

# Herbs



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## IN THIS ISSUE:

### Making a mark in miniature

The Drovers daughter

Delights of nature's larder

Plus regular features and much more...



# Breathe new life and energy into your home this spring with our easy guide to making your own natural cleaning products.

Harsh chemicals and synthetic scents can not only be tough on everyday appliances and your much-loved soft furnishings, but also on you and your loved ones.



Natural-based cleaning products can be kinder to those with allergies and sensitivities, helping to ensure your home is a haven.

With alternatives to chemical-based cleaning products also becoming increasingly popular among those who want to reduce their environmental impact, there are now several books on the topic available to buy.

*The Domestic Alchemist* by Pip Waller has 51 step-by-step guides on how to create your own products for every area of the household, while *Green Clean Your Home* by Manfred Neuhold also explores this fascinating topic. You can read reviews of both of these books on our website [herbsociety.org.uk/book-reviews](http://herbsociety.org.uk/book-reviews)

Inspired by these books and with spring just around the corner, we've selected two of our favourite simple guides to creating your own household cleaners.

## Rosemary and pine toilet cleaner\*

### Ingredients

- 1 small handful of rosemary leaves
- 1 large handful of pine needles
- 500ml/2 cups of apple cider vinegar
- ½ tsp rosemary essential oil (optional)
- ½ tsp pine essential oil (optional)

Makes 500ml/2 cups and keeps at least a year.

### Method

Make an infused vinegar with the fresh rosemary and pine needles and add the essential oils if you want a stronger smell.

Pour the undiluted cleaner into the bowl and leave for 10-20 minutes, before scrubbing well with a toilet brush.

### Did you know?

You can use the new growth that appears on pine trees in February and March to create a fresh-tasting tea infusion that is high in vitamin C. You can also use the tips to brew beer, while the resin's antibacterial properties make it excellent for healing wounds.

## Chamomile and calendula surface cleaner\*

The scents of chamomile and calendula make this a sweet-smelling cleaner.

### Ingredients

- 500ml/2 cups distilled white vinegar
- 2 tsp calendula flowers
- 1 – 2 tsp chamomile flower heads
- 20 drops lavender essential oil

Makes about 500ml/2 cups and keeps up to two years.



### Method

Make an infused vinegar with the calendula and chamomile flowers. Add the essential oil and decant into a spray bottle.

For everyday use, add an equal amount of water to the mixture. Spray on, leave for a few minutes and wipe off. For really tough jobs, use the cleaner undiluted allowing it to sit for 15 minutes before scrubbing and rinsing.

## A gardener's best friend

Calendula not only looks pretty among your flowerbeds, but also acts as a 'trap crop' thanks to its ability to lure in common garden pests. Aphids, whiteflies and thrips are drawn to a sticky sap released by the calendula flower, which helps to keep more susceptible plants free from these pests.

*\*Both recipes were originally featured in The Domestic Alchemist by Pip Waller and have been slightly adapted to feature a few different ingredients.*

## A note of thanks

Former Finance Manager for The Herb Society Karen Lane has been in touch with a message of thanks.

Karen, who supported the charity from 2013 to 2020, said: "I would like to send a personal thank you for the £50 that I was presented as a leaving gift from The Herb Society.

"This came as a complete surprise, as it has been a pleasure working for the Society for the past seven years.

"I moved to a new house in October last year, so I wanted to purchase a specific item with this kind gift so that I think of The Herb Society every day, which I continue to do.

"We bought a small flatscreen TV for our new kitchen and a new front door mat to welcome our visitors when they can finally visit us in our new home. So, the gift has been well spent, and brings enjoyment and memories every day.

"I have continued to support Linda and Elaine in the background during this transitional year and will continue to do so until they no longer require my assistance.

"I want to take this opportunity to thank the members for their continued support of the Society and to the wonderful committee members I've had the pleasure of working with during my time with the Society. Sending my best wishes to all."

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