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SEPTEMBER/OCTOBER 1992

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# HERB GROWER

PUBLISHED BY THE ORGANIC HERB GROWERS OF AUSTRALIA INC.

NIMBIN & RAINBOW NEWS

P.O. BOX 209,  
NIMBIN, 2480

PH: (066) 89 1184

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NEWSBRIEFS, COMMITTEE REPORTS AND  
MUCH MORE.....



## EDITORIAL

ANOTHER OHGA year has come and gone and the AGM is not far off. Contrary to the notice that you will find on page 22, it is actually the sixth AGM. We realized that, after that page was printed, by counting backwards and remembering the presidents that have gone before. We do have a jubilee of sorts though, since our Association has completed it's fifth year of incorporation. Always a good excuse for a party and we hope that those members, who don't live too far away, will join us on the night.

I will offer myself for re-election as editor, if you don't mind. It's been a lot of fun building up the HERB GROWER to where it is today. Mind you, it's also been hard work, but it's been worth it. I hope you agree.

I must now thank all the people who have co-operated in putting our magazine together. (It sounds so much better than newsletter, doesn't it? And we believe that it now qualifies for that title.) First of all, I want to say a big THANK YOU to all our advertisers, old and new. Without them, we would not have been able to expand. And I hope that you, our members, in turn, will support them.

Next come the contributors. Thanks to Howard, Russell, Kenrick and Dave, our regulars. We could easily use more contributions, especially now that we're so much bigger. Anyone with an itchy pen, don't hesitate to send us your writings. It will be great to have more members' stories, opinions, experiences etc., even though I have no trouble filling it up; but it's our magazine, not just mine. There is easily more room for letters. Maybe you would like to contact other members in your area, bring up something that worries or gladdens you. There might be something that you disapprove of or want to alert other members to. All of that can be said in letter form; it doesn't have to be a whole article. If you have easy access to a fax, my number is 066-291057.

We also need you for our member's profile on the backpage. Send us a little life-story with a photo. A black/white one will reproduce better than a coloured one, but really, anything that you can send in will do.

As I have mentioned once before, there might be a healthfood shop in your town, whose owner would love to stock and sell the HERB GROWER, if only (s)he knew about it. Don't hesitate to approach her/him with your copy. We also have OHGA leaflets which get sent out often to interested people. If you would like a stack of those to put in your library/healthfood store or any other suitable place, please let us know.

That wraps it up for this editorial. Don't forget to send us your renewal. In the previous years we have sent out one more issue, but this year this will truly be the last HERB GROWER if you don't renew in time.



NOTICE is hereby given that the ANNUAL GENERAL MEETING of the ORGANIC HERB GROWERS OF AUSTRALIA INC. is to be held on October 14, 1992 in the Lismore Club, Club Lane, Lismore at 7.00 pm. The Business of the A.G.M. shall be:

- to confirm the Minutes of the last A.G.M.
- to receive committee reports
- to elect office bearers and ordinary members of committee.

# ORGANIC HERB GROWERS OF AUSTRALIA INC.

P.O. BOX 6171, LISMORE, N.S.W. 2480

PRESIDENT	Howard Rubin	066-291057	ORGANICS	Russell Quinn	066-337056
VICE-PRESIDENT	Andrew Tsiklas	066-291006	COMMITTEE	Dave Carey	066-282031
SECRETARY	Carlene Marthick	066-337056	EDITOR	Elle Fikke-Rubin	
TREASURER	Diana Hopwood	066-284282		phone & fax	066-291057

The HERB GROWER is the official journal of the Organic Herb Growers of Australia Inc.

New members pay a \$5 joining fee.

Yearly membership fee: Australia \$15 - Overseas \$A24.

## LETTERS to the EDITOR et al.

*If you'd like a personal  
reply from the editor or  
other committee members,  
please enclose an SAE.*

NIMBIN & RAINBOW NEWS  
P.O. BOX 209,  
NIMBIN, 2480  
PH: (066) 89 1184

Dear Editor,

I noted with interest the article in your May-June issue, extolling the virtues of the Green parties and the need to perhaps consider their principles. In fairness you should also mention the Australian Democrats, who have advocated since their inception in 1977 the same four principles as you assess towards the Greens.

Further, the Democrats hold a position of power in the parliament and as such can be instrumental in negating any detrimental policies formed by the government against herb growers, marketeers or groups.

Yours,

Bruce Kent, Aspley, Qld.

*Opinions expressed by contributors to OHGA publications are not necessarily those of the editor, executive officers or the committee. Whilst every effort is made to publish accurate information, the Association accepts no responsibility for statements made or opinions expressed.*

Dear Howard,

I have just received my second copy of the "Herb Grower", which I find very well produced. Please find enclosed and pass on my cheque for my subscription renewal.

I was very interested in your article on commercial growing. I am currently developing an acreage block and am mainly engrossed in building my long dreamt of home but would like to be part of any move to expand the herbal markets.

I have over the last two years investigated the commercial growing of medicinal herbs and their drying, particularly those imported, and have decided to try about 1 1/5ha of herbs and vegetables in rotation.

I have received support from everybody concerned except the Qld DPI in Brisbane, whose policy is "all herb growers grow broke", this in contrast to a DPI engineer at Mareeba, who sent me helpful information and put me on to the SEQB's experiments on drying.

I am not ignoring culinary herbs but distance from markets is a problem. I endorse completely your remarks on quality and consistent suppliers of raw materials, on the latter point I think this problem can be solved on a national basis. When one district is drought stricken or flooded, others will be producing and take up the slack.

I hear from growers of lack of communication between them. Is this because of professional rivalry or just have not got around to it? Most people can no longer afford expensive seminars but annual gatherings, as part of a holiday, could be a way of communicating with each other and if pharmacists and users of our product thought it would enhance their local suppliers, they would support field days.

Yours faithfully,

John E. Tucker, Carina, Qld.

# THE FOLLOWING IS THE FINANCIAL REPORT FROM DIANA HOPWOOD, OUR TREASURER.

## FINANCIAL STATEMENT

for year ending 31st August 1992  
this UNAUDITED statement appears as a matter of record  
for our AGM to be held on 14th October 1992

Balance b/forward (1/9/91) \$ 1188.99

### INCOME

Membership	3004.70	
Herbgrower Sales	206.50	
Advertising	1132.45	
Raffles	112.30	
Sundry Income	35.10	
Postage - Certification	1.40	
Bank Interest	56.18	
Certification	3435.00	
Certification Application	155.00	
Standards Book	15.50	
Labels - Certification	347.85	
Soil Test	1480.00	
Total Income	9981.98	\$ 9981.98
		\$11170.97

### EXPENDITURE

Postage	446.29	
Photocopying	1258.57	
Stationery	265.09	
Bank charges	34.30	
Public Liability Insurance	259.42	
Auditor's Fee	150.00	
Telephone	1.62	
Petrol Re-imbursement	20.00	
OHGA Advertising	79.20	
Raffle Prizes & Tickets	23.90	
Organisation Subscription	70.00	
Post Office Box Fee	37.00	
Newsletter Editor Costs	697.55	
Travel Re-imbursement	12.50	
Brochure Costs	33.00	
Photocopier Lease	303.00	
Equipment Insurance	163.83	
Farm Inspections	1730.70	
Reference Library-C'fication	103.84	
Telephone - Certification	101.10	
Photocopying -C'fication	282.57	
Postage - Certification	216.50	
Stationery - Certification	93.51	
Standards Brochure-C'ficat'n	44.40	
Labels - printing	810.00	
Soil Tests	1520.00	
Soil Test Bags-C'fication	1.45	
Total Expenditure	\$8759.34	\$ 8759.34

Closing Balance 31/8/92 \$ 2411.63

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## **PRESIDENT'S REPORT**

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by HOWARD RUBIN

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### **Greetings, Herb Growers!**

ANOTHER year draws to a close and a new, very promising one approaches.

We have identified and developed many new opportunities in the past year. This is a reflection on the quality and dedication of the past year's executive committee.

The Association closed out the year with an increased membership, but the major achievement of the past year has been the consolidation of OHGA's position as the major commercial organic herb growers body.

Our organic certification scheme is soon to be recognized by OPAC as a national system, alongside NAASA and Biofarms.

This is a major milestone for us and much of the credit goes to Russell Quinn, our certification officer, for his very professional and untiring work.

The herb industry opposed the TGA in their attempts to reschedule Comfrey as a prohibited herb.

With lobby pressure brought to bear by our members and those of other organisations, we have been able to reverse this decision. But we must keep a vigilant eye open for other herbs which are still being targeted.

Groups such as COSTT (see insert) have played a major role in this battle. We need the continuing support of you all for this work.

I and most other committee members will be renominating for our positions, but we say farewell to Carlene, our Secretary, who has worked so hard for the Association.

Thanks go to her from all of us.

The HERB GROWER has just grown and grown to a very professional level under the guidance of Editor Elle. The quality of the contributors and advertisers is a credit to her hard work. We now also

have our own photocopier to reproduce the magazine and keep the cost at a reasonable level.

Diana Hopwood also stays on as Treasurer. Since she has filled the position, she has computerised all our accounts and brought our finances to a high level of efficiency. We are lucky to keep her for another year.

My thanks go to the entire exec committee of the past year and all other members who have helped and participated in events and field days, and have contributed to the democratic decision making process. You've made it a great year!

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**SEND IN YOUR MEMBERSHIP RENEWAL NOW! THIS IS THE LAST ISSUE OF THE CURRENT MEMBERSHIP YEAR.**

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**GROWING NATURALLY  
WITH  
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**ORGANIC LIFE**

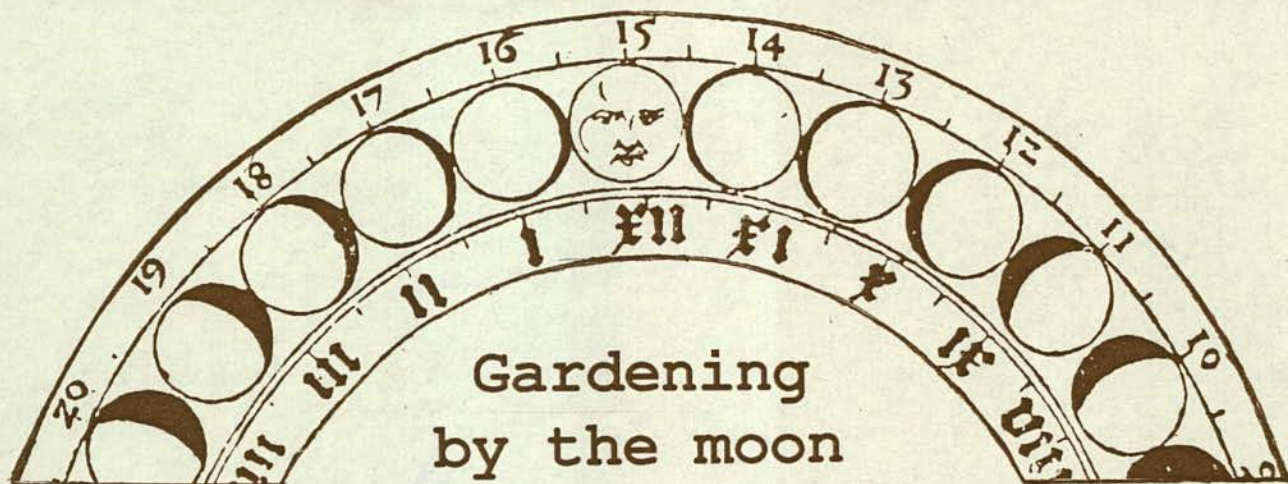
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**BIO FARM**



By Elle Fikke-Rubin

## SEPTEMBER

13-17 Days to plant rootcrops and perennials. Beetroot, carrots, chicory, onions, dandelion, salsify, parsnips and, of course, radishes can all be planted now. Most herbs are perennials, so it's a really good time to plant or sow them, or split them up and start some new beds. Plant valerian in areas that need more worm-activity. They'll travel from far and wide, just to be close to it. If you have some old valerian plants, it's a good time to dig them up, harvest the little rootlets, and cut up the large mother root in inch-long bits. They'll soon grow into a new plant.

Meanwhile you can dry the little rootlets in a very low oven, with the door slightly ajar. Simmer a teaspoon full for ten minutes whenever you or your family/friend need to relax.

18-20 Take this weekend off.

21-25 Days to do some weeding and checking for pests. Aphids can be removed by spraying with soapy water, although an organic gardener usually likes to wait for the ladybirds to show up and eat them. You may need to spray your cabbages with Dipel against caterpillars. Garlic spray chases a lot of pests away too.

26-27 Time to do some pruning. Fuchsias, gardenias, hibiscus, passionfruit and any herbs that have not been pruned during the winter, now need it.

28-30 Days to plant or sow leafy annuals. Basil, dill, perhaps even still coriander can go in. Also lettuces, chinese cabbage, silverbeet, parsley and others in this category. Plant the basil near your tomatoes, it'll keep the toms free from white fly and make them even tastier.

## OCTOBER

1-2 Two more days to plant your greens.

3-4 The moon arranged another free weekend for us.

5-11 All of these days are suitable to plant seedbearing annuals and flowers. Plant some more of the edible flowers, such as calendulas, violas and pansies, carnations and pinks, chrysanthemums, nasturtiums and amaranthus. Then there are the herbs, such as fennel, coriander, cumin and anise. And of course paprikas, beans, tomatoes, cucumbers, okra, cucumbers and eggplant, to name but a few.

12 Time off.

13-14 Time for rootcrops and perennials. For those of you wanting to start a new lawn, remember that herbs such as lawn chamomile, pennyroyal and creeping thyme make a beautiful lawn. They need not be mown, but if you're one of these mowing addicts, they can be. They also need much less watering than grass and have other added advantages. For instance, babies will start to feel really sleepy when crawling around in chamomile. Pennyroyal will keep ants and ticks away. Thyme may be a problem with very young children; when it's in flower, the bees really home in on it.

15-16 Two days off.

17-18 Two more days for perennials and rootcrops. Sow some more carrots. Put them near onions or leeks or in the neighbourhood of rosemary, sage or wormwood.

19-20 Two days of rest.

21-26 A good time to feed up all your plants and fruit trees. Give them all an application of metal dust, good pelleted

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manure and water it in really well. After that you can mulch them with horsemanure, hay or straw. Then you should be set for the summer. The bushes that have finished flowering, such as azaleas, can do with a prune and a feed too.

27-31 Time for leafy annuals again.

## NOVEMBER

1 One more leafy green day.

2 Take the day off.

3-9 Time for flowers and fruiting annuals, so in go beans, capsicums, celery, melons, marrows, pumpkins, sweet corn, zucchini's and others that take your fancy.

Beans, cucumber and sweet corn love to grow together. Capsicums and basil, celery and leeks, zucchini's and nasturtiums are good combinations.

10-13 Not the best days to be planting or doing any other work. Perhaps you could make some fruit fly traps to protect your fruit trees or paprika's. One of the mixes is molasses (a teaspoon) with ground pyrethrum (a pinch) and some citronella oil in about 100 ml. water. Put this mix in cans, which you hang around your garden. Check them regularly and replace with new ones when needed.

Have fun!.



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by RUSSELL QUINN

THE past year has seen a growing interest and a steady increase in the number of certified growers.

Several properties could not be certified initially, due to chemical residues in the soil which were above the acceptable level.

This is often quite disturbing for the people concerned, as the problem usually stems from previous farming activities, out of the control of the present owners. Fortunately, in most cases, the levels of contamination were relatively low, which means that the grower, by adopting good organic farming principles, can deplete the chemicals in the soil over a period of time. In the future, after further testing, the certification process may be continued.

The executive committee has decided that the certification fee of \$75.00 needs to be raised to \$85.00, as of September 1st. This fee covers the farm inspection, within a specified distance, and the administration. Both tasks are still carried out on a partly voluntary basis. This fee is still way below certification costs of other organisations. We'll try to keep it that way.

Earlier this year, the OHGA Certification Committee revised the original organic standards. The basic intent was not altered, but more specific detail and clarification was included. A Conversion Status was instituted, as a means of determining the applicant's credentials as an organic grower over a period of time.

The Organic Standards booklet is an easy to read guide to the requirements for organic certification. Our many non-commercial members, who do not need certification, might also want to obtain the OHGA booklet. You'll find it full of helpful hints for your home garden.

Our standards are partly based on the OPAC national standards for organic and bio-dynamic produce. These were developed over two years, to provide the frame work

for acceptable production methods, labelling and inspection procedures for produce, exported as organic or bio-dynamic. During the six months since it's release, there has been some confusion. This is due to misleading or unclear press statements and advertisements concerning it's adoption for the domestic market and which groups are the "approved" certifying bodies. The OHGA, through representation on various committees, meetings and letters to politicians and bureaucrats, are working to have this situation rectified. We are pressuring to have the status of all certifying bodies, including the OHGA, determined.

We expect that, at a meeting of the OPAC compliance committee this month, this issue will be addressed and ways of adopting the export standards for the domestic markets will be looked at. Questions, such as who monitors and administers the systems, will have to be worked out and it may be some time before a clear picture emerges.

We at OHGA believe that any organisation with the appropriate infra-structure, knowledge, experience and good intent, should not be denied the right to be an "approved" certifying body.

To follow on from my article in the last Herb Grower, concerning the "cleanness" of manures, it appears a communication breakdown caused the absence of a reply from Terra Firma Fertilizers.

This company does not give the impression of having anything to hide. On the contrary: they were most helpful in answering any questions relating to the risk of contaminated material ending up in their product Organic Life 4.3.2. This now has B.F.A. accreditation, which involves an inspection process, testing of the product for certain residues and obtaining a statutory declaration from the manufacturer, binding them to their claims. Hopefully this will clarify some of the questions raised in my last article, at least on the Terra Firma product.

I will be on the certification trail to the New England Tablelands, via Grafton, in the near future. If you're en route and wish to be certified, don't hesitate to get in touch.



DON'T FORGET TO POST YOUR MEMBERSHIP RENEWAL BEFORE THE END OF THE MONTH.

# 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.

Blackmores Feverfew is the only product that contains a standardised level of sesquiterpene lactones.

So, before your next migraine, see us and try One-a-Day Feverfew from Blackmores.

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FEVERFEW · RELIEF FROM MIGRAINE

TREBLEJOHNS + MORE BLAC 0241

THERE'S something about August. A feeling of things about to happen maybe. A calm before a storm. A month when, on the surface, nothing seems to happen of any significance. The odd freezing wind, then a balmy day.

That is the initial point I ponder up here as I look longingly out across half a dozen suburbs towards the Great Divide. I realize how much I miss the vegie patch and the herb garden still. Apart from keeping me sane, they were also a rather wonderful biological time clock. They were a way to connect to various times of the year. Certain things flower at certain times. Others need to be planted at other times. Time to turn the heap. Time to watch. And listen. I am aware of the moon phases with a farm around me.

That biological clock reappears in other ways when you are growing plants. There is a time for harvesting some crops, a time for preserving others.

Birds will happily pair off here, but treat you like an invading foreigner there.

A rather dull grey acacia suddenly flings itself into a massive array of golden blooms.

That is one thing I learnt about August this year. Macca, on Australia All Over, informed us all that August 1st is National Wattle day. He was right.

There was blooming wattle everywhere in early August. Yellow blazes on trees, which I would drive past a thousand times and not notice any other time of year. For once, I fully understood why Australia's unofficial national colours are green and gold.

I made a mental note to plant a wedge of them on the future farm.

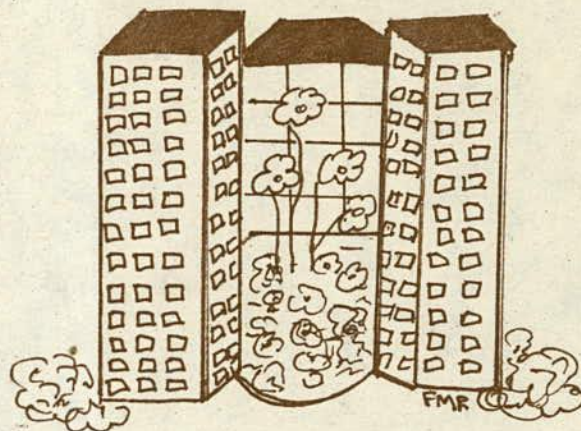
I realise, sitting up here, that I have lost the advantage of having that biological clock cycling around me. This farm-free highrise world locks you into human time. A mechanical rhythm. A dispassionate ritual where dates are more significant than days. Where clocks can't tell you when the sun will rise. Where we know things will happen this year, because we read about them happening last year.

Where an annual cycle begins and ends with the last page of the calendar.

So, in my human time ramblings I think about the Olympics, the Federal Budget and Elvis. And August.

Every leap year, August brings us the Olympics in the Northern hemisphere.

I won't even touch on the amount of inane



## PADDOCK ON TOP

by Kenrick Riley

verbage that dribbles out of the predominantly ill-equipped commentators.

None of the newspapers I went back through, carried any pre-Olympic reports on Kathy Watt as a cyclist.

The TV coverage was caught fast asleep by our riders.

And so what if Lisa Curry-Kenny didn't win a medal. She took a mile off her previous best and deserves heaps for just getting to the Games and beating a bunch of kids half her age.

Here and now (in best Hinch rhetoric) I would like to offer the congratulations of all of us who simply enjoyed watching our athletes doing their best - but also enjoying themselves.

August might be August, but you still have to have a bit of fun.

It was another August, about 15 years ago. As a young jackaroo working on a NSW Merino stud, I was over at the ram shed mixing up feed for the show sheep's breakfast. It was early and cold and I was listening to the radio, waiting for the whiskey-roughened voice of Red Harrison to announce the start of AM on the ABC. The night before, I had listened to the Fraser Government deliver a rather savage Federal Budget and was waiting to hear the Opposition and the media tear Big Mal apart. But. Unknown to me, the King had died the night before also. Elvis Presley? Dead? Not even a thought of foul play or drugs then. Just the creeping realisation that Red Harrison was actually delivering a hastily cobbled-together obituary. The earth shuddered. How was Tennessee to know that a tiny spot in western NSW had also gone very cold and quiet.

(cont'd next page)

AM devoted virtually their entire half-hour to Elvis. Remember, this was before Lennon was shot. JFK's murder and Whitlam's dismissal were also times that stood still. But they couldn't sing. We didn't memorise their words. We didn't mimic their voices or hairstyles. Their effect on us was not that immediate – nor personal. A shedful of hungry sheep waited politely – their food suspended in time.

I think I carried the radio around the paddock most of the day. I wasn't mad keen on the King, but I liked a lot of his songs. And I knew a significant moment in history when it happened. I was part of a world shift at a distance. Knowing that something that once was would no longer be.

The next morning, the sheep were just as hungry and it suddenly dawned on me that I – a bush economist and journalist – had completely forgotten about the Budget. So, it seemed, had most of Australia. I made a mental note for when I became Prime Minister.

And I wondered if that unlikely rock 'n roller Malcolm Fraser might have also offered up a little prayer in thanks to the King.

"That's August. And I'm Derryn..."

**CLUSTER HEADACHES** are more painful than migraines and affect more men than women. The attacks last 30–45 mins. and can occur several times a day. The oil-based compound capsaicin, which is the active ingredient in cayenne-peppers, has recently made headlines as a new topical application for shingles and now one study indicates that a group of test cluster headache sufferers get significant relief by applying a capsaicin solution to the nostril on the same side of the head as the headache occurs. Apparently it works by depleting "substance P", a pain transmitter in the central nervous system. Another presentation at the International Headache Conference in Washington DC, USA, of last year noted, that the temples of headache sufferers indicate a heat-loss during cluster attacks. Rubbing a capsaicin ointment to the temples helped keep sufferers headache-free.



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STAND**



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Available from all good Healthfood Stores

**STOCK UP NOW!**

*Compiled by Herb Farms Australia*

THE past year has been the most erratic year to date for the growing and marketing of herbs.

The recession has bitten hard into our industry, causing lacklustre prices throughout the winter months. Demand, however, has remained high, but only for the well-known varieties. No-one was willing to take risks this year with the lesser known herbs, which remained in the ground. But since this is an extremely fickle industry, dependent on different menu's coming in and going out of vogue, you should not rip them out just yet!

Melbourne is slowly being replaced by Brisbane for increased demand and better prices. Perhaps it's just the really good tourist season they have in Cairns. We'll have to wait and see how Melbourne responds in the summer, and if they can manage to climb out of their economic nightmare.

Export has been a major success story! We anticipated it would only be so for the summer months and got caught with major shortfalls this winter. Our export shipments now leave twice-weekly for Hong Kong, Singapore and Taiwan. The prediction is for exports to further increase this year, and we will be

targeting Europe as well. Our "smart wrap" packaging will greatly improve our ability to reach further afield.

This last financial year we had a turnover of  $\pm 10,000$  kg. of fresh herbs. Almost all the growers are cut out of most varieties. Springtime is time to replant!

**We need more herbs! More growers!**

This is real... we are doing it and you can do it with us. Those growers, who are taking a cautious approach, waiting and seeing, are holding us back. Demand is here, while our ability to continually supply, is dependent on you, the grower.

In general, it has been a good trading year. Selling has gone on throughout the entire twelve months, without any breaks. Demand has been consistent, with several major shortfalls experienced in a number of lines. Unfortunately, prices never did reach the '91 peaks, but returns were consistent and all growers were able to profit.

Next year will see our first crops into the medicinal market.

We at Herb Farms Australia look forward to another successful and expanding year and hope that you will all be there with us.

## UNI HAS TO POSTPONE INTRODUCTION OF NEW COURSE

In last issue we announced that Lismore Uni was to start an under-graduate degree course in Naturopathy.



Unfortunately Federal Government funding for the course will not be available until at least '94 or '95, even though already 350 people had expressed interest in the degree.

A lecturer in the School of Health Sciences, Mr. Garry Daniels, said he was disappointed that the course was not going ahead, but said that if the university will not fund the course, it cannot charge students fees to attend. He also said that the Dept. of Employment, Education and Training won't allow undergraduate degrees to be fully fee-paying. The faculty is now considering offering the course as a post-graduate degree, in which case the course would be eligible to attract full fee-paying students.




## HERB FARMS AUSTRALIA

### PRICES RECORDED IN THE PREVIOUS MONTH (for an OHGA bunch)

BASIL	.80¢-.90¢
CHIVES	.60¢-.90¢
CORIANDER	.80¢-.90¢
CHERVIL	.80¢-.90¢
DILL	.50¢-.90¢
LEMONGRASS	.50¢-.90¢
LEMONTYME	.60¢-.90¢
MARJORAM	.60¢-.90¢
MINT	.80¢-\$1.00
OREGANO	.60¢-.90¢
ROCKET	.40¢-.90¢
ROSEMARY	.90¢-\$1.20
SORREL	.40¢-.80¢
THYME	.60¢-.90¢




*If you want to continue receiving the HERB GROWER, send in your membership before October.*

# 19

1 Sophie

Done

# HOW TO COMBAT FRUIT FLY WITHOUT POISONS

YOU will often have heard that the management of fruit fly is largely a question of hygiene. If you have picked up your fallen and overripe fruit in the last season and gotten rid of it, you will have few problems this year.

That's all good and well if you live on a large enough property of your own, but if you have close neighbours, as we do, who don't bother about their fruit trees, you will definitely have a fruit fly problem.

But we'll start with the hygiene question anyway: all tomatoes, citrus fruits, peaches, nectarines etc. can fall prey to the dreaded fruit fly. Once these fruits fall off the trees, and fruit fly infected fruit often falls off unripe, they become the breeding ground for fruit fly. So check daily for fallen fruit, overripe tomatoes etc. and either feed them to your chooks, cover them with water or stick them in a plastic bag, seal that and set it in the sun, until the fruit has decomposed. **NEVER PUT INFECTED FRUIT ON YOUR COMPOST HEAP.**

Areas with a long cold winter will have few fruit fly problems, so our southern members can now go on to a different article.

If you can help it at all, try to avoid early ripening trees, if all your other ones are ripening at a later time. The ones that are attracted to the early fruit, will then be there for all the rest of your crop. Late ripening fruit can also present problems. Quinces and figs, for instance, are perfect hosts for the fruit fly to hang about in, then get to your winter crop like citrus fruit.

One sensible measure to be taken, is to separate the trees. Do not plant trees that fruit one just after the other. Let them either fruit all at the same time, or at least one month apart.

But if you, like me, long to have fresh fruit all year round, clearly other measures have to be taken.

When a fruit fly first hatches, it feeds for about a week before mating. This is the week to get them. They are looking for moisture, sugars and proteins, which is what we have to give them as bait. Start putting baits out about 8-6 weeks before

your fruit is ripening. These will serve as pilot traps, to check for a build

up in the numbers of fruit fly arriving. Baits have to be checked, emptied and renewed at least once a week.

## BAITMIXES:

- \* one teasp. molasses, a pinch pyrethrum powder in 125 ml. water.
- \* 10 gm yeast, pinch pyrethrum powder in 125 ml. water.
- \* rind of a ripe orange, 6 teasp. ammonia, 300 ml. rainwater
- \* molasses, water and fruit juice
- \* wine or sherry
- \* vegemite in water

All of these baits can be hung about, in and around your fruit trees in little pots, or in plastic bottles, of which you cut off the upper part, which you then turn around and insert into the lower part of the bottle. Tape well. Hang these bottles upside down. Or fill a plastic bottle half way with the bait, hang it upside down and punch some very small holes in it. This method has the advantage that you will not trap and drown any beneficial insects such as bees or hoverflies.

## REPELLANT:

For those of you who are averse to killing, there is a repellent you can make.

- \* a litre Kero, a litre Creosote, a packet of mothballs. Mix and place in open tins in trees. Handle carefully.
- Mothballs hung in your apple trees, by the way, keep them free from the codlin moth too.

Of course you will hang all these baits and repellents high enough, so that any little kids won't be able to get at them.

I hope that with this info, you'll have a fruit fly free season. Enjoy the fruits of your labour!

Compiled by Elle, with the help of Jackie French, Dept. of Ag and NATURAL GROWING, the Journal of the Henry Doubleday Research Association of Australia Inc.

We are required, by law, to control the Queensland Fruit Fly and the Mediterranean Fruit Fly.

# FEVERFEW, *tanacetum parthenium*

## Rediscovery of an Ancient remedy

by HOWARD RUBIN

In 1978, while practising herbal medicine in the UK, I became aware of the plant remedy Feverfew, as a cure for migraine and headache. Media attention was focused on Dr. Stewart Johnson, who undertook intensive research at the request of the Migraine Trust. This research was to give the respectability to a simple garden plant which a Mrs. Jenkins was giving to her patients for relief of migraine. By 1983, Dr. Johnson, who was a very prominent and respected pharmacologist, writer, and physician, agreed to appear on a nationwide television show and reveal his findings. The rediscovery of this remarkable plant began to unfold. By this time, Elle had already cultivated several large plots and we were prescribing the herb.

Feverfew has had numerous names over the centuries, which indicates that it was well known and widely used. The plant is currently recognized as *Tanacetum parthenium*, having been placed in the genus *Tanacetum*. Tansy is another member of this family. Ancient Greek legend has it that this plant was used to save the life of a person who fell off the Parthenon Temple in Athens; thus its name. Earlier records have placed Feverfew in the *Matricaria* family, as *Matricaria parthenoides*, of which chamomile is a member. In the 1800's, the plant was moved to the genus *Chrysanthemum*, which is still in use today.

Feverfew is a bushy perennial, 1-3 feet tall, greatly branched, very leafy, with short nearly hairless leaves cut variably into sharp pointed lobes, with many flowers in open terminal clusters. The

flowers have a single row of white rays and a yellow center consisting of many disc flowers. It would be easy to confuse the plant with another *chrysanthemum* or even chamomile. However, the whole plant has a strong and bitter smell and is particularly disliked by bees.



The active ingredient is a group of sesquiterpene lactones with the discovery and naming of parthenolide. It is the aerial parts which contain the highest concentration. Many research reports, including that of Dr. Johnson, confirm that Feverfew, taken on a continual basis, may be useful for the treatment of classical and cluster migraines, menstrual and pre-menstrual headaches, as well as decrease the symptoms of asthma, bronchitis and arthritis. The breakthrough to international recognition was the result of a random double-blind, placebo-controlled cross-over study. This test, reported in *Lancet* July 23:189, confirmed that Feverfew is effective in prevention of migraines.

Feverfew is very easily cultivated and being a perennial will give years of abundance. The seeds will self sow, or can be collected, while the bush will regenerate from the same roots. The best soil condition is a rich, well-drained soil, with the addition of good compost and

manure. However, the plant will grow in almost any soil type. Care must be taken not to overwater the plant, as this will decrease the active ingredient which is found in the leaf. But this holds true for most herbs. A bit of stress is best. The best growth period is springtime before it gets too hot, causing the plant to continually burst into flower. The emerging flower buds can be nipped off to encourage leaf growth, but this soon becomes impossible in the hot season. An open sunny position in spring and autumn and partial shade in summer is ideal. There are three methods for propagation: by seed, root division, and cuttings. If grown by seed, early springtime is best assuming the ground temperature has reached a minimum of 15°C. It can be direct sown and then thinned out to 2-3" spacings between plants. They establish very quickly. To use root divisions, lift the plants out of the soil in late winter/early spring, as soon as the plant begins to be active, and divide the root into four equal parts and replant. Cuttings can be taken from the young shoots at the base of the plant, and should have a heel attached to assist in rooting. Place in our recommended seed raising mix of equal parts of sand, vermiculite, and peat moss. Plant out when rooted.

Harvest times will vary from region to region. But your average yields should be  $\pm 4000$  kgs of fresh plant leaf per annum per acre. Harvest should be done by hand so as not to bruise the leaf. Mechanization can be successfully used in the cultivation process with early hand weeding, gradually working up to hoeing and then mechanical. The only pest noticed is a black fly which the plant seems to attract to the benefit of other crops and thus makes it an effective companion plant. The

black fly does not appear to harm the plant. Control can be accomplished with the use of a garlic/black pepper spray.

In the commercial herb industry, the standardization and analysis of the herb is crucial. Four tests are generally carried out to determine the quality. These are physical inspection, microscopic analysis, thin layer chromatography (TLC), and high pressure chromatography (HPLC). Thus the standardization, the locating and measuring the active ingredient must be undertaken. Commercial samples must be continually taken to ascertain the optimum moment for harvest.

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## SKIN CARE PRODUCTS *lead the market*

In a recent report released by MINTEL Australia, an industry market research group, it was revealed that Australian women are more concerned with products that can help their skin rather than simply buying cosmetic decorative make-up. In 1991 sales of A\$260 million were achieved in skin care products. The prediction is that this trend will continue until ALL cosmetic products were essentially skin care products. Natural ingredients will become the most important element and there will be an increase in the use of aromatherapy. Good news for the herb growing industry.

With this in mind, the Federal Bureau of Consumer Affairs has released the information Standard to cover all cosmetic products on or after 31 Oct 93.

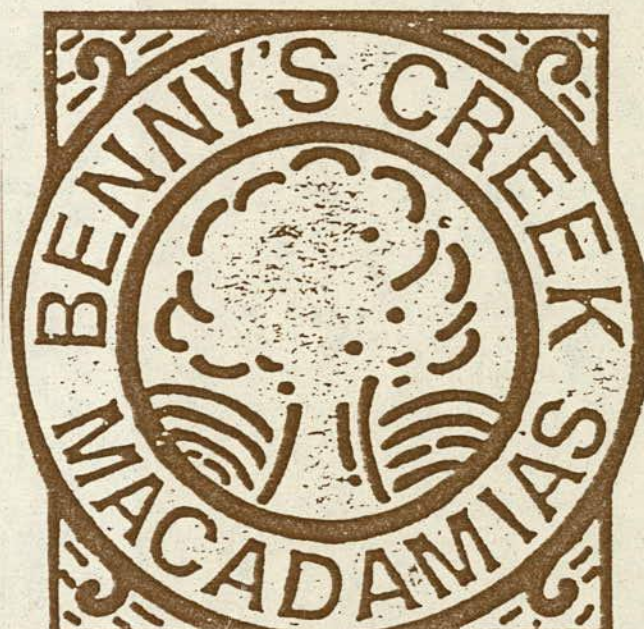
Cosmetic products as defined by this Standard means a substance or preparation intended for placement in contact with any external part of the human body including the gums and teeth, with a view towards: altering the odours, changing the appearance, cleansing, maintaining, perfuming, or protecting the body.

Cosmetic products would include: creams, emulsions, lotions, gels, or oils for the skin; face masks; tinted bases; make-up; after bath or hygiene powders; toilet or deodorant soaps; perfumes, toilet waters or eau-de-cologne; bath or shower preps, including salts, foams, gels or oils; dipilatories; deodorants; hand cleaners; hand protective creams; all hair care products; make-up and removers; lip care; mouth and teeth care; nail polish and care; shaving cream, foam, lotions, and soap; tanning without the sun; skin whitening products.

The Standard will require that the product is labelled with a complete list of all the ingredients in English, in a clear and legible manner and be prominently displayed. The ingredients should be listed in descending order calculated by either mass or volume, but not a combination. All ingredients should be disclosed in one list, preferably affixed to the product, if possible. However, there are exceptions allowable. The actual percentages of the

ingredients need not be disclosed. Trade secrets status may be granted by an application to the minister, so that you do not have to reveal that special formula.

Suppliers of cosmetic products should ensure that the goods they supply meet the requirements of the Trade Practice (consumer product information standard Cosmetics) regulation 1991. Copies are available from your local Business and Consumer Affairs Office. In our next issue, we will look at food and clearly explain the correct labelling procedures for value-added products.



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## MARIJUANA WITHDRAWN

FOR over 10 years the US government has distributed marijuana, in either the raw form or in tablets, to a small number of patients suffering from serious illness, in order to alleviate nausea, associated with chemotherapy treatments, for AIDS and cancer and for relieving pressure in the eye, suffered by glaucoma patients.

Now the US Public Health Service has decided no longer to provide marijuana to new patients with either AIDS, cancer or glaucoma. There has been such a rapid increase in demand for the herb due to AIDS, that government officials fear that the program sends a mixed message about drug use. A government spokesperson says that it might get out of hand, both in terms of supply and the government saying, in other fields, that the drug is not good for you. They're now afraid that the program may be seen as saying that the herb is safe and effective, which is the standard for a new drug.

The hypocrisy of the situation was noted by a medical doctor in America's 60 Minutes program, who says he regularly prescribes more dangerous drugs, like morphine, for patients experiencing pain. Yet there is no attempt by Federal officials to limit the appropriate and legitimate use of morphine, which is derived from the opium poppy and is highly addictive, which marijuana is not, according to the doctor.

\*\*\*\*\*  
\*\*\*\*\*

*Egypt hopes to become more competitive in the world market of essential oils. Already US, European and Far Eastern soap manufacturers use mainly jasmine, geranium, basil, chamomile, coriander, cumin, dill, garlic, parsley and tagetes oils from Egypt. Now the cost of these oils has been lowered by as much as 20% over the last year, due to the use of up-to-date technology, which has increased the yields.*

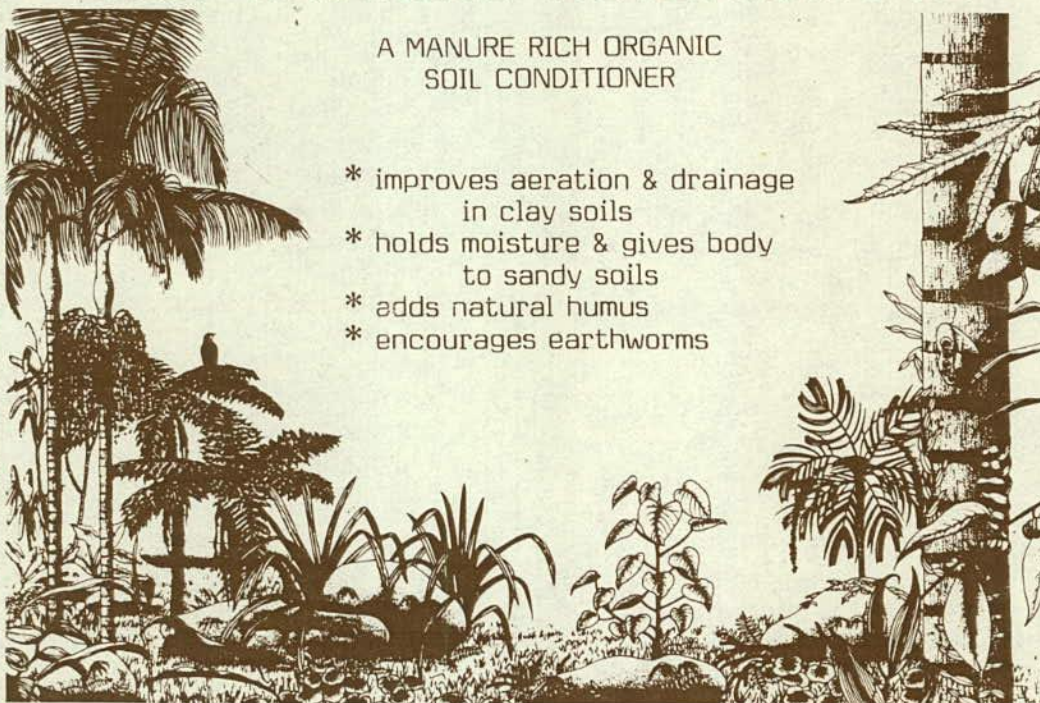
(from Chemical Marketing Reporter)

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**GO GROW**

## GROWER HINTS

by Dave Carey

ONE of the questions I get asked the most by potential new growers is: How much did it cost to set yourself up?

Below I will list a set of figures, which show close estimates to set up costs for half an acre of culinary herbs, based on my own experience. It is difficult, though, to give a definite figure, since this will vary greatly for each individual and depend on the resources available, both in money and materials already present.

### \* PREPARING OF SOIL AND BEDS (80 beds of 10 m. long)

- |                           |               |
|---------------------------|---------------|
| 1. Rotary hoe             | \$ 120        |
| 2. Green manure crop      | \$ 30         |
| 3. Slash, rotary hoe, rip | \$ 180        |
| 4. Bed forming            | \$ 120        |
|                           | <b>\$ 450</b> |

### \* FERTILIZING AND MULCHING

- |                             |               |
|-----------------------------|---------------|
| 1. Compost and lime         | \$ 850        |
| 2. Mulch: 2 straw bales/bed | \$ 250        |
|                             | <b>\$1100</b> |

### \* IRRIGATION **\$ 200**

### \* SEEDS, SEEDLINGS, POTTING MIX **\$1200**

### \* HARDWARE: secateurs, scales, garden tools **\$ 100**

### \* PATH WAY MULCH: straw, chips, newspaper, carpet, sawdust **\$ 300**

### \* REFRIGERATOR **\$ 200**

**TOTAL \$3650**

### MANUAL LABOUR FOR 1 PERSON: 150 hours.

This info will give new growers some guide lines in their planning, but do keep in mind that their are always more than one way of doing things. It could possibly be done much cheaper.

YAKUGAKU ZASSHI, a Japanese pharmacology journal, reports that Aloe arborescens protects the skin from radiation damage caused by X-rays. Pure centrifuged Aloe-extract offered 60% protection, compared to 98% from a purified fraction and -160% (increased radiation damage) from aloin, the laxative part of the extract. Unfortunately all extracts were administered by injection, leaving little chance to interpret the possible effects by external application or oral use. Aloe appears to work through anti-oxidant effects.

## WILL YOU STILL BE GROWING HERBS AT 70 YEARS OF AGE ?

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In the States a recently developed program has found support from both government and industry. It is run by the New Crops Center of Purdue University. The center is testing new opportunities for agricultural economic development. There are three current projects: expansion of Canola Production in Indiana, development of Edible Soybean and Specialty Crop Commercialization. This last category is quite interesting to herb growers, as the focus lies on basil and artemisia. Artemisia annua L. is being researched as a promising medicinal plant for its secondary plant product the sesquiterpene artemisinin, which shows activity as an anti-malarial agent. As well it's recognized as a potent plant inhibitor and may have potential as a natural herbicide. Of the basil, Lemon and Cinnamon basil are being developed with a very high content of natural aromas. They have already developed a vigorous basil line with well over 80% methyl cinnamate, but the post-harvest extraction has proven difficult and research is now focusing on extraction methods. The New Crops Center hopes to establish itself as an international training center on herbs, spices and medicinal plants. The first class will be held in the summer of '93.

(from the Business of Herbs, March 92)

# GONE BEFORE US...

IT looks like 1991 was the year for famous herbalists and herbal pioneers to depart for the Great Herb Farm in the sky.

**JONATHAN L. HARTWELL, USA**, who was the initiator and developer of the research programs for natural products at the National Cancer Institute in that country. He also stimulated a systematic search for plants and marine animals with anticancer activity. 1906-1991.

**HONG-YEN SHU, Taiwan**, who was a pioneer researcher and educator in Chinese herbs and the President of the Oriental Healing Arts Institute in Long Beach, Ca. and also the head of the Brion Research Institute of Taiwan. He received a doctorate in pharmacognosy from the Kyoto University in 1959 and was active in numerous areas of Chinese Traditional Medicine and Pharmacy. Dr. Hsu is the author of over 100 articles and books, including his masterwork, *Oriental Materia Medica: A Concise Guide*, published in 1986. One of his main aims in life was to educate non-Asians in the potential and uses of Chinese traditional medicine and herbs. 1917-1991

**MARIA TREBEN, Austria**, who became world-famous through her book *Health Through God's Pharmacy*. After living a obscure lifestyle until her sixties, she was shot into fame when her book was published. It sold more than 3 million copies and has been translated into 7 languages. Her brand of herbalism is a blend of German folk medicine and mystical Christian herbalism, which goes back to the 12th century abbess Hildegard von Bingen. 1907-1991

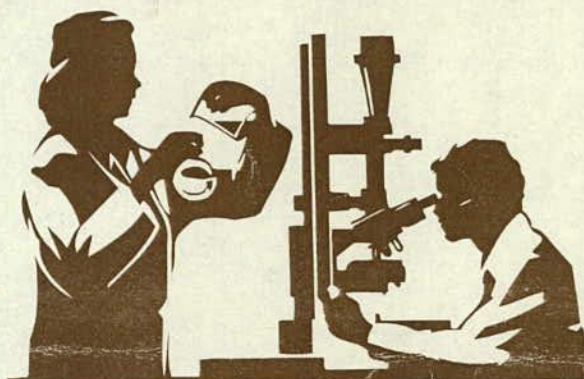
**KARL H. LANDES, USA**. Born in Hungary, he migrated to the States in 1929 to manage a branch of his family's trading company, which dealt in spices. His research on Cassia bark was very influential and changed forever the way this important commodity is traded world wide. He was directly responsible for great improvements in the quality of pepper, nutmeg, mace and other important spices of tropical countries. 1907-1991

**RUDOLPH FRITZ WEISS, Germany**, where he was the leading figure in herbal medicine. He studied medicine and botany at the University of Berlin and received his degree in Internal Medicine. He wrote over 100 original scientific papers on herbs and in 1980 founded and published the *Zeitschrift für Phytotherapie*, Germany's foremost herbal journal. In 1984 he became a lecturer at the University of Tübingen with a chair in Modern Phytotherapy in Medical Practice. He wrote the *Manual of Phytotherapy*, one of Germany's most famous herbal handbooks. Translated and published in England it's called: *Herbal Medicine*. 1898-1991.

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Mr Peter Purbrick,  
Raw Materials Manager,  
MediHerb Pty Ltd,  
P.O. Box 713, Warwick, Qld, 4370.  
Tel (076) 61 4900.

# THIS AND THAT.....

AN American pharmaceutical company has agreed to pay a Costa Rican conservation organization \$1 million for rights to search for new medicines among some 500,000 species of plants, animals and microscopic organisms in the tropical forests. The National Institute of Biodiversity of Costa Rica will use the money to train local people to collect specimens and to extract compounds for Merck scientists to screen.

This agreement, initiated by Cornell University biologist Thomas Eisner, is seen as an advantageous way for Costa Rica to derive benefits from their valuable forests without destroying them.

(from the US House Plant Magazine)

\*\*\*\*\*

REMEMBER that your membership renewal is due this month.

You wouldn't want to miss the next issue, would you?

WORMWOOD will work as a pre-emergent herbicide, as well as an insecticide, according to Korean biologists. They report that a solution, made by soaking 200 grs. fresh leaves in a liter of water, will significantly reduce germination of several kinds of seeds.

\*\*\*\*\*

THE Sichuan Journal of Traditional Chinese Medicine reports on the use of fresh peanut shoots in treating insomnia. Dr. Yang Ceming of the Nuclear Industry No.416 Hospital in Chengdu, China, tried peanut shoots on his patients suffering from insomnia and found the treatment to be fast and effective without any side-effects.

This is the method used: Place 30 gr. fresh young shoots in a teacup and pour on 150ml boiling water. Drink this tea one hour before retiring every night. It normally takes only 2-3 days to take effect.

This simple remedy would be wonderful for insomnia sufferers who live in a climate where peanuts can be grown, which will be in most parts of Oz.

The same paper talks about removing swallowed needles in little children, using Chinese chives, which to my knowledge are our garlic chives. One reported case was of a six-year old boy who had swallowed a pin. X-rays showed the pin lodged crosswise in his stomach. Immediately 400 gr. of Chinese chives were cut into 3-inch lengths, cooked to half-done and fed to the child all at once. The next morning, the pin was found excreted in the feces, wrapped up in the chives. This seems to be an old folk remedy, which in modern China is now used by doctors and hospitals.

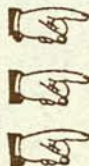
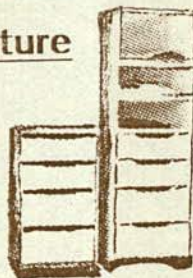
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## GREEN MATTERS GREEN MATTERS GREEN MATTERS

THE Northern Star, our NSW North Coast daily, has run some interesting articles lately. One of them originated from Florida and headlined: PESTICIDE BLAMED FOR ILLNESS, STUNTED CROPS. The chemical in question is Benlate and the number of farmers and nursery growers affected, is reported to be around 1700. Illnesses range from violent trembling and uncontrollable muscles to skin cancers.

Plants have stunted growth and one of the effects of the pesticide has been roots growing towards the sky instead of in the ground. The chemical's maker, E I Du Pont de Nemours & Co, has acknowledged the damage and has paid out \$344.42 million in Florida and \$397.41 million nationwide.

Benlate is used extensively by Australian fruit and vegetable growers as an in-field and post-harvest fungicide treatment.

ANOTHER probable victim of pesticide use seems to be drummer Jeff Porcaro of the band TOTO. He died of a heart attack after an apparent allergic reaction to pesticides, which he was using in his yard. Which chemical allegedly caused his death was not disclosed.

ON a brighter note: the Emmen Zoo, in Holland, is selling buckets of elephant manure for \$6.30 a bucket. The zoo's 10 adult elephants produce about 1000 kg of manure a day. The profit on each bucket will go to a foundation that protects elephants in their natural habitat.

Of course they're not the first ones to realize the value of poo. Perth Zoo has been marketing Zoo-poo for a few years now.

AN interesting development in the Iron Gates saga. Al Oshlack, who instituted a class action against the developers in the Sydney Courts on behalf of the Lismore Greens, has been informed that the Iron Gates developers have withdrawn from the court case. They

must have realized that the evidence is stacked too high against them. The consequences are not quite sure yet.

IT looks like there will soon be a National Green Party. The steering committee met in Melbourne in July. The most important position to come out of that meeting is that the Australian Greens should be a national federation of state and local parties, rather than the usual centralist model. It'll be a hard slog to finalize the constitution, to the satisfaction of all concerned. The Greens are notorious for distrusting large political and bureaucratic bodies, with good reason; it would be unacceptable to most grassroots members if the Greens became like the other parties.

### GULF WAR PROFIT

The General Accounting Office USA recently reported that the USA made a record profit of more than \$1 billion from the Gulf War.

## ARE YOU A GREEN MEMBER YET?

### WE NEED YOUR SUPPORT

FOR INFO ON MEMBERSHIP RING:

- \* NSW LISMORE 066-222618
- SYDNEY 02-5607837
- \* W.A. PERTH 09-2214550
- \* QLD BRISBANE 07-8462409
- \* TAS HOBART 022-241920

or ask your local Green Group or  
Environment Centre.

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O.H.G.A. Standards for Organic Certification.  
\$5,00 incl. postage.  
O.H.G.A., P.O.Box 6171,  
South Lismore 2480.

\*\*\*\*\*

For info on future commercial organic herb growing courses, phone Howard Rubin on 066-291057. Workshops in your area can also be arranged.

\*\*\*\*\*

### WANTED:

The Lismore Greens need furniture for their office. If you have any superfluous tables, chairs, filing cabinets etc. ring 222618 or 291057. It will be greatly appreciated.

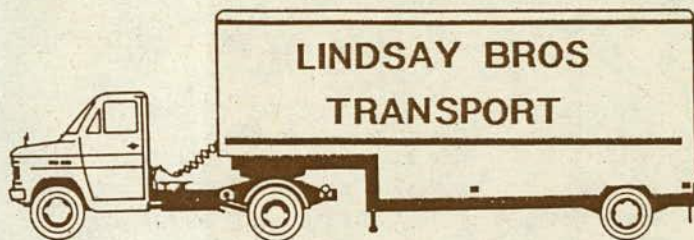
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### SEARCHING

I'd like to make contact with herb growers who, like me, are trying to grow in a dry area without irrigation, so we can exchange info and experiences.

Nicolle Leach, P.O.Box 78, Inglewood,  
Vic 3517. Phone 054-3383492

## FIFTH OHGA AGM

For this year's AGM we have planned something different.

It will be held in the LISMORE CLUB, Club Lane (the little lane off Earth and Sea Pizza in Lismore). We start the meeting at 7.00 pm in the conference room there and, once the formalities are over and done with, it will become a social event.

The Club serves a nice dinner, with a choice for meat-eaters and vegetarians alike, at very reasonable prices.

On the night they have arranged for a blues/jazz band, which will be free to OHGA members, who have taken part in the AGM.

We think it'll be a really nice change and hope you feel the same.

SEE YOU THERE!

ANNUAL GENERAL MEETING 1992  
to be held on October 14, 7.00 pm  
at the Lismore Club, Club Lane  
Lismore

It's AGM time again. Every financial member of OHGA can vote at the AGM next month. If you are unable to attend, you can fill in the nomination form and/or the proxy form and send it to: The SECRETARY, OHGA, P.O.BOX 6171, SOUTH LISMORE, NSW 2480. These forms, and your annual membership fee, need to be in before October 1.

## NOMINATION FORM

I, .....  
of.....P.Code.....  
being a financial member of the Organic Herb Growers of Australia Inc. (OHGA), hereby  
NOMINATE.....  
for the position of .....

This nomination is to be tabled at the annual general meeting of the association to be held at Lismore on October 14, 1992.

## SECONDER TO THE NOMINATION

I, .....  
of.....P.Code.....  
being a financial member of the Organic Herb Growers of Australia Inc., hereby SECOND the nomination of .....

## CONSENT TO NOMINATION

I, .....  
of.....P.Code.....  
being a financial member of the OHGA, hereby  
accept the nomination for the position of .....

Signed.....  
Dated, / /1992

## APPOINTMENT OF PROXY

I, .....of...  
.....P.Code.....  
being a financial member of the OHGA, hereby  
appoint .....  
being a financial member of the OHGA, as my  
proxy to vote on my behalf at the annual general  
meeting of the Association to be held at Lismore  
on Oct. 14, 1992 and at any adjournment of that  
meeting.

Signed.....  
Dated / /1992



Dear members and prospective members,

In order to facilitate the processing of your membership renewal, we would greatly appreciate it, if you would send in the little form printed on this page.

The EDITOR would appreciate it even more, if you would also fill out the back of the form. I guess that if you're absolutely completely happy and satisfied with the present form and content of our magazine, you could give it a miss, but I would really appreciate it if you could let me know of your desires, comments or special needs regarding info and articles. While you're sending in your renewal, you could perhaps also take the trouble to send me a little B/W photo and a short biography for our backpage member profiles? It would be nice to get to know other members, apart from the local ones.

## MEMBERSHIP RENEWAL FORM

Australian Membership 92/93 \$15.00  
Overseas Membership 92/93 \$24.00  
New members pay an additional \$5.00  
joining fee.

NAME.....  
ADDRESS.....

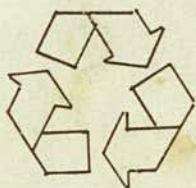
.....  
P.Code.....Phone.....  
Please find enclosed \$..... for Australian/  
Overseas membership renewal/new  
membership.

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I am happy/not satisfied/so-so with the  
present form and content of the HERB  
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My interests are.....

I would like to see more info/articles on .....

Other comments.....