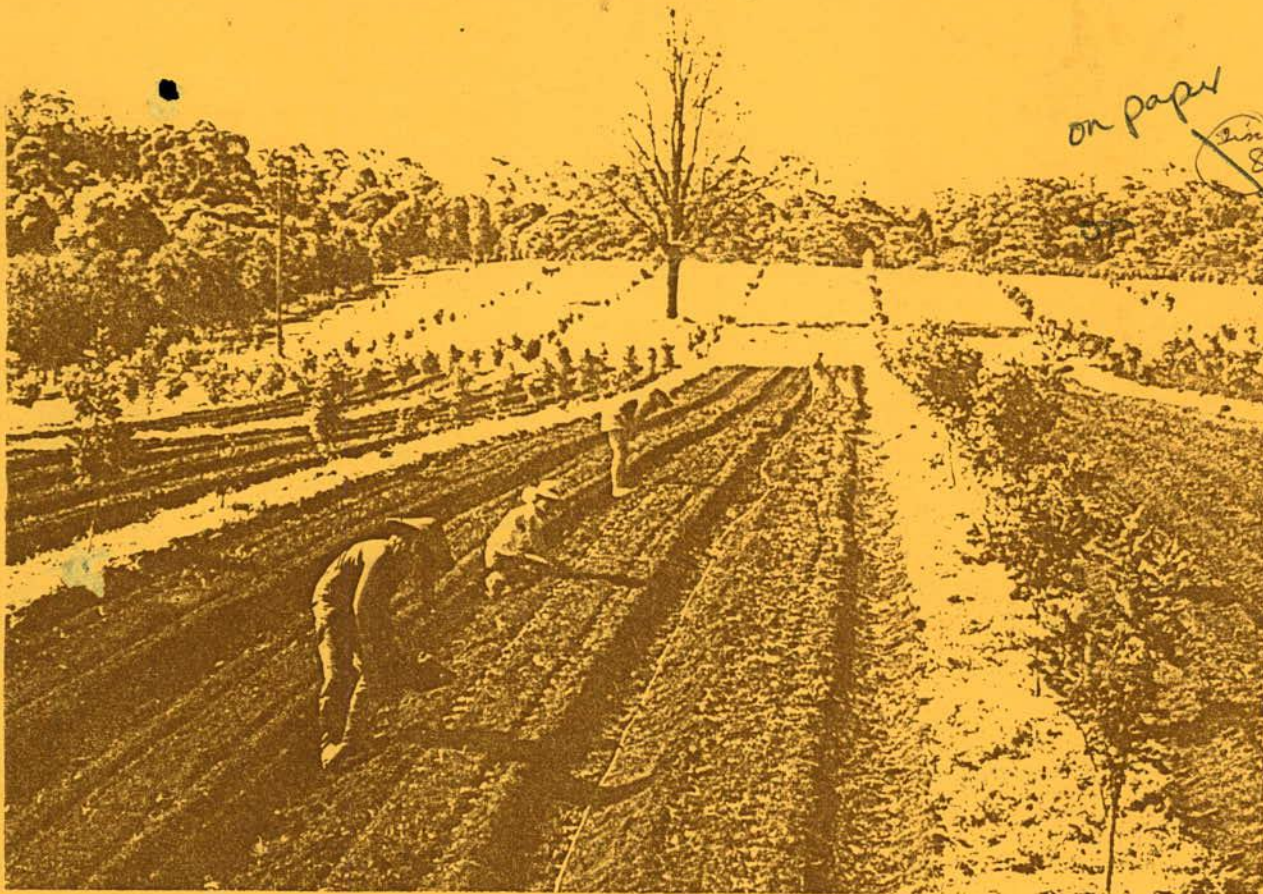


January-February '94

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HERB GROWER

PUBLISHED BY THE ORGANIC HERB GROWERS OF AUSTRALIA INC.



on paper

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Planting Echinacea on Dave Carey's herb farm

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Page 6

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Don't wait for your next migraine. Take a leaf from Blackmores.



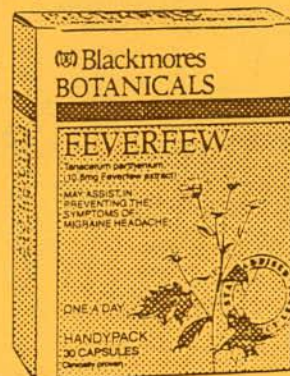
Migraine sufferers who recently took part in a U.K. clinical study showed reduced symptoms while taking daily capsules of freeze-dried Feverfew.

The leaves of the Feverfew plant are rich in sesquiterpene lactones, a substance thought responsible for the anti-migraine action.

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EDITORIAL

AS I write this, Christmas is a few days away. The fascist party in Russia just received more votes than the other ones, the former Yugoslavia is still a battlefield and there are more people in the world who live with war, repression and hunger than there are those who enjoy a comparatively safe, healthy and abundant lifestyle. And don't we, lucky sods that we are, still grumble!

I'm sure that most of you try to do your bit, still the trouble never seems to stop. Women often blame men, the boys with their toys, but conveniently forget that most of these men were raised by their mothers, who must be equally to blame and, like other women, suffer most during wars.

There is now a world-wide movement called "Women in black". Every Thursday women all over the world wear black, as a sign of protest and mourning of all the violence everywhere. For those who are a bit short of black in their wardrobe, there are badges for sale which say: Thursdays in Black, demanding a world without rape and violence.

As usual, there are several articles and shorts in this issue reprinted from other magazines. The way it goes is like this. We exchange "HERB GROWER" with a number of other organisations and magazines and have an understanding that we can reprint, with the source mentioned. I'm continually checking these magazines for stories or news items that could be of interest to OHGA members. Unfortunately I can't reprint them all.

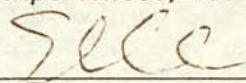
The Dec/Jan issue of "Nexus" (great magazine) offered an article about 'Sonic Bloom', a substance and sound method which, it is reported, does miracles for plantgrowth.

The Permaculture International Journal, Dec-Feb, tells us about agriculture through the ages and from all over the world. Some stories are quite sad, for instance the one about Yemen, where a fruitful 5000 year old traditional agriculture has been nearly undone in the last twenty years by the modern agriculture market economy. There's also an article by Bill Mollison about ancient dune agriculture in Egypt, a method that would still be very useful in some areas today. A very informative and enjoyable issue.

No doubt you have your favourite magazine too. If you know of one that could have info of interest to OHGA members, let us know or send us the items.

In this issue of 'HERB GROWER' you'll find a page on genetic engineering. Please, if you can, take part in the protest against engineered food and foodplants. When you write to the N.F.A. you can also protest against food irradiation. The 3-year moratorium on food irradiation, imposed because of overwhelming public opposition, expired a year ago. Again we must all protest against irradiation. If food irradiation gets the go-ahead fresh food and vegies will be exposed to a beam of ionising radiation from radioactive gamma sources before they reach the shop. Sounds healthy...?! It gets a little tiring, all this protesting and continuously having to be on your guard for what they'll want to do next, doesn't it?

In this issue you will find a new column, written by Magda. A good one too. Fiona, our new certification officer, starts her organic column in the next issue. Anyone out there who also wants to contribute? News, experiences, recipes, opinions...anyone?



Deadline for articles, letters, ads etc. for next issue is February 10.

MULCHING

IN OUR CLIMATE, as we all know, mulching is of vital importance. The purpose of it is:

- * to retain, near the surface, a supply of moisture for the roots of young plants

- * to provide a warm and moist rootrun for surface-rooting plants

- * to provide a cool and moist rootrun for deeper rooting plants, trees and shrubs

- * to protect the soil from summer heat and winter cold

- * to supply readily available plant food

- * to suppress weeds

- * to reduce the need for watering.

Mulching is the most important in late spring or early summer and should follow a good rainfall or a thorough watering. Prior to spreading the mulch, the soil should be well weeded and loosened. If the mulch is to be straw, sawdust or woodchip, the soil should be thickly sprinkled with a dressing of blood and bone or a pelleted manure and, if available, a layer of compost. A layer of newspaper or plain brown cardboard under the actual mulch will add to the lifespan of the mulch, especially if you live in an area with wet summers.

Local availability will influence the type of material to be used, but mulches could include compost, well rotted animal manure, spoiled straw or lucerne hay (meadow hay will introduce a lot of weeds), lawn cuttings, weeds before seed formation, seaweed, sawdust.

The best time to apply mulch is when seedlings have become established and the first weeds are removed. A good mulching system is to weed two rows in your bed and to spread the mulch between those rows. The weeds in the next two rows can be deposited on top of the mulch of the previous rows and add to that mulch.

When you mulch bushes, trees and larger plants, the mulch should extend from the trunk/stem (but not touch) to

the extremity of the branches where the feeder roots are found.

The choice of mulching material is very important and is influenced by the objective desired. Some mulches will improve the soil quickly and add food for the plants. Others, such as sawdust and pine needles break down slowly and are most effective as weed control.

Compost

This is suitable for use for any plant, young or old, at any time of the year, if you are prepared to sacrifice such valuable material for mulching.

Grass cuttings

A thick layer of grass clippings is especially useful under roses as it is a preventative of rose black spot. On medium to light soil, up to half an inch may be placed between small seedlings, clear of them, but a thinner application is desirable on heavier soil.

Grass cuttings, placed in excess, will become a slimy mass.

Sawdust

Avoid all sawdust from timber treated with preservatives. The sawdust from hardwoods will take longer to decompose than that from soft timber and is very suitable for use on permanent paths. Fresh sawdust can be used around shrubs and trees, but remember to weed, fork the soil, water thoroughly and sprinkle with blood and bone before applying it.

Straw

This is a very useful mulch for green crops and as a ground cover for strawberries. Ten inches or more laid over potatoes makes a perfect no-dig potato patch.

Pea haulms and lucerne

Leguminous plants such as these two are very beneficial, either for use as a mulch or for digging into spare plots which will be used soon. They enrich the soil with nitrogen and because they are much coarser and open, these materials can be used more heavily.

Seaweed

Seaweed, as well as being a useful compost material, can also be used as a mulch and has been found to be particularly beneficial. If you live near the sea, you can collect it with little trouble but be sure to wash it really well. It is most beneficial dug into the soil or placed on top, under another mulch.

Animal manures

Good, hormone-free animal manure is very difficult to get, outside of an organic farm. There are a few things wrong with fresh animal manures: they are liable to contain grass or other seeds and, if coming from conventional farms, will be full of hormones and anti-biotics. Manures are, however, valuable compost material and in the heap any offensive seeds or other matter, will be burned.

Stone mulching

I can hear you laugh, but read the following first:

The importance of stone mulches was understood by such eminent agriculturalists as Virgil and Pliny, but since early Roman times the importance

of stones in the garden has not been appreciated and many gardeners regard them as materials which should be removed.

Advantages of stones in your garden are many: they preserve soil moisture; protect the surface from erosion; allow free run of the roots of trees or plants and protect them, and soil organisms, against strong sun; they prevent weeds; regulate the temperature by giving up stored heat, and slowly release minerals.

Flagstones, flat boulders, ordinary river boulders, small rocks or even bricks are all equally useful as a mulch. They absorb the heat from the sun during the day and release it after sunset and so provide an equal temperature, which is particularly useful in winter.

Not so crazy after all?

For this article I borrowed from a useful little book published by The Soil Association of New Zealand (Inc), entitled *Healthy Soil*, a guide to Organic Gardening.

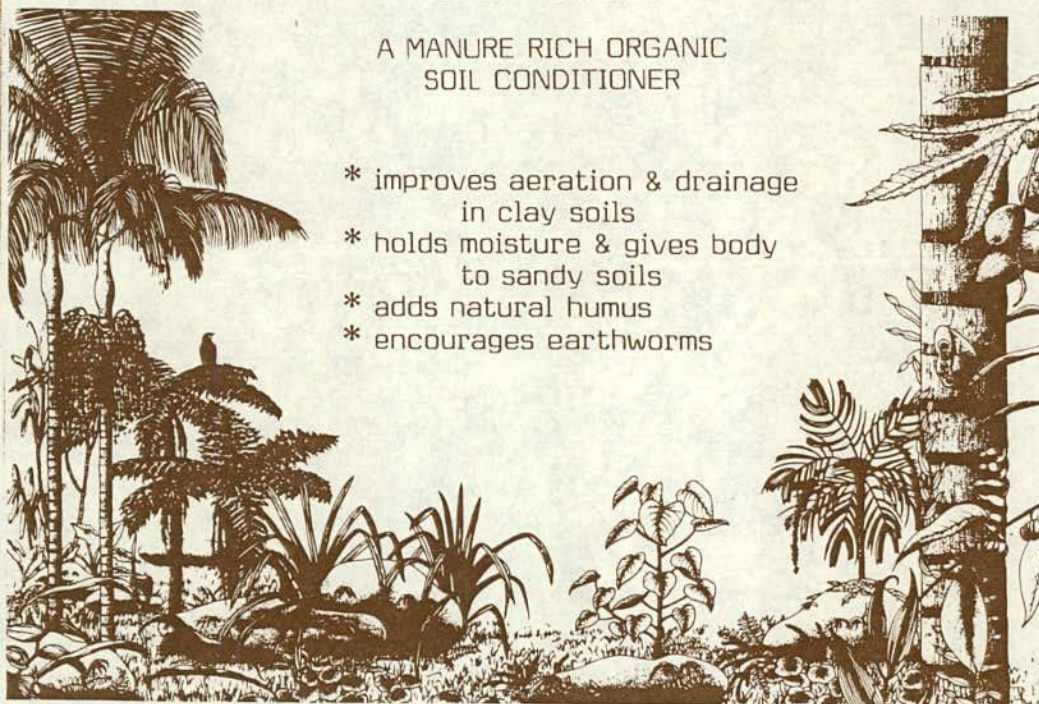
- Elle

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GO GROW

AGRIMONY

Agrimonia Eupatoria (Linn)

Agrimony, is a traditional popular medicinal herb, known by all country folk since the Middle Ages. It belongs to the rose family of plants and it's slender spikes of yellow flowers, which bloom from November until January, and it's soft foliage, make it a very attractive and graceful herb.

Agrimony is a perennial herb which grows up to 1 metre in height with a short woody rhizome and stem covered with coarse hairs. The leaves are numerous and very rich in outline. Those leaves near the ground are larger ($\pm 18\text{cm}$) while the upper leaves are usually half that size. They are unpaired pinnate composed of oblong ovoid serrate leaflets with grey hairs on the reverse.



The yellow flowers, though small, are numerous, arranged on slender terminal spikes.

The whole plant is deep green and covered with soft hairs and has a slightly aromatic scent. The spike of flowers emits a

refreshing and spicy odour like apricots. The leaves, when dry, retain this fragrance and were once used as a substitute for tea (*thea sinensis*).

Today, the herb is still used as a flavouring to tea blends. In France, the leaves are brewed into a "tissane" as a springtime cleaning tea to help purify the blood. The leaves are still used as a natural colour dye giving a deep yellow hue to wool.

It is not an indigenous plant to Australia, but can be quite easily cultivated. Seeds can be propagated in spring or fall during the third lunar phase. It germinates quite easily and usually self sows. The seed sits in a pod which has a bristly burr, which catches onto passers-by and thus distributes itself. Once a mature plant has been established, it can be further propagated by root divisions. Plantings are best in full sun and in well drained ordinary soil. No irrigation is required once the plant is established. Space plants $\pm 15\text{cm}$ apart. It is very easy to grow and does not require much looking after.

The flowers, leaves, and stems are all harvested when the plant is in flower. Drying is best done at 30°C maximum in shade or in a dehydrator.

Agrimony contains a volatile essential oil, 5-8% tannins, flavone glycosides, acids, vitamin C, and other lesser known substances. Yields are consistent, with ± 4000 kgs of fresh green plant per acre per annum, with drying ratios 4:1 producing ± 1000 kgs dry weight.

Demand is not very great in Australia, a couple of hundred kilos, with prices generally average. But it is certainly one which can replace all imports and that makes it a good starting point. It is easy to grow and has very few pests and diseases.


The flowering herb is used for the preparation of an infusion (10grams per $\frac{1}{4}$ litre water) which is drunk as a tea for lack of appetite, and gall bladder and gastric disorders. Agrimony has a great reputation for curing jaundice and liver complaints. It is also considered very useful in skin eruptions and diseases of the blood.

Ref. A Modern Herbal, Mrs. M. Grieve

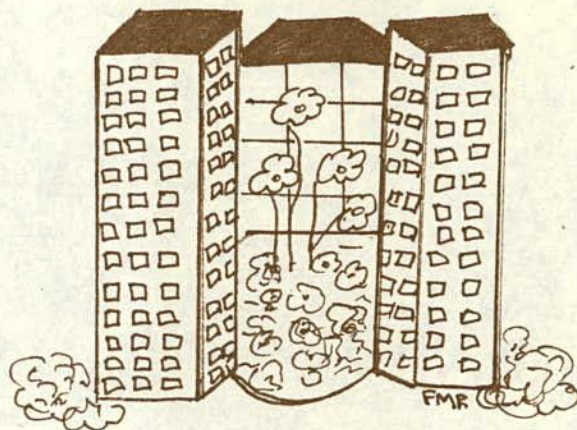
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The answers to this Pagan puzzle are hidden in the square below. They can be horizontal, vertical or diagonal. When you find an answer draw a line around it as in the example for clue No 1.

Clues

1. Norse God of Thunder. (4)
2. Irish woman of the faery mounds. (7)
3. Another name for the plump infant Eros. (5)
4. A little forest and mountain dweller. (3)
5. The Latin version of a satyr. (4)
6. Spirit creatures who reside in old lamps. (5)
7. A magical creature who is part woman, part bird. (5)
8. Rung to signify communication with the spirits. (4)
9. The material of the festive harvest dolly. (4)
10. Magical symbol of knowledge about the afterlife. (3)
11. Mother of the harvest and ruler of all grains. (5)
12. Egyptian Queen of Heaven. (4)
13. One of Venus's lovers. (3)
14. A religious object in which a deity's spirit dwells. (4)
15. The chant "OM MANI PADME HUM" translates as "The Jewel in the". (5)
16. The Cretan double headed axe. (6)
17. The supreme syllable, the mother of all sound. (2)
18. The sacred scroll of the Jewish synagogue. (5)
19. A name for the Goddess of the Underworld. (3)
20. Pagan symbol now strongly associated with Christ. (5)
21. Egyptian Sun God. (2)
22. Name of the Swan Queen who defeated her enemies with magic songs. (4)
23. Vedic Fire God. (4)
24. The destroyer aspect of the Hindu Triple Goddess. (4)
25. The centre of Beltane Dances. (7)
26. The name of this symbol.  (10)
27. The of Eternity is the Chinese Equivalent of an earth square. (4)
28. Northern European stones of wisdom. (5)
29. Egyptian hieroglyph for "life". (4)
30. A sacred chest or box containing sacred objects. (3)
31. Hindu sacred colours are black, white and (3)
32. A Christian cauldron of regeneration.
33. Egyptian God who is born on December 25th. (6)
34. Symbol used as a design for the labyrinth. (6)
35. The symbol of the cycles of Karma, the world and shamanic medicine. (5)
36. The animal rewarded by Rama and allowed to grow as big as a mountain. (6)
37. Aphrodite's bird associated with peace and love. (4)
38. The white lily known as Parson's billycock, now associated with death. (4)
39. The bird associated with Halloween. (3)
40. Oriental symbol of creation. (3)
41. Magical maternal power. (4)
42. Biblical name of Goddess who is the "mother of Gog". (5)

C	O	P	P	E	R	Q	Q	C	S	P	I	R	A	L
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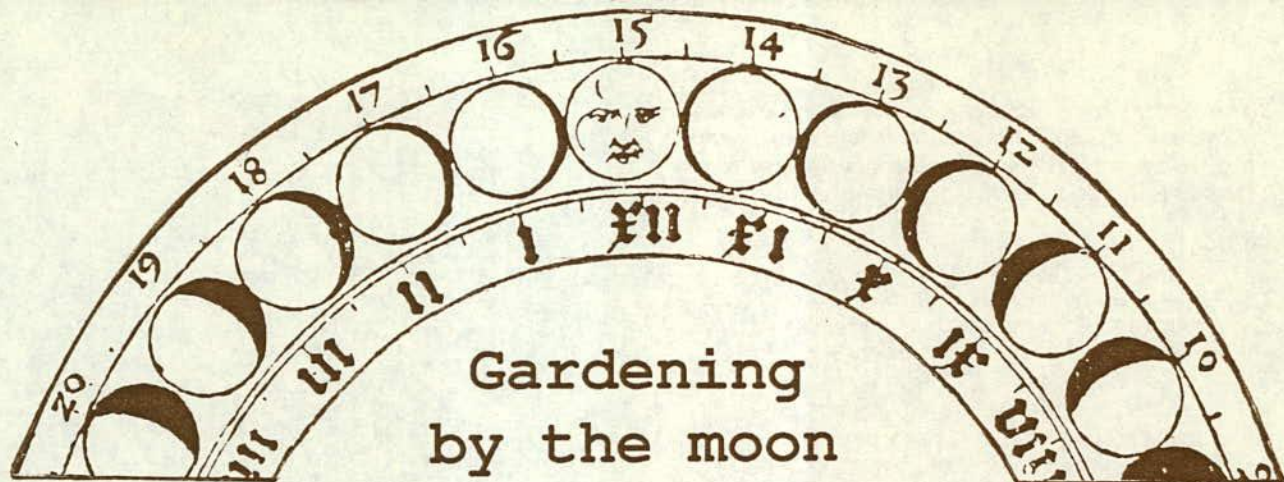


PADDOCK ON TOP

By KENRICK RILEY

43. The race of Indo-European people. (5)
44. The name of the white cow Goddess who was the mother of the Ionians. (2)
45. Famous rock of the Rhine identified with a river Goddess who lured men to their death. (7)
46. Norse God who died on the World Tree. (4)
47. Horned and hooved Greek God. (3)
48. Ruler of the underworld in Greek Myth. (4)
49. Chinese feminine life force. (3)
50. Legendary Irish spirit horse. (5)
51. Homer told of this dangerous dweller of the rocks. (5)
52. The natural womb symbol of Mother Earth. (4)
53. Celestial animal incarnation of the Guardian of the Pole Star, Artemis calliste. (4)
54. Sacred animal of the Goddess Bast. (3)
55. The tongue of this creature could be placed under the pillow to make a person speak their secrets. (4)
56. The Divine Healer, daughter of Rhea and sister to Hygeia (7)
57. Saxon Goddess of Easter. (6)
58. Wise teller of the future. (4)
59. One of the seven Egyptian Souls. (2)
60. Symbolic plant of death and resurrection for Druidic winter solstice celebrations. (5)
61. The missing part of this magical phase "..... Pocus". (5)
62. Divine plant of the Incas used in a popular beverage until outlawed in 1904. (4)
63. A plant that produces a red dye associated with Goddess Hecate. (5)
64. Venus's magic mirror was made from this metal. (6)
65. Bisexual Greek deity of erotic love. (4)

The solution to the puzzle will appear in the next issue



By Elle Fikke-Rubin

JANUARY

13-19 Days to sow and plant green leafy vegies and herbs, such as lettuce, silver beet, cabbage, dill, parsley, basil, fennel and cresses. Watercress can be succesfully grown in a large bowl or styro box. Just put some compost in the bottom, turn it into mud and sow the seeds. They are quick germinaters and, once growing, just need to be kept really wet. Watercress is a hardy perennial and is full of minerals. The bruised leaves or the juice, applied to the skin, get rid of spots and blemishes such as acne.

It may be a bit late in the season for a long crop of sweet basil, but it's the perfect time to plant or sow the perennial bush or greek basils, which taste just as nice and are much hardier and easier to grow.

20 First Quarter, take the day off.

21-26 Good days, particularly Tuesday and Wednesday, to plant or sow seedbearing annuals and flowers. This includes fennel and dill, cauliflower, brussels sprouts, cucumbers, pumpkins, melons, capsicums, tomatoes, okra, squashes, eggplant and zucchini.

Now is also the time to sow polyanthus and primulas, columbines, foxgloves, poppies and other spring flowers.

27-28 Full Moon time. Just enjoy your garden.

29-31 Time to plant rootcrops, perennials and trees and bushes. Vegetables such as carrots, beetroot, kohlrabi, salsify and herbs like valerian, comfrey, burdock, echinacea and most others can go in.

FEBRUARY

1-4 Days to sow and plant perennials and rootcrops. Carrots, kohlrabi, parsnips, radishes, onions, garlic, rhubarb, asparagus and other rootcrops can go in, as well as

trees and bushes. Seeds of perennials such as primulas, violas, pansies and other winter and spring flowers can be sown, and most herbs can go in now as well.

5-12 This is not a week for planting, but it's a good time to take cuttings of evergreens and most natives. Propagate them in sharp sand with some peat and vermiculite.

Buy spring flowering bulbs now and store them in an airy and cool place till planting time next month. Plants that have finished flowering can be pruned.

Herbs may also need pruning and feeding to prepare them for a good winter harvest.

13-18 Leafy annuals can be sown or planted out during these days. Time for sweet and purple basil, parsley, cabbages, cresses, lettuces, silverbeet, endive, spinach and mustard greens. As sage usually doesn't survive past one year in warm areas, it can be seen as an annual too and planted out now.

19-20 First Quarter, take the weekend off.

21-26 Days to plant or sow flowers and seedbearing annuals. A perfect time to put in crops of dill and coriander and lots of winter and spring flowers such as calendulas and also french and african marigolds, which keep many ground-dwelling pests, such as cutworm, at bay. Also, of course, cauliflowers, broccoli, eggplant, peas, beans, cucumbers etc.

27-28 Full Moon, two days off again.

MARCH

1-3 Time to plant or sow rootcrops and perennials, such as capsicums, rhubarb, asparagus, artichokes (both varieties), beetroot, carrots, radishes and most herbs. Those spring flowering bulbs can also go in now.

4-12 Days for cultivating new ground, for instance by putting in a green manure crop.

HAVE FUN!

Herb Grower



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1/4 *itamaro* *1 G.* *Len to edit*
ORGANICS MISS OUT AGAIN *on the farm 1st*

It has been 10 months since I attended and represented OHGA at the Organic Industry Project Definition Workshop held in Canberra.

For our newer readers, this workshop was organized by Sandy Fritz and Els Wynen (of NASAA) to bring together the heads of all the organic associations, governmental counterparts, and industry representatives. The objective was to bring some unity to the Organic Industry.

At the conclusion of this conference all the participants agreed to a resolution that the industry would work towards developing a single logo using the word "organic", and that an umbrella organization would form so that the industry could act collectively, decisively and co-operatively to further the cause of organic growing.

Unfortunately, like so many of these conferences, personalities, politics and hidden agendas clashed. While outwardly we all agreed, separate groups were already distancing themselves from the conclusion.

What was even more alarming, was that several of the key players were talking about a merger to the exclusion of other organic groups.

Louise Sylvan, a most eloquent speaker from the Australian Consumers Association, summarised the need for one voice.

It is imperative that the industry come together and speak with a unified voice. Otherwise, the government will simply ignore or downgrade any discussions with the organic industries.

I bring this story up once again, because I have just received a folder to attend the "Clean Food '94 Conference".

Looking over the list of guest speakers and sponsors, I couldn't help but think how we have failed.

The list of speakers was very impressive with the managing directors of some of Australia's most powerful companies. Kelloggs, Bonlac Foods, HJ Heinz, Nestle, Pizza Hut, National Farmers Federation, Unifoods, Meat and Livestock Corp, Qlds Dairy, Watties, and the list goes on and on. **NOT ONE** delegate from any of the real clean food producers, the organic industries.

— Howard Rubin

**FAR NORTH COAST ORGANIC PRODUCERS
CONSULTATIVE COMMITTEE**

For quite some time now the Dept. of Agriculture and organic and biodynamic producers have had regular meetings. The committee was set up by the Dept. of Ag. and OHGA has taken part from the beginning, with different members attending the meetings.

Not long ago it looked like the committee would cease to exist because of lack of participation, but perseverance has brought the committee to a constitution:

* The area of representation shall cover the area from the Tweed catchment to the Richmond catchment.

* The aim is to provide effective communication between all sectors of the organic industry and NSW Agriculture to improve the efficiency of production and marketing of organic produce.

* The objectives are:

- to identify organic production problems and opportunities
- to explore ideas for research, advisory and development activities and make recommendations to appropriate organisations
- to help and encourage the continual development of technical and managerial skills
- to examine and make recommendations on factors affecting the viability of the organic industry in this region
- to convene task orientated working groups to investigate specific aspects of organic production and other issues
- to provide feedback to NSW Agriculture on activities and policies, e.g. on sustainable agriculture, as they affect the organic industry on the far north coast.

In a strategic planning session in November, aims and strategies for integrated pest and weed management, landuse, soils and marketing were thrashed out. OHGA's Dave Carey contributed to the paper and Jenni Carey and our new certification officer Fiona Fisher took part in that meeting.

Many of the regular participants of the committee met at "The North Coast Regional Industry Development and Employment Strategy Summit (known in the local paper as a talkfest) in an organic workshop. This was, for me, the highlight of the day. It was agreed that personal frictions of the past should be forgotten and that we should all be working together for a strong organic movement here on the north coast, which perhaps could be an example for other regions in Australia.

— Elle

NEW SNAIL DETERRANT

'AMGROW SNAIL STOP' is about to revolutionise garden care after 200 years of snail destruction. Made entirely from natural minerals, it actively repels snails and slugs from treated plants while being completely harmless to domestic pets, native animals and bird life. This product is the latest addition to the Amgrow range of environmentally-friendly home garden products.

Extensive tests conducted by Mr. Robert Spooner Hart, Senior Lecturer in Plant Protection at the University of Western Sydney, have shown that this product is an effective snail deterrent and offers plants greater protection from snail damage than existing snail baits.

It start working immediately, stopping snails and slugs in their tracks. Its non-toxic action causes snails to retreat in

the opposite direction or retire to the safety of their shells, producing membranes to prevent further contact.

Before this invention, snail baits made of chemical toxins were the only commercial form of snail control available to Australian gardeners.

These traditional snail baits are slow working, allowing snails and slugs up to 48 hours to feast on garden plants before they take effect.

The manufacturers claim that this bait is designed to repel rather than attract and is not prone to depletion by hungry snails and slugs. Traditional snail baits, made from a combination of edible grains and methiocarb or metaldehyde, cause secondary poisoning to native wildlife and will poison house pets.

The Market Link, Nov.93

I have tried to find this fantastic-sounding product, so far without success. Does anyone know where Amgrow is located or how to contact them?

- Elle

A JAPANESE pharmaceutical patent has been granted to Terumo Corp. for an anti-inflammatory drug derived from the aromatic compounds in ginger, called gingerols. Research showed that the derivatives can be used for treating inflammation, especially chronic rheumatoid arthritis.

Another Japanese patent was claimed by Tsumura and Company for an anti-inflammatory and anti-allergy drug, containing active ingredients extracted from *Atractylodes lancea*, a popular Chinese herbal medicine. The active chemical atractylodin inhibits an enzyme involved in various types of inflammation.

Natural products scientists have noted that about 60% of the world's pharmaceutical patents for natural products are being claimed by Japan.

(Herbalgram #29)



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BIO FARM

AROMATHERAPY – essential or not?

– Art, craft or Science? –

The definition of aromatherapy has become a topic of importance to those involved with this growing treatment and product area.

The NFA's new Aromatherapy Special Interest Group is looking to answer a number of questions which affect suppliers, retailers, practitioners and not least, the public.

A recent meeting in Canberra between a number of suppliers from the aromatherapy or essential oil industry, under the auspices of the Nutritional Foods Association, came about as a result of increasing confusion in the market place.

The Therapeutic Goods Administration (TGA) has stressed that oils used in aromatherapy are therapeutic goods and their supply is subject to compliance with all the requirements of the Therapeutic Goods Act. One of the requirements of the Act is that manufacturers of therapeutic goods must be licensed by the TGA unless specifically exempt. It is also a requirement that therapeutic goods be entered on the Australian Register of Therapeutic Goods. Labelling must comply with Therapeutic Goods Order Number 32 (just revised).

Most essential oils (a single oil or a mixture of herbal oils) are considered to be therapeutic and are listed in the Australian Approved Names for Pharmaceutical Substances listing.

Inclusion of a herb on this list recognises that oils obtained from one or more parts of the plant are, or have been, used by consumers in Australia principally for a therapeutic use. Oils which are synthesised as a pure chemical are not included in this definition.

In addition the industry is concerned over the sale of non-therapeutic essential oils and essential oil products for therapeutic or medicinal use, side by side, in a manner which may confuse the public as to the differences in function and instructions for use of the product.

Also there are still some products listed by the TGA which do not fully comply with their labelling requirements. In these cases it is difficult to tell if the supplier

supports the use of this product for treatment of medical conditions.

CONFUSION

Aromatherapy, as a term, is commonly used to describe a type of treatment in which essential oils are rubbed into the skin (mainly by massage) or used as inhalants, or in baths and footbaths and (although not recommended in Australia) ingested.

Confusion lies around the use of the word, aromatherapy. Should all aromatherapy products be considered to be therapeutic simply because of the use of this word?

The TGA has indicated that non-therapeutic goods are outside their jurisdiction and therefore do not require the satisfaction by suppliers of the Therapeutic Goods Act. However, the Administration has said also that if products are packaged or presented in such a way that their classification as either therapeutic or non-therapeutic is not obvious, the goods will be treated as therapeutic and all the obligations of the Act apply.

However, the latest TGA correspondence states that the oils used in aromatherapy 'are therapeutic goods' and these products are automatically subject to all the requirement of the Therapeutic Goods Act 1989.

Part of an article published in LINK, the NFA magazine. July/Aug.



MESSRS. PIESSE AND LUBIN'S PERFUME MANUFACTORY,
IN THE ST. KATHERINE'S DOCK.

AROMATHERAPY AT HOME

Holistic aromatherapists believe that essential oils enter and affect the mind and body by two principal routes - the olfactory system and the skin. It is thought that essential oils work as triggers on the central nervous system when inhaled and that they permeate through the capillaries and cell tissues when applied to the skin.

All essential oils appear to be antiseptic and bactericidal to some degree, and some may also be helpful in the treatment of viral infections, which are resistant to all known orthodox medicines. They are noted, too, for their ability to relieve stress and stimulate sluggish circulation. These qualities, combined with their regenerative powers, give strength to claims that they can boost the immune system.

The beneficial effect that essential oils can have on the mind lends an added dimension to their use in healing. All essential oils help to balance the emotions to some degree and on an intellectual level, they can revive a tired mind and stimulate the memory.

Interestingly, the area of the brain associated with smell is also that in which the memory is stored and aromas have effectively been used to trigger the minds of those suffering from amnesia.

How to use for home treatments

Points to observe:

- * Do not apply undiluted essential oils to the skin.*
- * Never take the oils internally on your own initiative.*
- * Keep oils away from the eyes and out of reach of children.*
- * Citrus oils are photosensitive to ultraviolet rays and may cause a skin reaction. Keep out of the sun for a minimum of 4 hours after treatment with citrus oils.*
- * Carry out an allergy test before using an oil for the first time. Allow 12 hours for any reaction to show.*

Neat essential oils are powerful, concentrated substances. Prior to use on the skin, they are diluted in a carrier oil or lotion. A good quality cold-pressed

vegetable oil is an effective carrier since it is rich in vitamins and is easily absorbed. Grapeseed and safflower oils are light and easy to use, whereas olive and avocado oils are thicker, good for dry skin, and are usually mixed with a lighter oil.

When experimenting with your own blends, keep to the following formulae.

Essential oil	Carrier oil
20 drops	in 60 ml/10 tsp
10 drops	in 30 ml/5 tsp
5 drops	in 15 ml/2½ tsp
4 drops	in 2 tsp

Measure the carrier oil into a clean screw-top bottle. Add the drops of essential oil, fasten securely, shake well and label clearly.

from Herbitually Yours, 7/5.

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HERB FARMS AUSTRALIA

Once again, the Christmas season is here and so too are the orders for BASIL! It is no wonder that basil is called the "king of herbs" as it is now outselling all other lines by four to one. And all varieties, too, including bush basil, greek basil, purple ruffles, and dark opal.

The surprise of the season is rosemary. Rosemary has seen an usual and steady high demand for the past two months and it looks to continue. Oregano has quieted down for us, only because of South Australian growers reportedly offering 250 gram bunches at the same price.

The previous trading period was steady with only average prices and average demand recorded. At one point, prices dipped to earlier than usual lows. this was because of the mild winter spring climates in the south and their ability to harvest so early. Herbs flowed onto the market and caused lower than normal prices. But it soon recovered and stabilized

Jan Phillips of HJ Langdons reports an unusual heavy demand for psyllium husks (± 2 tons per month). I didn't know we had so many constipated people in Australia. Also shortfalls in St. Johns Wort, Hydrangea, and Lime Tree Flowers.



The US organic food industries market is set to soar. Most of the product is sold through a group of stores known as "natural product stores". This compares to our own local health food store. Herbs are now listed as the fifth most widely sold products by dollar value.

packaged grocery	US\$283.3million
produce	242.3million
bulk products	133.0million
frozen	68.2million
HERBS	62.5million
meat	60.5million
bakery	39.0million
soyfoods	25.0million
dairy	8.2million



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MENOPAUSAL YEARS THE WISE WOMAN WAY: Alternative Approaches for women 30-90.

by Susun S. Weed

About 6 years ago, at age 42, I started having severe menstrual problems. As no herbs or homeopathics seemed to help, I went to see a doctor, for the first time in many years, who shipped me off to hospital for surgical tests. Nothing was found. Then, about three years ago, I started getting really tired and, some time later, very weak and shaky. I was told by the doctor that I had a hyper-active thyroid and he suggested it should be taken out. I told him to forget it and got some medication instead. This helped for a while, but not for long. Acupuncture, which made things worse, followed and then a homeopath, whose suggested remedy worked for a couple of months. When I began to despair that I never again would have the strength to work in my garden, the Mother of the Universe took pity on me and arranged for Susun Weed to send me a review copy of her book on menopause.

The above-mentioned practitioners who saw me, were all men. It did not occur to them that my problems are all menopause related, as I am 'too young' for that. Now, of course, I know that menopause can start at any time between the age of 40-50, with some women starting even younger.

Susun Weed's book, **Menopausal Years** (228 pages) is easily the best and most useful alternative medicine book I have ever read. It's written in the easy user-friendly style that only Americans seem to master.

The book goes through all the symptoms menopause can bring with it, such as all sorts of menstrual irregularities, depression, anxiety and irritability, hot flashes, night sweats, migraines, fatigue etc.

Susun Weed offers safe, effective and affordable home remedies, herbal and homeopathic, diet and vitamins, even mental and physical exercises. Most of all she offers reassurance and comfort. After reading this book I have stopped taking all pills and now follow her simple suggestions, which do the trick. Best of all, I've stopped worrying and know that these problems,

too, will pass in time. In the meantime I'm enjoying relaxing more, knowing that my body needs it, and putting myself before my herb garden for once. For me this is a big mind-shift.

Susun Weed has been helping women take control of their bodies and keep their health care costs at a minimum for the past 25 years. She is the founder and director of the Wise Woman Teaching Center, which is located near Woodstock, and presents a wide variety of programs on women's health by internationally known experts. She has been greatly influenced by Native American Indian medicine and calls herself a shamanic herbalist.

I received two other books by her, written in the same easy and practical style:

*** Wise Woman Herbal - Childbearing Year**
- 204 pages.

Susun starts this book off with "Before Pregnancy", with fertility promoters, herbal birth control and which substances and medications to avoid if you're thinking of getting pregnant.

She continues with the actual pregnancy, with chapters on morning sickness, constipation, skin discoloration, muscle cramps, high blood pressure, backache, heartburn and all the other difficulties that women encounter during pregnancy. As in the book on menopause, she suggests exercises, safe herbs, foods and other simple solutions.

The other chapters deal with childbirth, after pregnancy, your infant, and she ends with a herbal pharmacy.

*** Healing Wise - 312 pages**

Again, this is a book that I will cherish and use. Written in two parts, the first one deals with traditions of healing. The second part takes an in-depth look at her favourite herbs, all of which can easily be grown in Australia or are already growing themselves in our gardens.

If anyone wants to get one or all of these great books, see *Classifieds*.
-Elle

GROWER HINTS

by Dave Carey

"..... the world's worst weed!"

Hearing that and seeing that lush green spiky grass protruding through our freshly cultivated soil, what a blow! NUTGRASS in our new growing area...

The books say '*Cyperus rotundus*' is the world's worst weed. They base this on a world wide survey which revealed that this plant was reported as a troublesome weed in more countries than any other plant. It can grow vigorously in almost any soil type, elevation, humidity, soil moisture and pH. It can survive the highest temperatures in which agriculture can be carried out. However, it does not tolerate high salt levels or shade.

This perennial is probably indigenous to Australia and it has been a troublesome weed of cultivation since the days of the first settlers.

It has a rhizomatous root system which is thin and wiry. Rhizomes can grow through crops and the bulb/nut makes it very resistant to control. The root develops these small ellipsoid naked or fibrous covered 'nuts' which are readily spread by cultivation and are the basis for it's troublesome nature.

Well, one could just about give the idea of herb growing away and do something else after reading all that.

But since the nutgrass-infected area was otherwise ideal and irrigation had been laid and a hot house constructed, we decided to try and beat it.

We figured that if we painstakingly sifted out all the nuts from each bed and then heavily mulched with grass over layered paper, this should stop it. Seedlings were planted in holes made through the mulch layer. As drip-tape irrigation had been laid under the mulch, the soil was well watered. The seedlings grew well and so did the nutgrass. At one stage we could not see the herb seedlings for the nutgrass.

So, with the next beds, which had been prepared the same way, clear plastic was secured over the entire area and left for several weeks. Any weeds that had started to grow soon dehydrated.

Several weeks after, the plastic was removed and seedlings planted out. Nutgrass appeared once again! Three months later the beds were thick with nutgrass.

Since we couldn't remove or kill the nut from the soil, we considered the need for a thicker 'barrier' to prevent the nutgrass growing through the mulch. A big load of carpet underfelt was obtained at the right price. Being fairly thick and dense, it should stop anything from growing through. It was laid over the beds and isles and the seedlings planted in holes cut into it. An arduous and time-consuming exercise which totally backfired. Not only did the nutgrass grow straight through it, as if it was wet paper, but the underfelt was later found to contain prohibited chemical residues which had leached into our soil.

We were left with nutgrass infested beds, covered by a difficult to remove layer of underfelt and a temporary loss of organic status.

Once again one feels like packing it in and going out and getting a 'day' job.

But we wanted to grow more herbs and had a good few beds formed up and mulched ready for planting...(and infested with nutgrass).

Now taking on a totally laissez-faire attitude to nutgrass, we proceeded to plant seedling in amongst the weed. It wasn't long before we developed the "nutgrass-blind" capability. We work in our garden now and all we see are the herbs.

Now this may all sound quite risky and we were not sure what would happen when the plants are ready for harvest. On the whole we find that the presence of nutgrass has little effect on herb growth and harvest. For example, in beds planted out to sweet basil, the basil grew taller and shaded the nutgrass, eventually. The basil continued to grow and the nutgrass didn't get in the way when we harvested.

Beds planted out to oregano were fairly thickly infested with nutgrass as the oregano was growing. By the second harvest, though, the oregano had almost completely out-competed the nutgrass.

In beds of rosemary, which were heavily infested when the seedlings were planted, the rosemary is now mature and there's no sign of nutgrass.

On the other hand, chives with nutgrass should definitely be avoided. As a general rule of thumb we find that all the taller and hardier perennials can be grown successfully with nutgrass. We have no problems with rosemary, sage, bush basil and sweet and purple basil.

Observations by Magda Verbeek

.....and there they were.

Swarming out of the mulch in their thousands. RUTHERGLEN BUGS. All over my beautifully growing young basil which I had come to pick.

There didn't seem to be any major damage yet, certainly no more than the noxious flea beetles and grasshoppers had already caused.

Rutherglen bugs are sucking insects (Hemiptera), no bigger than a match head, and are silvery grey in colour. Most members of the Hemiptera family are capable of doing a great deal of damage, by draining sap and ruining young growth tips and leaves, and by spreading fungal and virus diseases. They breed prolifically in the seed heads of many weeds, including bladey grass and milk thistle.

Commercial strawberry growers are advised to use endosulfan or maldison, but there is no need for that.

Rutherglens are parasitized by several wasps, including the tiny shiny black *Trissolcus basalis* which lays its eggs into the bugs' eggs. Spiders feast on them too and I've seen flower spiders, jumping spiders, wolf spiders and praying mantis have a field day with them.

The Rutherglen bugs are susceptible to fungal diseases which are prevalent in humid weather, and heavy rain will kill them in large numbers. So even though they have bred up because of all the hot dry weather and weeds that haven't been removed, the rain has controlled them and they've given heaps of predators the energy to breed up into larger numbers.

They do, however, damage crops and cause severe wilting, so if you need to eradicate the bugs, you can use a strong soapy mixture as a deterrent and irritant, or pyrethrum, feverfew, ryania, derris, quassia or bug juice. But be careful, there might be a lot of predators around, so be observant.

By the way, take care not to snip praying mantis whilst cutting herbs at the moment, because they have hatched from their small and foam-like cocoons and being green or brown, are especially hard to see. I usually find their cocoons amongst lemongrass. They are ferocious predators and well worth protecting.

Although Monolepta beetles have

been present all year round, be aware of them as they are devastating when they swarm. They wiped out my basil and sorrel twice last year. Fortunately healthy plants grew through the damage quickly, but it was slow picking for a while, removing ugly leaves.

Eggs are laid in the soil surface, mainly in pastures and the larvae feed on grassroots and pupate in the soil. The life cycle is about two months in summer and there are three to four generations annually. Adults usually emerge from the soil after good rain following dry spells. Swarms can invade within 2-3 days of emergence. Last year I sprayed with pyrethrum, which did work (even though it was 4-year old powder), but the sheer number of insects was overwhelming - and I think some of them actually liked the stuff! They crawled all over me while I sprayed. A really yuk and noxious pest that, whilst swarming, cannot be controlled naturally.

If you need to harvest your crop, be observant and have your spray apparatus at the ready. Good luck!

Ref.: O Hely, Pasfield, Gellatley - *Insect Pests of fruit & vegetable in NSW - 1982* Dep.Ag NSW.

B Chapman, D Penman, P Hicks - *Natural Pest Control - An Australian guide for commercial growers, orchardists and farmers.* 1987 Nelson Publishers.

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GREENRIDGE BOTANICALS, one of Australia's herbal medicine suppliers, who pride themselves on the purity and potency of their products, are building a new manufacturing and office facility on the west side of Toowoomba, the Garden City of South-East Queensland. Tuesday, November 30 saw the final council approvals granted, and the foundations were poured on the very same day.

The large 500 sq. metre manufacturing facility is designed totally around the Code of Good Manufacturing Practices (GMP) for Therapeutic Goods, with full air control to GMP standards, including filtering. Located on over an acre of land, the manufacturing facility will house raw materials and finished goods.

From the outside a white roof and green cladding highlight this attractive building and the Greenridge personnel and equipment are eagerly awaiting the move into their brand new premises in early March.

Additionally, an office complex with a visitors' centre and conference rooms will be erected on site, and once the grounds have been landscaped into formal herb gardens it is anticipated that a large number of Australian and overseas tourists will make a visit to Queensland's first herbal centre, an informative and pleasurable stop on their itinerary.

Naturally, the larger manufacturing and office spaces will mean greater productivity, together with the standard of excellence that purchasers of the Greenridge products are accustomed to.

Greenridge Botanicals is dedicated to making the new premises a principal centre for natural health education Australia-wide.

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POLYSTYRENE BOXES are now recycled

AS ORGANIC GROWERS we're always concerned about the environment. So those of us who send produce to the markets in styro boxes, do have a twitching conscience sometimes.

Unfortunately there are no better alternatives. We have trialled other containers, but the styro boxes are the only ones that keep our herbs fresh for the markets and overseas customers.

It is with relief, therefore, that we read the following article in *THE MARKET LINK* (sept. 93).

RECYCLING STRATEGY GIVES EXTENDED LIFE TO POLYSTYRENE PRODUCE BOXES.

Disposal of used expanded polystyrene produce boxes has long been a major problem for both raw material producers and manufacturers of the boxes. However, the recent installation of a permanent compacter unit at Woolworths Central Produce Warehouse at Homebush signals the start of a comprehensive waste minimisation and recycling strategy initiated by the Expanded Polystyrene Industry.

By Christmas it is expected that another four units will be in operation; in Brisbane, Sydney and two in Melbourne.

This two year program will see styrene box compacters operating in key areas throughout Australia.

The compacters significantly reduce the volume of produce boxes, making for easy and economical transport to recycling facilities. The crushed polystyrene can then be extruded to form pellets for injection moulding of a wide range of products.

The outstanding user and environmental benefits of this new system are significant. First, the system is justified by its own economics; then there is a huge reduction in waste materials going to council tips; and, most importantly it largely eliminates disposal costs for markets, major chains and retailers.

In a nutshell, the compacter recycling strategy means that there's life after life for expanded polystyrene produce boxes.

If you want to be happy for one day...
get drunk

If you want to be happy for one week...
take a wife

If you want to be happy for one month...
roast a pig

If you want to be happy for one year...
take another man's wife

If you want to be happy all the days of your life...
tend a garden!

Ancient (I should hope so! Ed.) Chinese proverb,
sent in by Darlene McIntosh.

DOMESTIC REGULATIONS FOR ORGANIC FOODS

AQIS has formally asked the National Food Authority (NFA) to consider introducing controls on organic foods sold in Australia.

Controls on export organic produce were announced on 10 February, 1992, by the Minister for Primary Industries and Energy, Simon Crean. This followed finalisation of the *National Standard for Organic and Bio-dynamic Produce*, which was developed by the Organic Produce Advisory Committee.

At that time, the Minister said he would be asking the NFA to introduce domestic controls which parallel those introduced for exports. The Minister for Health was approached, but the request was not taken up by the NFA at the time because of the difficulties in developing a workable approach which could be taken up by the States and Territories.

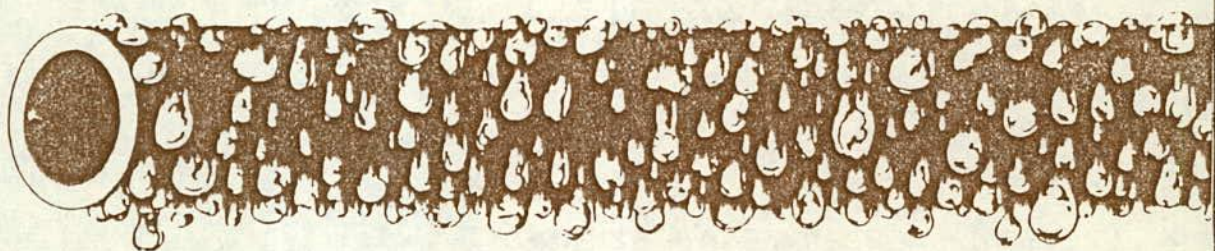
The submission by AQIS proposes that labelling requirements be incorporated in the Australian Food Standards Code, effectively prohibiting use of terms such as 'organic' and 'bio-dynamic' unless the product is sourced from an operator certified by an approved organic certification organisation.

Under its legislative requirements, the NFA has up to 12 months to consider and respond to the submission.

Recently, AQIS commenced a program to approve organic certification organisations for export purposes. As this program makes no differentiation between operators producing for the export or domestic markets, it does provide some measure of assurance for produce intended for domestic consumption.

THE SUMMER 1993 issue of *The International Journal of Aromatherapy* had some interesting studies. Curcumin (a component of turmeric oil) was given to mice in a special diet designed to induce gall stones more readily than a normal diet. Curcumin reduced the incidence of gall stone formation by 74%, an astonishing finding, especially considering that all the control mice, given the special diet but no curcumin, developed gall stones. The curcumin supplement also produced changes in bile composition which would lower the likelihood of gall stones developing. (*The Herbal Connection* Aug/Sep 93)

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- an extension of the soil capillary system.
- reliable and inexpensive as a system.
- an ecologically and economically sound method of irrigation.

LEAKY PIPE shows:

- a highly uniform porosity, ensuring an even distribution of irrigation water end to end.
- no mechanical or moving parts.

LEAKY PIPE is economical:

- making efficient use of irrigation water by delivering it directly to the roots.
- saving energy by the use of low pressure.

LEAKY PIPE does not:

- interfere with any surface activities.
- need an expensive control system when used subsurface as a continuously operating system.

LEAKY PIPE can be:

- used for almost any crop, orchard, groves.
- used for almost all kinds of irrigation purposes.
- used in level terrains as well as slopes.
- used for lawns and gardens.
- used for parks, playgrounds, athletic fields.

LEAKY PIPE needs:

- only a minimum of surveillance and maintenance.

LEAKY PIPE installed underground is:

- protected against intentional or unintentional damage.
- not subject to vandalism and/or theft.

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- to use soluble fertilizers in small doses as and when needed and therefore, to economise on fertilizer use and achieve a higher efficiency.

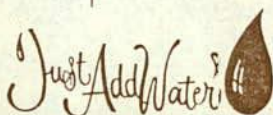
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WEEVILS AGAINST THISTLES

ANOTHER WEEVIL is set to wage war on one of our more stubborn weeds, the thistle – more specifically, thistles of the order *Onopordum*.

AQIS and the Australia Nature Conservation Agency have given the CSIRO Black Mountain Laboratory in Canberra permission to release the *Onopordum* stem weevil, *Lixus cardui*, from quarantine. *Lixus cardui* will complement two other *Onopordum* agents, already in use, which attack the thistle seed rather than the stem.

Onopordum thistles include the Scotch, Illyrian, Stemless and Taurian.

The Scotch or cotton thistle competes with improved pasture species in South Eastern Australia and Tasmania. Its dense spines and ability to spread, make it a particularly nasty customer in heavy grazing areas.

Scotch and Illyrian thistles often grow side by side in the same paddock in the southern tablelands of NSW.

The Stemless thistle flourishes in the drier areas of Victoria and South Australia and, to a lesser extent, in Western Australia and south-east NSW.

The stem weevil underwent rigorous host specificity tests in quarantine before being evaluated by state agriculture and conservation authorities.

TGA SURVEYS ECHINACEA

TGAL'S Pharmaceutical Chemistry Section examines a wide range of pharmaceutical products on the Australian market. Following consumer complaints about herbal products, the section has focused more heavily over the past year on analysing herbals goods.

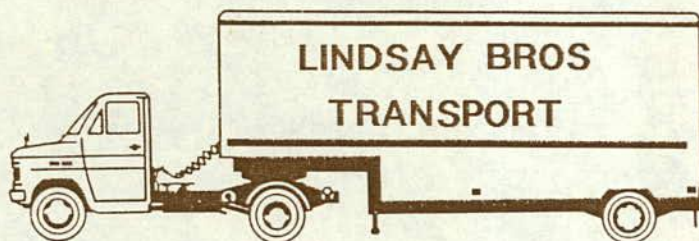
The TGA received a complaint regarding variation in the colour and taste of two batches of Echinacea capsules from one manufacturer. The laboratory then undertook the analysis of various echinacea products on the market.

Three main species of echinacea are used in the manufacture of herbal tablets: echinacea pallida, echinacea purpurea, and echinacea augustifolia.

It is often difficult to define the quality of herbal products in terms of content of active substances. The manufacturer has an obligation to ensure that the quality of each batch is consistent and that it is labelled correctly.

In their survey, 20 echinacea products from different manufacturers were examined using TLC and HPLC methods of testing. The results were surprising. In three samples no echinacea was detected. In two samples echinacea purpurea was detected when the label stated echinacea augustifolia. In one sample a completely different species was used instead of echinacea.

This story only goes to prove the necessity of stringent testing of plants and the need to use certified seed or rootstock. We, as growers, must insure that our customers are receiving the highest quality pure plant products. The manufacturers must also have testing facilities to collaborate our results. Grower and manufacturer working together is the key to a successful industry.



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Herb Grower

THIS AND THAT.....

YUCCA PLANTS, strategically deployed, might one day take the pong out of public toilets. The plants have already proved their worth in offal-rendering plants and factory farms. Yucca extracts, fed to farm pigs, cleared the piggery of the choking atmosphere inside the piggery.

Yucca sweetens the air by binding ammonia, especially the urea in urine. A desert plant, living where nitrogen and water are scarce, they evolved a way to make use of a toxic substance, ammonia, by binding it to exploit the nitrogen in the ammonia to make proteins vital for rapid growth.

*New Scientist, #1784. **of NN***
(In Spain the natives use Prickly Pear in the same way. Prickly Pear is planted in squares, with an entrance, and this is used as a toilet. There is absolutely no smell and the plants grow to majestic heights very quickly. My most favourite toilet, anywhere in the world. - Elle)

COMPANIES, belonging to the Australian Chemical Industry Council (ACIC) will be expected to answer questions about their practices and environmental record from any member of the public.

Half of Australia's chemical companies, the 90 companies in ACIC, will be asked to reveal sensitive information such as the nature and extent of discharges to the environment. ACIC members include ICI, HOECHST, SHELL, NUFARM AND KEMCOR. Adherence to the new code of practice is voluntary, unfortunately, and environmental groups, while welcoming the step, believe the code should be backed by legislation, as in America. The US code has led to a 20% cut in toxic emissions since 1986. The ACF remains sceptical and thinks it needs to be underpinned by law.

*New Scientist, #1879, via **Nimbin***
News.

NO DOUBT you have noticed the increasing assault by drug companies upon natural medicines and therapies. Homoeopathy, despite being good enough for the Royal Family, is nothing more than quackery according to the AMA.

Homoeopathy received a temporary boost to its credibility when it was discovered by Jacques Benveniste, a French scientist, that water retains the "memory" of molecules it once contained. This was of particular interest to homoeopaths, as nearly all homoeopathic solutions are so dilute that there is virtually no detectable trace of the original ingredient left.

Of course when the AMA test a homeopathic remedy and find it contains nothing more detectable than brandy and water, they pronounce it all quackery and put any success down to the placebo effect.

In the meantime Jacques Benveniste's research earned him the wrath of the Establishment. The amount of time and energy spent by reputable magazines and scientists denouncing him, clearly indicates someone's sacred cow was being threatened.

Benveniste has now taken his theories further, saying that the "memory" of his very dilute solutions can be "switched off" by a magnetic field. This shows, he says, that the effect is created by electromagnetic signals left in the water by the antibody molecules.

In a typical Establishment response to such a theory, Benveniste is to be evicted from his laboratory in Paris, when INSERM, the National Institute for Medical Research, plans to close down the immunopharmacology unit, headed by Benveniste, at the end of 1993.

*New Scientist, Oct 23, 1993, via **NEXUS**.*

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- 6 seed plates standard
plates suitable for herbs

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This and that cont'd

PRINCE CHARLES, the organic royal, has entered the food-business. Last year, under the brand name Duchy Originals, the prince brought out his first product, the Oaten Biscuit. Recently he introduced a Gingered Biscuit.

In keeping with his long-held interest in promoting organic farming, Prince Charles has built the venture around the use of all-natural ingredients, primarily wheat grown on farmland he owns.

And, as a major landowner himself (as Duke of Cornwall he owns more than 450 ha) he has used the operation to show English farmers that they can create additional demand for their crops by helping to develop products which use those crops as ingredients.

All profits of the biscuits go to the Prince of Wales Charities Trust, which disburses funds to a number of groups.

Next year the company, set up as part of the Duchy of Cornwall, will expand distribution in Europe, with a goal of reaching the US in a year or two.

The New York Times

New evidence has shown that garlic can prevent some forms of cancer. An organo-sulphur compound found in garlic was tested on hamsters who were then exposed to a carcinogen. The control group, not fed the garlic compound, developed more than double the number of tumors and another group that simply breathed it in, also had a lesser incidence of cancer.

The study of garlic is part of the US National Cancer Institute's research program into natural substances that prevent disease. Garlic has "solid evidence for cancer prevention".

New Scientist #1774

EX NN

SEEDS, which resemble chickpeas, could provide water engineers with a cheap means to protect millions of people in developing countries against serious water-borne diseases, ranging from typhoid, dysentery and cholera to river blindness, hepatitis and polio.

The seeds from the horseradish tree (*Moringa oleifera*), widespread in Africa, India and Indonesia, contain proteins that make the particles in cloudy and contaminated water coagulate and settle to the bottom, taking many of the bacteria and viruses that cause water-borne diseases with them, leaving the rest of the water clear and safe to drink.

Individual householders in Africa have for centuries used the groundup seeds to treat the water they drink. Now engineers are testing out a prototype system to work on a larger scale.

New Scientist #1761

EX NN

RADIOACTIVE WASTE IN QUEENSLAND

"I'd like to inform your readers about a very serious and urgent matter.

The Labour state government of Qld has begun to build the first radioactive waste storage facility in Australia. It is located near Esk, just 100 km from Brisbane and very close to some of South East Queensland's major fresh water supply dams and fresh produce farms.

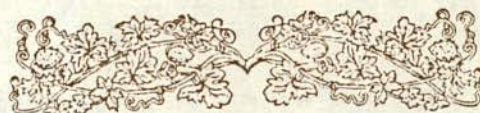
So far there has been hardly any proper community consultation between the government and the people of Brisbane and other cities, nor has a proper environmental impact study been done of the site itself.

For further info, contact the local residents' action group:

Card, 42 Latters Lane, ESK Qld. Ph 074 241253, or write to Mr. Ken Hayward MLA, Dept of Health, POBox 80, Brisbane 4001.

Currently we have a thousand people a week moving into SE Qld from interstate. A lot of them settle near the main transport routes this waste would be taking. We all agree that radioactive waste has to go somewhere, however there might be safer options."

Letter published in the *Nimbin News*, Dec/Jan



Australian Herb Industry

A future direction

The report of the herb industry workshop convened at Mt Macedon in October has been released.

The report clarifies the status of the industry and identifies problems and opportunities current in the industry today.

Discussions on these and other major issues are summarised and the report makes recommendations for a future direction which would establish a cooperative and cohesive industry more able to respond rapidly to opportunities and to maximise its full potential in the marketplace both domestically and internationally.

Copies of the report are available from Focus on Herbs, POBox 203, Launceston 7250 and New England Natural Products Pty Ltd, Gostwyck Rd, Uralla 2358. The cost is \$5.

We have all heard about genetic engineering and biotechnology. This is something that will affect us all. We must insist on public involvement.

This is taken out of *Herbology*, the magazine of the Australian Herb Society, December issue.

DO YOU WANT TO EAT GENETICALLY ENGINEERED FOOD AND FOOD PRODUCTS?



PROTECT YOUR RIGHT TO CHOOSE

Nutritious?

Experimental?

To be regulated?

To label or not?

Safe or Risky?

Healthy?



"One of these things
is not like the others.
One of these things
just doesn't belong."
Sesame Street

"Antifreeze" genes from Arctic flounder
have been engineered into tomatoes.
Available soon in your local supermarket!

Allergies?

Vegetarian?

Religious laws?

Cultural issues?

Environment?

Openness?

"Modern biotechnology, by changing the character of food and food sources, has the potential for enormous impact on the world's food supply."

National Food Authority (NFA)
Discussion Paper, available free

**Unless you have your say, industry will have its way.
Write or call: The Food Standards Liaison Officer
NFA, PO Box 7186, Canberra 2601. Tel. (06) 271 2219
and the Minister for Health, Senator Graham Richardson**

GENETICALLY ENGINEERED MENU

Entrees

Tomato Soup: long-life, flavr savr tomatoes

*Garlic Bread: enzymes from engineered microbes



Main Course

Trout: carp growth hormone genes

*Cheese souffle: rennin from engineered microbes

Potatoes: synthetic genes for resistance to leaf roll virus

Pork chops: synthetic human & pork growth hormone genes

Dessert

Apple Pie: antibiotic resistance genes

Beverages

Soya milk: herbicide tolerance genes

*Beer: enzymes from engineered microbes

Examples from the NFA discussion paper, and official US and Australian documents.

*Already approved by the NFA, and being sold unlabelled.

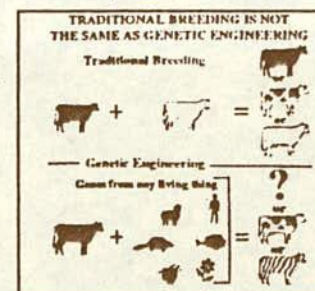
Ideas for Your Letters to the NFA and the Minister

*Genetic engineering is experimental & I don't want to be experimented on.
Many products, like breast implants, IUDs and thalidomide injured people.

*Public hearings are
necessary before engi-
neered food are allowed

*Social, ethical & envi-
ronmental issues are as
important in my food
choices as scientific and
technical ones.

*Organic food is my
preference.



* Genetically engineered
whole and processed food
must all be fully labelled. My
right to know and choose what
I eat would be taken away.
The food industry already
labels frozen veges, pasteurised
milk, dolphin-safe tuna, dried
fruit, lactose reduced milk, etc.
They should also have to label
genetically engineered food.

YES! Send me a FREE copy of The Gene Report!

To: Australian Gen-Ethics Network c/- Australian Conservation Foundation
340 Gore St., Fitzroy, Vic. 3065. Tel. (03) 416 2222 Fax. (03) 416 0767

Name: _____

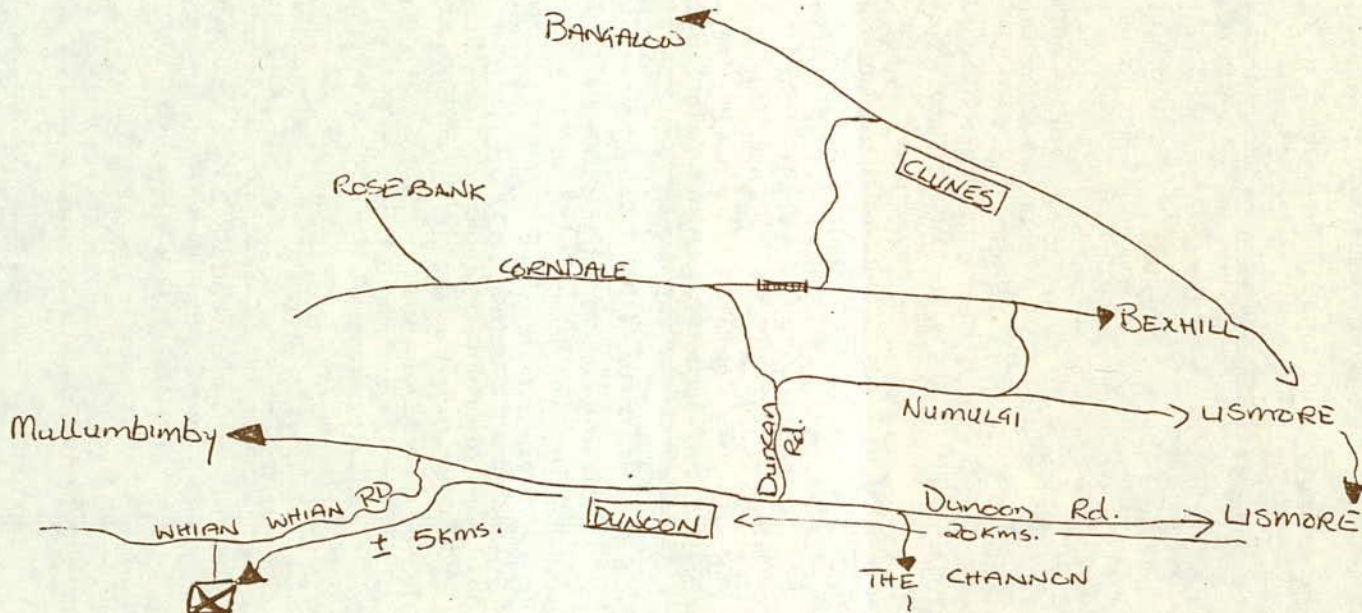
Address: _____

Postcode: _____

My donation of \$_____ is enclosed.

NEXT MEETING

on Sunday February 6
at Robyn Andrew's herb farm.



This is a chance to check out how the echinacea's are growing. They were planted in October in an area which Robyn had treated with Biodynamic sprays.

NEW HERB GROUP FORMED in WOODFORD

Under the guidance of Lisa Roper, and the dedicated team of workers, the Woodford community has begun the task of building a local herb growing industry base. The Durundur Community Development Association was formed to co-ordinate the project.

Howard Rubin conducted a two day herb growing seminar/conference to initiate a skills development. Howard is an excellent communicator, and these workshops produce results. The Durundur Association has become a member of the OHGA, as well as many of the individual members so that they can all become certified organic growers. We welcome them to the Herb Growing industry and wish them all the best of success!

For other interested groups, formed or wishing to form a local project initiative, Howard is available for weekend workshops. Contact him on (066) 291057

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P.O.Box 6099, South Lismore 2480.

WANTED:

Mulch materials and manures from organic certified properties. Call any committee member (see backpage).

OFFERED:

Work experience in exchange for lunch and herb cuttings. Call Robyn, 066-895441.

I'd like to order the following of Susun Weed's books:

- ☐ Menopausal years, the Wise Woman Way, \$33.50
- ☐ Wise Women Herbal for the Childbearing Year, \$36.50
- ☐ Healing Wise, \$31.50

These prices include airmail postage from USA (US\$10) and p & p inside Australia.

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Make cheques payable to Herb Farms Australia, POBox 6099, South Lismore 2480.

Orders must be in no later than Jan.31.

Delivery may take 6 weeks after that.



Herb Grower

O.H.G.A. & HERB GROWER

YES! I would like to become a member of OHGA
and receive the HERB GROWER.

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_____ P.CODE _____

Phone _____

Please find enclosed payment for:

- | | |
|--|----------|
| <input type="checkbox"/> Joining fee | \$ 5.00 |
| <input type="checkbox"/> Australian membership | \$ 20.00 |
| <input type="checkbox"/> Overseas membership | \$ 30.00 |
| <input type="checkbox"/> Half year membership
(Febr-August) | \$ 10.00 |
| <input type="checkbox"/> Application for
certification | \$ 5.00 |
| TOTAL | _____ |

ORGANIC HERB GROWING COURSE

Medicinal and culinary herbs

February 14-15-16

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Cost: \$120

Bookings: Herb Farms Australia

Phone/Fax 066 291057

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