

Winter 2018

Welcome

The cold snap of winter has arrived along with some impressive electrical storms!

Our beautiful gardens at The Herb Farm are entering their hibernation season and you can see them buckling down for the winter. Although they are without their colour and blooming vibrancy there is still a lovely feel about our winter gardens and if it's not too wet they are worth going out to enjoy when you visit us.

Herbal remedies really shine over the winter months when they can be effectively used to combat all sorts of bugs, viruses, coughs, colds and flu. I love combining the tried and true remedies with new discoveries to see what works with my family from internal remedies, bath infusions, external creams, oils and balms to homeopathy and nutrition.

You will see some of our DIY remedies we swear by in this newsletter along with yummy warming recipes from our café.

We are so excited to be launching our new Protecting Skin Defend Mist in June. This mist has been developed to help combat oxidative stress on your skin from pollution and environmental stressors, including the effects of cold weather.

We are very lucky to live in New Zealand but our lifestyles are not without stressors on our skin and this protecting mist uses ingredients scientifically proven to help prevent premature ageing caused by these.

Have a healthy winter ahead!

Sarah Cowan (Managing Director)



Thyme Bath Infusion

Thyme is a must have herb in my garden and the best variety is Pizza Thyme, *Thymus Nummularius*, as it has a superb flavor for all Italian style cooking and it has the highest healing constituents - those tiny leaves have superpowers!

The leaves are dark and glossy and the plant grows vigorously forming a large clump over summer – it's best to plant at least three as once you try a thyme bath you will be hooked and need a great supply to keep you going through the winter months.

In summer the thyme has gorgeous purple flowers. You can harvest it three times through the summer, dry it in baskets and then store in paper bags for when it is needed.

A thyme bath is one of my favourite herbal remedies. It is so simple and so effective for colds, coughs, flu and general exhaustion or to boost your immune system.

Making a thyme bath could not be simpler;

1. Pick two handfuls of fresh thyme or use one handful of dried thyme.
2. Place in a large pyrex or stainless steel bowl and cover with boiling water.
3. Immediately cover with a plate to ensure none of the precious volatile oils escape.
4. Leave infusing for 20 minutes then run a hot bath and holding a sieve over the bath pour the thyme infusion into the bath. It will be a yellow colour and smells very antiseptic – fabulous!
5. The person needing the treatment soaks in the bath for at least ten minutes, inhaling the healing steam and soaking the goodness through the pores of the skin. Relax and let the magic happen.
6. Wrap yourself warmly and go straight to bed where you will sleep like a log and you may perspire while your body and the thyme work in harmony to heal you.

Suitable for all ages from 6 months old.

Lynn Kirkland (Founder & Herbalist)



Curried Parsnip & Apple Soup

Ingredients

1 large onion, diced
3 cloves garlic, crushed
1 tbsp olive oil
1 tbsp curry powder
1 tsp ground coriander
1 tsp ground turmeric
6 medium parsnip,
peeled and thinly sliced
1 large potato, peeled
& diced
1 large granny smith
apple, peeled & diced
6 cups chicken stock
OR vegetable stock



Method

1. Cook the onion and garlic in olive oil until soft. Allow a good 3-4 minutes.
2. Add the curry powder, turmeric, ground coriander, parsnip and apple, sweat for 5 minutes, making sure nothing is sticking to the pot.
3. Add the diced potato and stock.
4. Bring to the boil for a good 35-45 minutes or until the veges are tender and breaking apart.
5. Add salt and pepper to taste.
6. Puree with a stick blender until smooth.

If the soup is thicker than you like it is now that you may add ¼ cup of milk or a little water.

Serve with a dollop of plain yoghurt or crumble blue cheese on top with a few parsnip crisps and chopped parsley.

To make parsnip crisps, peel a parsnip with a vegetable peeler, fry in some hot vegetable oil until just golden, remove and let sit on a paper towel for a minute before serving.

Tried & tested by The Herb Farm team and it is delicious!!

Megan Pirret (Head Chef)

Introducing Our New Protecting Skin Defend Mist

We are excited to introduce our Protecting Skin Defend Mist. A light 100% natural mist with powerful ingredients to give invisible protection against the ageing effects of environmental pollutants and skin stressors.

Contains Borealine® Protect, a natural extract from the bark of the Black Spruce Tree. The bark is the tree's natural defence shield and Borealine® Protect acts in the same way for your skin.

WHAT SKIN DEFEND MIST PROTECTS AGAINST

Protecting Skin Defend Mist uses nature's own defence mechanisms to help defend the skin against stressors such as:

- Pollution
- UV Radiation
- Hot and Cold Weather
- Heating and Air-conditioning
- Electronic Equipment

Our amazing Protecting Skin Defend Mist is available at The Herb Farm Retail Store, online at herbfarm.co.nz, Health 2000 stores nationwide and other selected stockists. RRP \$34.90 (100ml).



Wonderful Weeds – Plantain

We love weeds at The Herb Farm! Not something that you hear very often but many weeds have powerful healing abilities. One of these wonderful weeds is plantain and it is known as the 'green band-aid'.

When to use Plantain

Plantain is very effective for helping to draw out splinters, foreign bodies, infection and boils.

How to use Plantain

Wrap the smooth side of the plantain leaf around the affected area. Secure it tightly with a plaster or tape and leave it to draw out the foreign matter.

If pus/infection is present change the leaf every hour or two otherwise it can remain for longer (a few hours or overnight) doing its magic.

Once you start using weeds for healing you will realise how beneficial it is both for your body and for the garden. You won't get stressed by the appearance of weeds in the garden as you will embrace them as wild healing herbs!

Lynn Kirkland (Founder & Herbalist)

