bundled up in parkas, ski pants (we wore skirts back then), boots, mittens and long scarves wrapped around our chins and foreheads. We were on our way back to our Grade 4 class, in the one and only school which was just built that year, after being home for lunch. We were posed in front of the snowbanks in front of the house where my Dad had shovelled the sidewalks and driveway. My Mom took that particular picture because the snowbanks behind us were way, way higher than our heads. It was our first winter living in the North and I think my parents wanted to show our relatives back home what a snowy winter there looked like!

That's exactly the same feeling I'm having now standing beside the snowbanks here when going from the house to the garage. They are so high! As of this weekend's blizzard, I feel like I'm almost walking in a tunnel! But the days are getting longer *(big smile)* and soon the calendar will turn to March and then to April. So we keep our hopes alive in looking forward to Spring….



Herb Society of Manitoba Scholarship

Our scholarship applications are now available on our website for students and/or educational institutes to apply for a scholarship. We will continue to have two scholarships of $200.00 each. The Student scholarship will go directly to a qualified individual to assist in their education, while the Education Institute scholarship will be available for specific herb/gardening/agricultural programs. Scholarships will be awarded on a point system established by the HSM Board and will be coordinated by the Education Committee.

If you know of a student or education institute's program that is deserving of a scholarship, please ask the student or teacher to apply. All application information is on our website: **www.herbsocietymb.com**

But now, we can look forward to attending the February 28th Zoom monthly meeting! There's another great speaker lined up and Cindy L. tells us that we won't want to miss it. Just look for the meeting link that Karen S. has sent to all members and we'll see you there!

Inside this issue, we also have summaries by Cindy L. of the previous two speakers as well as various HSM reports to read, a Herb of the Month write-up by Karen S. of a familiar herb that probably grows in your garden, some plant cutting success told to us by Agnes L., and soup's on in Kitchen Corner! I'm also delighted to have interviewed a founding member in Meet Your Members this month, which is followed by a history of the beginning of HSM, written back in 2006, by this same still-active member. At the time of her writing, it was HSM's 10th Anniversary! Such a fascinating read!

On a personal note, I want to tell you that my time as being your newsletter Editor will be complete at the end of June. It's been a real pleasure writing, creating and receiving articles for our HSM newsletter, but the time is right for me to take a break. After the June issue, I'll have been your Editor for three years and I've realized that for most of this time, it has been through the COVID-19 pandemic! With us not seeing each other for so long or in some cases ever, I thought I'd add a photo taken this month so you could see the face behind these words you've been reading all along (and I hope enjoying).



Thank you once again and take good care everyone. See you back again for the April issue!

Sandra Holmberg

Editor, HSM News

President's Report

January 31, 2022



Hello Everyone,

YAHOO, we have made it through January! Are you on your way to planning out your gardening designs for this year? I, for one, cannot wait for my gardening catalogues to arrive. There is nothing better than a steaming cup of tea and a catalogue to create the perfect evening.

The monthly Zoom presentations are becoming very popular with HSM members. We thank Cindy L. for taking on the role of Programming Chairperson. Her excitement for the job is certainly showing with the variety of interesting and knowledgeable speakers she continues to bring together for our monthly meetings.

To help brighten the remaining snow days of winter, HSM is opening our monthly speakers' presentations to the general public for their enjoyment. If you have friends you would like to invite to join us each month, please register them with our Communication person. It is easy; when you get the email advising you of the next presentation just reply to Karen with the name and email address of the person you would like to attend.

Also, did you know that if you do not have a computer or do not feel comfortable using Zoom, you can still join us by phone to hear the speakers? It is very simple! You would not be able to see the speakers' pictures, but you would hear all the presentations and the comments of those attending. You would also be able to ask questions over the phone. If you want to know how to "phone in," please phone 204-467-5777 and leave a message; someone will get back to you within a couple of days or email Karen at **kridsmith@hotmail.com**.

For those of you who enjoy HerbFest, we are starting to plan a HerbFest which will provide you with a wide variety of healthy herbs while respecting the Manitoba Health Protocols. Expect HerbFest to have a fresh look, we have some great ideas and will share them with you soon.

Until we can greet each other in person, stay healthy and happy. Take care and wash your hands!

Respectfully,

Debra Barrett, President

For more information on the Herb Society or to contact us:

Write: Herb Society of Manitoba, PO Box 61004 RPO
Grant Park, Winnipeg R3M 3X8
Website: www.herbsocietymb.com
Email: herbs@herbsocietymb.com

Committee Summary Reports

During the C0VID-19 pandemic period, Committee Summary reports will be provided here when relevant Committee information is available.

Communication

Communication Chair Report For the Period of September 2021 to January 2022

The February 2022 HSM Member Meeting will be held on Monday, February 28, via Zoom. Look for your invite soon!

As Communication Chair, I send monthly emails to our members, usually with news on the Herb of the Month, as well as any communication that our President would like to share with the members. I also provide the links to our virtual meetings prior to the scheduled monthly meeting. I distribute the HSM Newsletters to members once produced and the Newsletters are also posted onto the HSM website by Thomas Bishop, our website guru.

I monitor the HSM website to ensure content is current. However, we are very light on content for the website as meetings are only held virtually at present, and events have been cancelled for the past two years.

Karen S.
Communication Chair

Constitution

The Constitution Committee of Shelley W. and Debra B. have begun reviewing the HSM Constitution to ensure it is in compliance with the current methods of conducting business by electronic and virtual means or by mail. With the onset of COVID-19 the world had to dramatically change the way business was conducted and unfortunately our constitution was very outdated. This review will be completed shortly and be ready for all members to vote on at our Annual General Meeting in October 2022.

Submitted by Debra Barrett
President

Membership

Membership has undergone change with the Membership Chair Catherine L.'s resignation. Luckily, she will be remaining a member. If you would like to help out with membership please let Debra or Shelley know. Our emails are **debraherbsociety@gmail.com** or **sdwalker@shaw.ca**.

On a happier note, with people being closed in we are opening our Zoom presentations to non-members. We may as well share a little sunshine in as many lives as possible. Please provide the names and emails of the people you would like to join us for the coming speaker presentations. They will be registered as meeting guests. Share your guest's name with Karen at **kridsmith@hotmail.com**.

Submitted by Debra Barrett
President

Programming

Please see the Speaker of the Month section of this newsletter for a summary of the presentations by the November and January Speakers

Cindy L.
Programming Chair

Treasurer's Report

Here are the December 2021 Monthly Revenue and Expenses amounts:

December

Revenue $ 0 .94
Expenses $104.95

Gwyn Salisbury
Treasurer

Speaker of the Month Information

November 2021 and January 2022 Monthly Meetings Summaries

by Cindy Louër, Programming Chair

Our monthly meetings have been somewhat well attended. We average about 18 to 20 people at our virtual meetings. Hopefully, we will be able to return to in-person meetings one day.

1) November's Presentation: Vintner Gardens in England presented by Mick Manfield

Mick Manfield gave us a virtual tour of the Vintner Gardens in England. These gardens are in the southern tip of England where they enjoy very moderate temperatures year-round which is perfect for plants from a wide variety of climates. The gardens are divided into the various environmental zones like alpine, tropical, subtropical, desert, riparian, aquatic, etc..

Mick's photos of the gardens inspired us all to work on our gardens and encouraged everyone to save up and make the trip to visit these amazing gardens. The gardens also feature a restaurant where you can stop for a meal or just a snack. The fruits and vegetables featured in the food offered at the restaurant are harvested from the gardens on site. Very cool!

You can even make a full vacation stay there as they do offer rooms for rent or even camp sites for the more rustic travellers. I think you would need to stay a few days to be able to see the whole gardens. You can purchase multi-day tickets so you can make the most of your stay in Vintner.

Thanks Mick, for taking us on a tour of these wonderful gardens!

2) January's Presentation: Update on the Assiniboine Park gardens and the new "Leaf" presented by Gerald Dieleman

We welcomed Gerald Dieleman from the Assiniboine Park Conservancy to give us some updates on the new gardens and the Leaf which replaced the Conservatory at our City's largest park. The gardens have been updated to feature something for everyone.
The culinary gardens feature the vegetables and herbs that we all grew up with and also those that are new to many of us. These herbs and vegetables are used in the meals offered at the Park restaurants.

They now have a new and improved orchard that features native Manitoba trees and shrubs. There are even fruit trees which many of us remember growing in our own yards as children or when our children were young.

The sensory garden is where the Park's horticulturalists have designed and planted shrubs and plants for one or more of the senses. They attract visitors with wonderful fragrances, vibrant colours and interesting textures inviting people not only to smell and see the leaves and flowers, but to touch them too. This makes the gardens an interactive experience for young and old alike.

Adjacent to the sensory gardens, there are the performance gardens that provide an area for visitors too, not only enjoy the sights and scents of the garden but also to take in live

performances such as listening to a small orchestra, enjoying voices raised in song or watching a dance performance.

New to the gardens is the marsh area with native aquatic plants where you might spy waterfowl amongst the plants. This garden leads into the Indigenous garden where one can experience a ceremony or simply enjoy the calm of the murals mixed with the gardens.

The Leaf, itself, is still under construction but will provide indoor tropical, subtropical and Mediterranean gardens including a waterfall! The Leaf will include a tropical butterfly garden on the upper levels where visitors can walk amongst these lovely creatures. The classrooms will allow the Park to feature workshops to be held in this new building. If you get hungry, don't worry, a restaurant is planned to be included for guests to enjoy a snack while continuing to enjoy the indoor gardens.

The outdoor gardens are ready for visitors to enjoy spring through early fall. The Leaf will hopefully be ready later this year. I know I will be visiting it! Thanks Gerald, for your great presentation and updates on the beautiful new gardens!

A Sneak Peek for Next Month - Monday, February 28:

Cindy L. advises that, "Our Speaker for our February meeting will be **Yan Cong** who will be speaking on how she attracted Monarch butterflies to her yard."

"She and her family became interested in helping to increase their numbers when they heard about how much their population had decreased over the past few years. She even got her kids involved in the project by helping with their garden. I think it is a very inspiring story and her presentation will be interesting to our members." Thanks Cindy!

Herbs of the Month

Here are the **Herbs of the Month** for 2021/2022! The theme for this fiscal year is **Wild Herbs Foraged in Manitoba**

September 2021	**Yarrow**	**October 2021**	**Pineapple Weed**
November 2021	**Kinnikinnick**	**January 2022**	**Wild Sarsaparilla**
February 2022	**Wild Sage**	**March 2022**	**Licorice Mint**
April 2022	**Broadleaf Plantain**	**May 2022**	**Senega Snakeroot**
June 2022	**Fireweed**	**July 2022**	**Bergamot**

Herb of the Month for February - Prairie Sage/ Wild Sage

by Karen Smith, Communication Chair



Prairie Sage (*Artemisia Ludoviciana*) can be found throughout the Tallgrass Prairie Regions of North America. It can grow to 40 inches in height and prefers disturbed areas along roads and railways, and dry areas on rocky, sandy or gravelly loams. Sage thrives in moderate to dry soils and does best with a little bit of shade, though it does tolerate full sunlight. It blooms from August through September. Ironically, the sage we use today is not derived from this species or even this plant family. Our modern culinary herb is a member of the Mint Family.

Sage, along with sweetgrass, red cedar and tobacco is one of the four plants considered sacred by First Nations and Metis Peoples. Today, Sage is used broadly for many purposes by these nations. Sacred plants all have one thing in common, they are versatile in their use. Prairie Sage can be used as medicine, spread over the floor of a sweat lodge, wrapped around sacred implements, and to purify people and dwellings.

Sage smoke was often used by First Nations people in a ritualistic cleanse. Mixed with smouldering sweet grass, it was washed over the body. Over the head, eyes, mouth, throat and heart, the smoke symbolized clearing away the obstructions to enlightenment.

Other traditional uses of Prairie Sage:

- The Dakota Sioux liked using Sage to begin most of their ceremonies as they believed it drove away evil spirits.
- Some tribes believed that by bathing in Prairie Sage water, you could restore yourself to a normal status after breaking a taboo or touching a sacred object.
- Other Central Plains cultures used it as a bed for storing their pipes.
- Early settlers used it by burning it before the body of a deceased person was carried into the church for the funeral.
- It served as an incense in the days before embalming.
- An infusion of Prairie Sage was taken by Arikara women to stop profuse menstruation and relieve the associated pains.
- Other tribes used an infusion to help ease stomach pains and a tea made from this species was used by many other tribes to treat tonsillitis and sore throat.
- Another use of burning Prairie Sage was to drive off mosquitoes and other pesky flying insects
- A wash of the leaves was applied to itching, rashes, swellings, boils, sores, etc. The wash was also applied to eczema and as an underarm deodorant.
- A poultice of the leaves was applied to spider bites, blisters and burst boils.
- A snuff of the crushed leaves has been used to treat headaches, sinuses and nosebleeds

Sources: *"The Standing People: Field Guide of Medicinal Plants for the Prairie Provinces" by Kahlee Keane and Dave Howarth;*
and https://ionxchange.com/artemisia-ludoviciana-prairie-sage/

Bev Lloyd Library News

Submitted by Agnes Leung, Bev Lloyd Library Librarian

It is hard to visualize spring among all this snow around us. I am sure most of you are like me, can't wait to play in the dirt again. This is the time for planning what to put into the garden when spring arrives. Our wild flower seed orders have started arriving, and seed starting trays readied. Our plan for this season is to plant one more tree in the front yard and expand the flower beds in both front and back yards to accommodate plenty of pollinator friendly plants. This is in part to celebrate the " Year of the Garden" plus give my recently retired husband something to do.







Last summer I bought a very nice Coleus plant, and at the end of the summer, I didn't have the heart to throw it out.



So I researched how to over-winter it. Found out it's best to do it from cuttings. So I took my scissors and did a bunch of them. First I soaked them in water to root, then when there were enough roots, planted them in soil. I got some vermiculite and mixed it in with the indoor potting soil for better drainage. The baby Coleus plants are sitting on a table in front of north east facing windows and seem to like the light exposure. This has been since

November 2021 and they are thriving nicely. I have only just fertilized them in mid-January. I have attached some pictures to show you all (*see above*). There are plenty of them and I will share if you are interested.

A reminder: our library has plenty of books to help with planning and planting. Send me an email at **library@herbsocietymb.com** and we'll figure out how you can take some out.

Kitchen Corner: Sharing our favourite recipes with herbs



by Sandra Holmberg

It's Soup Month in Kitchen Corner! What could be more comforting on a cold winter's day than enjoying a warm bowl of delicious soup! And boy, do we have some appetizing new soups for you to try including a Spicy Red Lentil and Havarti Soup sent in by Sandra C. and a Stuffed Pepper Soup provided by Christine W. with a vegan/vegetarian option. To round out our soup offerings, I'm including an easy Homemade Vegetable Stock recipe that can be used to make your own soup creations!

1) Spicy Red Lentil and Havarti Soup

Submitted by Sandra C. **Yield: *6 servings***

Sandra C. says, "Here is a simple, fast, delicious soup that will warm you up when the temperature is chilly."

Ingredients:

1 1/2 Tbsp butter
2 tsp curry powder
1 onion chopped
2 cups diced carrots
1 cup celery
1 cup diced peeled potatoes
3/4 cup dried red or orange lentils, rinsed
1 cup chicken broth
3 cups milk
5 oz Jalapeño-flavoured Havarti cheese, cubed or shredded
2 Tbsp chopped fresh cilantro

Preparation:

In a large pot, melt butter over medium-high heat. Sauté curry powder, onions, carrots, celery and potatoes, until onions are softened. Add the rinsed lentils, chicken broth and milk. Bring to a boil, stirring occasionally. Reduce heat to low and simmer, covered, until lentils are soft, 30 to 40 minutes.

Purée soup in a blender until smooth (fill blender only half way up at a time). Taste and adjust seasoning. Serve garnished with the cubed or shredded Havarti cheese and cilantro.

2) Stuffed Pepper Soup

Submitted by Christine W. **Yield*: 4 to 6 servings***

Christine W. encourages us to give this a try and to "enjoy this hearty stew-like soup!" Since the sweet red peppers are the main attraction here, Christine advises not to chop them too small so that they won't get lost in the finished soup and their taste diminished!

Ingredients:

1 medium-large onion, chopped
3 to 4 cloves garlic, minced or chopped
2 cups chopped sweet red and green bell peppers, in about 1 to 2 inch medium chunks (if using only one color, use all red)
2 Tbsp vegetable or olive oil
1 package Yves veggie ground round (340g)
(most grocers like Safeway or Superstore sell this or use any vegetarian ground beef/ protein substitute **or**
1/2 pound ground beef (browned first, drain all fat, and set aside)
2 cups crushed or diced canned tomatoes
1/2 to 1 small can of tomato paste
1/4 cup uncooked brown or wild rice
3 to 4 cups water
1/4 cup chopped fresh parsley and/or cilantro, plus more for garnish
1 heaping Tbsp honey or sugar (adjust amount according to your taste)
1/2 to 1 tsp salt (start with 1/2 tsp and adjust amount to taste)

1 tsp each of dried Italian seasoning mix and a no-salt herb seasoning (like Dash salt-free garlic/herb or Spike regular or salt free)
1/4 tsp ground black pepper (add more to taste, up to 1/2 tsp)
A pinch of cayenne pepper (optional) This pepper has lots of heat so be careful if using

Preparation:

In a large pot, sauté the chopped onion and garlic in olive or vegetable oil until softened. Add the chopped red pepper and just enough water to cover the peppers. Cook 5 minutes (do not brown). Stir in the veggie ground round **or** the browned ground beef, if using, into the onion/red pepper mixture and cook an additional 5 minutes. Next, stir in the uncooked rice.

Add the canned tomatoes and tomato paste, the remaining water, parsley, honey (or sugar), salt and pepper to the pot. Stir in, cover and simmer 45 minutes or until rice is cooked. Check consistency of the soup/stew and add more water if necessary. Taste if additional seasonings or herbs are to be added. If desired, add extra parsley and/or cilantro at the end to garnish.

3) Easy Homemade Vegetable Stock

Submitted by Sandra H. **Yield: 2 quarts**
Source: Alexandra Stafford of "Alexandra Cooks"

I think this stock is handy to have on hand. Alexandra Stafford tells us to "use the recipe as a guide" and that if we don't have leeks, we could use all onions and if no fresh thyme then omit it (or I would use about a 1/3 tsp of dried thyme leaves).

Ingredients:

1 large yellow onion, quartered through the root
2 large carrots, roughly chopped
1 stalk celery, roughly chopped
1 large leek, washed and roughly chopped (a leek is preferred but can substitute an onion)
3 cloves garlic, peeled and crushed with the back of your knife
4 sprigs fresh parsley
4 sprigs fresh thyme

1 bay leaf
1 tsp coarse salt
1 tsp black peppercorns
3 quarts water

Preparation:

Combine everything in a pot. Bring to a boil, lower the heat, and simmer for 45 minutes.

Let stock cool and strain into clean containers.

Store stock in the refrigerator for 1 to 2 weeks or in the freezer for up to 6 months.

If you have a springtime or anytime recipe using herbs you'd like to share with Members, please submit them to the Editor at **newsletter@herbsocietymb.com** *Thank you!*

Meet Your Members

by Sandra Holmberg, Editor (Ed.)

Welcome to another edition of *Meet Your Members!* I'm excited to introduce someone who actually needs no introduction, Anne Jackson! Anne is one of our founding members and is still an active member. She has graciously allowed me to interview her for these pages.

Interview time:

Hi Anne! Thank you for agreeing to be interviewed for this month's Meet Your Members. Let's begin…

1. *Ed: As one of the founding members of the Herb Society of Manitoba, could you tell me about how it came to be?*

Anne: **Well, it was just an interest. I was having lunch in 1995 with Faye Hellner, who was head of the Partners Program at the U of M at that time, talking about interest groups in Winnipeg and I mentioned I'd like to see a Herb Society in Winnipeg as there were Herb Societies elsewhere. Later, Faye invited Leslie Bremness, who had**

written a book on herbs, to give a talk at U of M in the spring of 1996 and I mentioned to her about having a herb interest group. Leslie said she was going to give a talk at Assiniboine Park at the invitation of Wendy Mackie and suggested I attend and bring some paper. After her talk, she asked if anyone was interested in starting a herb group and she circulated my paper for people to sign up. It wasn't one grand plan, it just happened. With that beginning of interested gardeners, we set up a meeting and some people who were curious came out. We were all interested in gardening and the focus we had about herbs then started to become a reality.

Wendy Mackie, who was in charge of the gardens at Assiniboine Park, was just wonderful! She was so enthusiastic and receptive. She had such a genuine interest in the Park and was so accessible. That's what you need - an open door in a public garden. Wendy encouraged people with an interest in gardens which they shared with the community.

Ed: Amazing beginnings! I know you have written a comprehensive history about the beginnings of HSM that you wrote back in 2006 for HSM's10th Anniversary. It was also published, in two parts, in the 2016 Prairie Sage newsletters for our 20th Anniversary. With your permission, I'd like to reprint that entire article in this issue of the HSM News since we have reached another milestone, our 25th Anniversary. Would that be alright?

Anne: **Yes, that's fine.**

Ed: Thank you! Now looking back over the past 25 years of the Herb Society of Manitoba's life, what are some of your favourite memories?

Anne: **Well, in the beginning, we were lucky to have the person who designed the English Gardens, Natasa Juck, and she was the one who designed the Herb Garden for us. While we were interested gardeners, we didn't know what a garden that would be of interest to Winnipeggers should look like. So Natasa designed the garden and also directed the planting with that in mind, and we had wonderful volunteers too. I didn't know how many members of the Herb Society would come out to help but there were many who were willing to volunteer. I think the reason for HSM's success is that the people - its members - are genuinely interested and have also learned of different herbs and then plant new herbs and plants in their own gardens and like to share their experiences.**

Ed: That's what you need, people who are champions, in this case of gardening and herbs, to bring about something like this for the community.

Anne: **Well you do. The City can't afford every wish. There's a variety of interests and demands for funds. Let's face it, it was a learning experience for us too. We did some research on what plants were in the garden and with Wendy Mackie's enthusiasm for what we wanted to do, and later on for our herb plant sales, she gave us a spot in the greenhouses to plant seeds for some herbs inside there so that we didn't have the expense of buying already grown plants for everything we wanted.**

3. Ed: You still are an active member, I've seen you in person at the meetings over the years and also now at our online meetings. What are your thoughts on still being a member and on gardening twenty-five years later?

Anne: **Once you join the Herb Society, you are like a little seed and you find your interest keeps growing and you just become a part of it! That's what gardening is all about too. It's just not gardening, but actual gardens such as Assiniboine Park and all the City parks and green spaces as well as private gardens that reflect on the City. Gardens give back something back to its citizens and to visit them is to enjoy.**

When I was a kid, not everyone had a car and it was a big deal to go out by street car to the Park, to walk across the bridge and go through the Park itself and the Pavilion, which is a showpiece. it was like being on vacation! I'm still impressed with the Park! They keep on enhancing it.

4. Ed: It is a beautiful space! Now this is a question I ask of everyone…what are your three favourite herbs?

Anne: **Let me think. I'll say Basil, Mint and also say Garlic. I don't know if you consider garlic as a herb but these three are all delicious and are easy to grow! Plus the thing about cooking using herbs is that there's no fence around your creativity so you can experiment. I try new herbs in cooking that I may not have used before because how else do you learn a different taste?**

5. Ed: *I like your thought process there! Now I'd like to ask you who was the person who influenced you in gardening?*

Anne: **My mother! I can't remember her not gardening from the time I was 2 years old!**

Ed: *You've been a life-long gardener then!*

Anne: **The point is, I didn't know anything else. I've never met a gardener I didn't like. With a person who is a fellow gardener, it doesn't make a difference where a person comes from in the world, you'll have a common interest.**

6. Ed: Truer words, Anne. That sort of dovetails into my next question. Do you have a memorable garden you've visited outside of Winnipeg or Manitoba?

Anne: **Well, some in Toronto and also Kelowna but you know, I hate to select one because any garden created in a different place has usually come about by a nucleus of interested gardeners and it's grown from there. Gardens aren't always started or maintained by the local governments, but a lot of times they are started by interested community members who love gardening. It's one thing that enhances small towns, as the gardens that they plant do frame and beautify their town.**

7. Ed: In addition to your love of gardening, do you have another hobby or passion that you've enjoyed doing?

Anne: **You know, I learned how to use a pottery wheel with clay. I have a couple of things I made and can hardly believe that I made them! They are so beautifully balanced and fired. In learning about pottery making, we had to learn about different minerals to use when firing the clay. I took a course at University of Manitoba night school and had such wonderful teachers who encouraged us. It was wonderful to learn the different techniques.**

Ed: With that, you were able to create objects that give you joy!

Anne: **Yes, and it really depends on the teachers, how they encourage you and teach you a new skill. Good teachers make such a big difference.**

8. Ed: They sure do. My next question is, given your background, if you could arrange your favourite type of bouquet, what would be the style or type of flowers used?

Anne: **It depends on what style you're interested in. For me, I find the Japanese technique very appealing. It's called Ikebana. It's a classic style of Japanese flower arranging with three principles of earth, man and sky (or heaven).**

Ed: That sounds intriguing!

Anne: **That's just the concept of it and there's so much more to learn about Ikebana. There's no end to it! Arrangements are so balanced so that all you need is a branch, a couple of leaves and a flower, but you need to look at and study pictures of Japanese gardens and flower arrangements to begin to understand the concept.**

9. *Ed: Now during this pandemic, we've all watched a lot more tv to keep entertained. Do you have any new tv shows or radio programs you've discovered over the past two years?*

Anne: **I always have had, and still do have, CBC radio on all of the time and as far as tv shows, well, I don't think there's something that I'd want to stay home to watch at the moment. But I do like shows such as those on PBS and other channels that show us other parts of the world. Those are fascinating.** *(Ed: any Masterpiece Theatre shows?)* **Yes, classic shows on Masterpiece Theatre and other very entertaining and creative tv programs are available to see…..but I don't know about you, it's almost an accident when I happen to trip on them!**

10. *Ed: Ha, ha, that's true! Well, we're at the end of our interview which means it's time for the Pop Quiz! Please choose one answer for each of the following:*

- *Are you on Team Apple Pie or Team Rhubarb Crumble?*

  Anne: **Team Rhubarb Crumble, I guess because my mother used rhubarb and also strawberries together, I'm still reminded what a fantastic taste it was!**

- *Star Gazing or Corn Mazing?*

  Anne: **Star Gazing!**

- *Sunroom or Greenhouse?*

  Anne: **Sunroom! I think a Sunroom because it could also be used as a Greenhouse since you could start your plants in it.** *(Ed: Very clever!)*

- *Spring Planting or Fall Harvesting (as a favourite time of year)?*

  Anne: **I'd like to say Spring Planting, the start of growing season. It's just amazing after everything is frozen solid over winter, to start seeing small shoots emerging on tree branches in early spring!**

And we're done! That concludes our interview! Thank you so much, Anne, for participating in this today. I really appreciate it. - Ed.

(Anne replied: **Oh well, that was painless.** *Oh Anne, you make me laugh! Thank you for your good humour too! - Ed.)*

The Beginning of the Herb Society of Manitoba

The article below on HSM's beginnings ***was written in March of 2006,*** *and is reprinted here with the kind permission of its author, Anne Jackson.*

HSM is now 25 years old and still going strong, despite challenges such as the ongoing COVID-19 pandemic, thanks to both its founding members and current members who ensure that common interests in gardening and herbs stay true to its Mission Statement.

For those of us who haven't been members for perhaps 15, 20 or now 25 years of HSM's existence, it's fascinating to learn about our origins and reflect on how far we've come but also to recognize how close we've stayed to the values of its founding members and its beginnings. What hasn't changed though, is the ongoing enjoyment of shared fellowship, knowledge and experience that members still feel today as was so evident back then.

My thanks to Agnes Leung, our HSM Librarian, for searching through the 2016 newsletter archives in our Bev Lloyd Library to find these articles I was looking for. - Ed.

The Beginning of the Herb Society of Manitoba

by Anne Jackson

During a lunch shared with Faye Hellner in 1995, at which time she was head of the 'Partners Program' at the University of Manitoba, Faculty of Architecture, while discussing the diversity of interest groups in Winnipeg, I mentioned that I would love to see an Herb Society in Winnipeg. I knew there was an Herb Society of America and interest groups in England and Europe. She mentioned that Leslie Bremness, a graduate of the University of Manitoba, had written a book on herbs and that she kept in touch with her. Every year the University invites a successful graduate to give a presentation to the Alumni Association. Faye was in the process of trying to line up a speaker and thought Leslie would be a good prospect.

Faye invited, and Leslie accepted, arriving in the spring of 1996 to give a talk to U of M alumni. I was invited to the presentation, and met Leslie. I mentioned to her how much I would like to have an herb interest group in Winnipeg, but that I had no idea how to go about it. Leslie said she was going to give a little talk at the Assiniboine Park Conservatory at the invitation of Wendy Mackie (a fellow U of M alumni). She suggested I attend, and bring some paper. After her talk she asked if anyone was interested in starting an herb group. She circulated my paper, asking interest people to sign their names and include their phone number. Bev Lloyd, David Hanson, Angel Calnek, Sandra Ross, Elaine Tresoor, Bev Goytan and her brother Greg, and I all signed our names on the list. She gave me the sheet back and said, "Good luck!".

Over the next few days I phoned the names on the list and asked if they would like to come to the Rosery Florist shop after work and see what we could do about getting an herb interest group started. Over the following weeks we met at the Rosery, the Common Ground restaurant on Osborne Street, various other coffee shops and tea rooms, and Angel's place. Bev Lloyd, with his years of experience being on committees and organizations, guided us as to what would be needed. Ted Sobkowich suggested we hone the bones of our society using The Friends of the Conservatory's constitution as a guideline. Diana Scarth, a member of The Friends and a lawyer, refined our constitution.

Our mission statement:

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

This (*our mission statement*) was borrowed, in part, from the Herb Society of America's mission statement. The University's Partners Program had access to graphic artists. We were fortunate to have them develop a logo for us, and so we had our first envelopes and letterhead. We formed aSteering Committee. Angel Calnek and I acted as Co-Chairpersons. Angel was our Secretary and Irvine Jackson agreed to be Treasurer. Membership Chair, David Hanson, did our Newsletter. We had a constitution, but we needed a place to meet. We had no money, but lots of optimism. We thought people would come, if they knew what we were trying to do. We thought membership cost of $15.00 for individuals and $20.00 for families would affordable and cover the cost of our newsletter. I phoned Wendy Mackie at the Conservatory, explained our dilemma (and) asked if we could meet at the conservatory. She said, 'Sure we could meet there!'. Diana Scarth gave me a list of news/media phone numbers. I contacted everyone on the list, faxing and phong them all, stating our meeting time and date and location.

We had our first meeting on September 6, 1996. Thirty people came: we were delighted. Dr. Colin Briggs from the University of Manitoba was our first speaker. His topic: Medicinal and Toxic Herbs. He donated a recently published book on the same subject. Because we had no funds to speak of the first three years, all the speakers were presented with a hand-tied bouquet of flowers wrapped in cellophane, on behalf of the Herb Society (compliments of the Rosery). I brought the 35-cup coffeemaker from the shop, electric kettle, teapot and digestive cookies, which was our hospitality fare for the first three years.

Early in 1997, Wendy Mackie phoned to say WTN (Women's Television Network), with Ken Beattie and Arvel Grey, were looking for a herb garden location at Assiniboine Park as part of their Herbal Primer TV series. "Would the Herb Society be interested in maintaining it?"

Of course, I said "yes." At the time I thought if no one else was interested, I might be able to take care of it myself. Sharing the news with the membership at the next meeting was delightful. They were very enthusiastic, especially when a new member (we were all new members), Natasa Juck, a landscape architect, offered to design our garden (for gratis). This she did beautifully, and she supervised the installation of the garden.



Foxglove

The basic readiness was done by professionals, but installing the pavers and moving the quarter-down was done by our members using wheelbarrows borrowed from the Conservatory. Then we planted herbs in between filmings of the TV program, with Ken Beattie and Arvel Gray explaining the uses of the different herbs we had planted. It was fun because we didn't think of it as being the really hard big job that it was, due to the light-hearted guidance of Natasa, and her tireless good humour. The result gave us such a feeling of pride. To think we had a Herb Garden to share in such a very short span of time.

The excavating and addition of new soil for the garden, the new pavers, the quarter-down and all the herb plants were donated – through the diligence of a young lady by the name of Elizabeth that worked for WTN. The names of the donors are all listed on a plaque installed on a commemorative boulder facing the Conservatory.



Catmint

That spring we also had a herb plant sale inside the Conservatory for our members after a meeting. That was when David Hanson was a fledgling ambitious herb grower starting plants in his mom's basement. We also started our Outreach Program in our first year, giving a gift of herbs to three self-help groups that would benefit from a gift of at least

three dozen herb plants. Criteria included groups who would do their own research on which herbs would be the most useful for their needs, and they would prepare their soil, plant, maintain and harvest their crop. If any advice was needed, we would try and help. We purchased herb plants the first few years. Now we start most of our own herb plants in the Conservatory greenhouse, and purchase only the herbs we need that we cannot fill from our seedlings, existing plants in our Herb Garden, or from our members' gardens. We arrange to deliver the herb plants to the recipients once it's safe to plant them outdoors.

The first year we initiated, for our members, a "Herbally Enhanced Dinner" at the Fork and Fondue restaurant. This proved a nice way for our members to get to know each other better. We also hosted an early even-ing Garden Bus Tour (bag lunch included in the price). A Beaver bus left the front of the Conservatory at 5:15 pm returning at 9:30 after touring three beautiful gardens. The first year we headed north, going as far as Captain Kennedy House.

We presented each homeowner with a note of thanks and a hand-tied bouquet from Herb Society (donated by the Rosery).

We have been most fortunate to have so many wonderful members who have shared their talent, energies and skills: strangers that have become friends. After our first three years we had 160 members. The generosity of so many people is never ending, gratifying and energizing. We have had unique speakers who have shared their knowledge and enthusiasm. And the staff at the Assiniboine Park Conservatory has been wonderful to us from the beginning in their cooperation and help.


Lady's Mantle

We were very fortunate having Bev Lloyd as part of our start-up group, sharing his knowledge and experience was wonderful. His connections with organizations: nutraceuticals, pharmaceuticals and government sources provided the direction we needed to apply successfully for grants, combined with Sandra Ross' tenacity. His

presence is missed. It is good to have the Society's 'Bev Lloyd Library', including his donated books, which bear his name in remembrance.

Sandra Ross was President of our Society from 1999-2002: introduced HerbFest to our event schedule which gave it a new twist. She also suggested having benches installed in memory of loved ones for our Herb Garden - when Kim Chipman was installing benches in memory throughout Assiniboine Park. Sandra also suggested and produced our first Herb Society's Cook Book.


Saffron

We were also fortunate to have had Flyin' Brian ie. Bob Fisher-Smith and Brian Fisher-Smith do most of our signage for the HerbFests in exchange for a Herb Society membership and flowers from The Rosery.

The two arbors installed to celebrate the Millennium (2000) have given our Herb Garden a very visible presence in the Park especially with Natasa's expertise in the installation giving the structures a 'just right' look.

Ellen Hanson suggested a members' herb-focused potluck dinner, which changed into an ethnic dinner – the menus focussing on the food of different countries with emphasis on herbs used. It has proven to be delicious and a very pleasant way for members to get to know each other better. Ellen also took on the producing of our second Herb Society cookbook. The cover of our second cook book was created by Evelyn Yauk: Ellen is also doing a splendid job of maintaining our library.

We have been very fortunate in having many angels appear at the right time to make things run smoothly; including Audrey Hosegood who behind the scenes, was instrumental in downsizing our website so it is manageable in-house.

Some other members that have helped make things work smoothly over the years include: Jean Lenderbeck, Josie Wozny, Carol Hibbert, Pat Cooper, Olga Runnalls, Irv

Jackson, John Turner, Kaz Sawicz, Sylvia Chaddock, June Harris, Judy Carnegie, Bob Kitlar, Pat Young, Pam Begg, Shirley Hull and Irene Hyland, just to mention a few. All our members help when they can. All the many volunteer members who have given their time and energies to maintain our herb garden has been most gratifying.

Grace Hicks, with her energetic efforts and hard work, has made our Evening in Paradise fundraising events a success. This lovely addition to our special events and programming calendar started in 2002.

We appreciated having Bill Runnalls serve two terms as our President from 2002 - 2005 and helping whenever and wherever he could. We wish our new President Dawn Kitching (and her right hand man Bud) success with her enthusiasm and new ideas. It is good having new members, adding new approaches which will add new dimensions to our special Society.

Wendy Mackie was a wonderful liaison person for us over the last ten years. With her open approach to possibilities, working with her has been a pleasure. We now have Ken Beattie in charge at the Conservatory full of enthusiasm and fresh ideas. We look forward to the future with optimism. Ken suggested a French drain to eliminate our ongoing drainage problem at our Herb Garden, and voila, it's installed! We are looking forward to its success. We notice that life always seems to work in circles. Ken Beattie is in charge at the Conservatory, ten years after he was involved with the beginning of our Herb Garden. Another opportunity for a new dimension!

I have tried to include as many persons as I could recall that where instrumental in adding to our Society. I don't know how come we have been able to attract so many willing people to help and be involved in our Herb Society, and make it as special as it is … I just love it.

I don't know what people do for pleasure that don't enjoy gardening.

I wonder - if I will get any suggestions.

Herbally yours
Anne Jackson
March 20, 2006
First Day of Spring

The Last Page ... Word Search!

Springing up on The Last Page is a Gardening word search puzzle...



Stay strong....Spring and the HSM News will eventually return!