Herb Society of Manitoba News

Summer 2026 Newsletter of the Herb Society of Manitoba

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Mark Your Calendars!

The Herb Society of Manitoba meets the third Monday of each month, or the fourth Monday if a holiday falls on the third (except December, July and August) at 7:00 p.m. in the meeting room of the Mennonite University, SOUTH CAMPUS.

Free admission for members.

Non-members pay $5.00 per person.

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.

Editors' Message

Hello,

Hopefully, everyone is having a great summer. 2026 was a busy and special year for the Herb Society of Manitoba.

We celebrated our 30th Anniversary, had a successful HerbFest (despite the weather), and were excited to present a year filled with fantastic speakers.

As your editors, we look forward to next year's speakers, who promise interesting and innovative presentation topics.

We wish you a prosperous garden harvest, a happy healthy summer and we will see you in September. We would like to continue to feature members' gardens in the newsletter. If you take pictures of your garden, a special plant or bloom, or even a cute critter, please send it to us and we will include it in a future newsletter.

Thank you to our Spring presenters and to everyone involved in both HerbFest and the 30th Anniversary celebration.

Ellen and Kathleen
Co Editors - HSM News

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Common Sense Warning
Any information in the ***Herb Society of Manitoba 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 & historical use of herbs.

President's Message

What a way to end our program year!

A big celebration for our 30th year as the Herb Society of Manitoba. There was lots of food, mocktails, door prizes and people, both current and former members. It truly was a "Thyme To Celebrate".

What I like best about our meetings is the Hospitality Table; a staple all these 30 years. It allows us to enjoy new foods (often with herbs) while exchanging ideas and talking about the monthly program.

I want to thank all the members who contributed items for the Hospitality table over the year, the Herbfest Bake Sale and the 30th Anniversary.

I also want to thank the Board members who did all the planning for both our HerbFest and 30th Anniversary.

As we take a break for the summer, I want to leave you with this quote from Omar Khayyam. "Be happy for this moment is your life"

Have a wonderful summer!

Shelley Walker
President, Herb Society of Manitoba

Membership

We currently have a total of 42 members.
26 individual memberships
3 family memberships (1 with 4 people and 2 with 2 people)
1 student membership
7 lifetime members.
We had a good turnout for our 30th anniversary meeting on June 15th: 20 members and 12 guests attended.

Diane Wall
Membership Chair, Herb Society of Manitoba

Herbs Around the World

Olha Ozherelieva

https://www.instagram.com/olya_make_nails/

https://www.facebook.com/people/Olha-Nail-Studio-Winnipeg/100054250191346/



Olha moved to Winnipeg with her husband and son from Mariupol in 2023.
She recently opened her own studio, Olha Nail Studio, at 680 Watt Street. Olha is extremely talented and puts her heart into every design.

1.**What were some of your favourite foods when you were a child in Ukraine?**

My favourite foods when I was a child were cherry varenyky (dumplings with cherries) and pirozhki (stuffed buns).

2. **What herbs are commonly used in Ukrainian cooking?**

I use dill, basil, coriander, garlic, and onions in my kitchen.

3. **When you moved to Winnipeg, was it difficult to adapt your cooking due to the lack of familiar ingredients?**

It wasn't difficult for me to cook my recipes after moving here. Little by little, I was able to find all the ingredients I needed in local stores.

4. **Could home gardeners easily grow the herbs used in your recipes?**

Yes, I would love to grow my own herbs. As a child and throughout my life, I grew lettuce, spinach, dill, parsley, and green onions in our garden.

5. **Are there any special kitchen tools specific to your cooking?**

To make traditional Ukrainian sausage, a special sausage stuffing attachment is needed. Unfortunately, I haven't seen one here.

6. **Do you have a traditional recipe you would be willing to share?**

Ukrainian Dumplings with Cherry

Ingredients

- 300–350 g flour
- 100 ml water
- 1 egg
- A pinch of salt
- 300 g pitted sour cherries
- 2–3 tbsp sugar
- 1 tsp cornstarch

Instructions

1. Make the dough: Mix the water, egg, and salt. Slowly add the flour and knead until the dough is soft and smooth. Cover and let it rest for 15 minutes.

2. Make the filling: Mix the cherries with the sugar and cornstarch. The cornstarch helps keep the juice inside the dumplings.

3. Shape the dumplings: Roll out the dough and cut out circles with a glass. Put 3–4 cherries in the middle of each circle. Fold the dough over and seal the edges well.

4. Cook: Drop the dumplings into boiling salted water. When they float to the top, cook for another 3–4 minutes.

HerbFest 2026

On May 16, 2026, we held another successful HerbFest!

The Plant Sale sold almost all the plants from Sage Gardens. Many thanks to Dawn Hicks and her crew.

The Bake Sale also almost sold out. Many thanks to all the members who donated baked goods and to Kathleen Land and all her helpers who organized the table.

Again there were 3 workshops.
Louis May led us through the fundamentals of creating a culture of celebration for yourself and your garden.
Dennis Rawluk showed us how to make a seed spiral and shared many of his planting tips
Cindy Louer demonstrated how to make a herb spring salad with herbs and shared it with the audience after.

Mark May 22, 2027 in your calendars for HerbFest 2027!

Shelley Walker

Louise May - Aurora Farms





Cindy

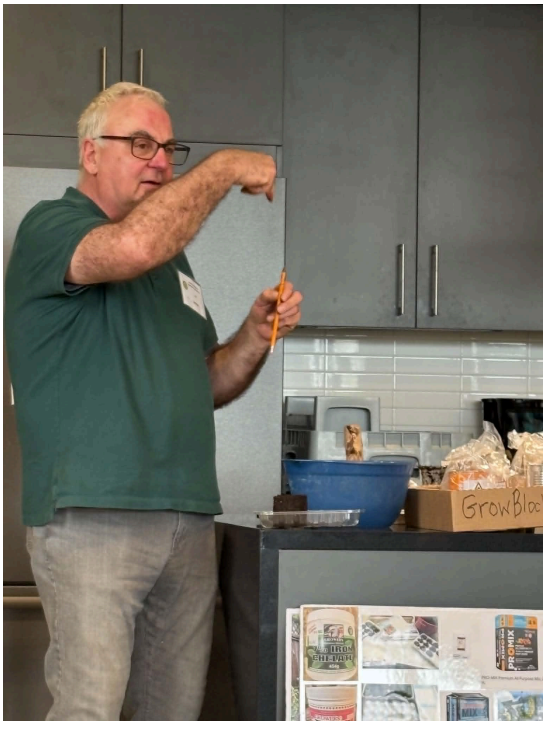


Dennis Rawluk - Snail Seeding










Herb Society of Manitoba
1996
Herb Society of Manitoba
T-Shirts




PORTE-BROUE


Herb Society of Manitoba


B & D SPICE
MIXERS
Hot Pepper Specialists
& Custom Spice Mixes
YOUR LIFE"
biggfish@mts.net
Bobbi & Don)

Herb Society of Manitoba

30th Anniversary

A Thyme For Celebration



To celebrate the 30th anniversary of the Herb Society of Manitoba, Nancy Hall presented A Path of Herbal Harmony - reflections, recipes, remedies and revelries.

Nancy In The Wind is a daily practitioner of the herbal arts. For over forty years, Nancy has relied on the magic and mystery of plants to fuel her life of health and wellbeing. As a young girl, Nancy was trained by her grandpa in the ways of pioneer gardening. She came to herbalism at the age of 18 and never looked back. Always cooking up some super duper herbal thing in her studio of culinary/medicinal arts, Nancy invites you to come and learn and grow at her apothecary and playhouse in Winnipeg, Manitoba, where she stewards with the utmost respect for all life.

Nancy prepared some delicious treats to share with the members; Nettle Pesto, Herbal Goat Cheese and the sumptuous Rose Bliss Mush.

Nancy very kindly shared the recipes with us.

Nettle Pesto

Basketball size orb of fresh nettles
Two softball sized orbs of fresh basil
One golf ball of garlic
One bocci ball of walnuts
Blend in olive oil to liquify
One pickleball of nutritional yeast
One marble of salt to taste

Blend a lot and add oil as required

Herbal Goat Cheese

300 g goat cheese
¼ cup salted butter
2-5 garlic cloves, minced
Dried garden herbs (oregano, basil and thyme)

Heat butter and garlic in a pan until butter melts and garlic fries a bit.
Pour over cheese and combine with dried herbs.
Serve with balsamic reduction.

Rose Bliss Mush

300 g. goat cheese
¼ cup salted butter
2 big glops (teaspoons) of rose jelly *
Rose petals
Splash of rosewater

Combine goat cheese and butter (melted) until smooth.
Stir in jelly and rosewater
Top with petals
Pray for bees

* Kathleen found rose jam at Alsham Food Market, 1574 St. Mary's Rd.

Five Presidents



Dawn Kitching, Dave Makarenko, Shelley Walker, Agnes Leung, Dawn Hicks

Thanks to Dawn Hicks, we had a wonderful selection of prizes from the businesses listed below.

DeLuca's Specialty Foods
Good Earth Restaurant
Jensen's Nursery & Garden Centre
Lacoste Garden Centre
Nicolino's Restaurant
Ron Paul Garden Centre
Dennis Rawluk (local gardener)
St. Leon Gardens
St. Mary's Nursery & Garden Centre
Sage Gardens
Tall Grass Bakery

Congratulations to all of the lucky winners.



Two happy winners, Agnes and Dawn

And, finally, it wouldn't be a Herb Society gathering without food. Here are a few pictures of some of the wonderful food.









April Speaker: Dawn Kitching

Topic: Seed starting, seed saving and other planting questions.



May Speaker: Dawn Hicks

Topic: Planting a Herb Tower









Upcoming Events

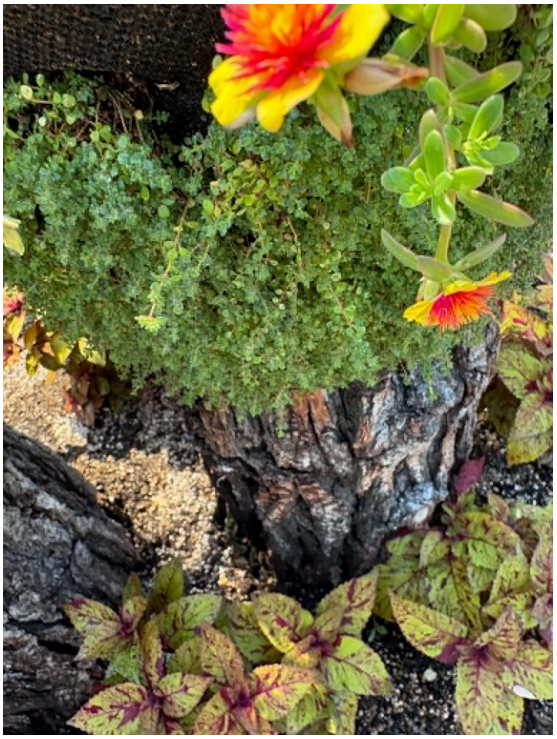
For those folks looking for something special around town. Stop at The Leaf and take in the new exhibit - Prairie Picnic, which features many herbs displayed in a unique way.

Check out the preview below.









Herb Garden

Our own herb garden is looking lovely, thanks to the diligence of the crew who tends to it every week.

If you are at Assiniboine Park this summer, drop by and check out the garden at the intersection of Diversity Drive and The Leaf Way. The volunteers are out Tuesday mornings and can answer any questions you have.

















Thanks to volunteers

Shelley, Diane, Dawn,

Don, Lorraine, Kathryn, Mary Kate, Jane, and Barbara

General Meeting Dates for 2026 -27

Monday, September 21, 2026
Speaker: Wendy Pearce
Topic: Wild Herb Foraging

Monday, October 19, 2026
Speaker: Ash Cooper
Topic: Aromatherapy

Monday, November 16, 2026 **ANNUAL GENERAL MEETING**

Monday, January 18, 2027
Speaker: Rachel Wu
Topic: TBA

Monday, February 22, 2027
Speaker: Shea Doherty - Our Farm Greenhouses
Topic: TBA

Monday, March 15
Speaker: Grant Danyluk - Bistro Dansk Chef
Topic: TBA

Monday,TBA
Topic: TBA

Monday, May , 2027
Speaker: TBA
Topic: TBA

Monday, June , 2027
Speaker: TBA
Topic: TBA

BENEFITS FOR MEMBERS 2026

Membership card must be presented before purchase

1. Shelmerdine Garden Centre, 7800 Roblin Blvd.-10% on regular priced merchandise (not valid on gift cards)

2. Sage Garden Greenhouses, 3410 St. Mary's Rd. - 10% on plants and seeds only. In store only.

3. St. Mary's Nursery & Garden Centre, 2901 St. Mary's Rd.- 10% on all merchandise

4. Kackenhoff Nurseries, 1317 Hwy. 75 St. Norbert- 15% off all plants, annuals, perennials and herbs under 7 gallons and store items. (Does not apply to soil, landscape items or gift cards)

5. Schriemers's Home and Garden Showplace, 1505 Molson St.- 10% off plants and giftware

6. Jensen's Nursery and Garden Centre, 2550 McGillivray Blvd.- 10%

7. Jardins St- Leon Gardens, 419 St. Mary's Rd. - 10% off transplantable plants (bedding plants, individuals, annuals, perennials, shrubs, etc. until July first, unless other promotions apply to the specific item.)

8. Ron Paul Greenhouses & Garden Centre, 2641 St. Mary's Rd.- 10% on all plants and shrubs, and soil

9. Red Valley Plant Market & Landscaping, 3091 St. Mary's Rd.- for every $10.00 you spend, you receive a Red Valley Buck to use on your next purchase

10. T & T Seeds, 7724 Roblin Blvd. – Spend $50.00 and receive 10% off your purchase