

**President:** Michael Tuffin **Chairman:** Errol Scarr **Hon Treasurer:** Henry Diesveld **Secretary:** Glenda Thorpe  
**Honorary Members:** Laurie Powis, Marianne Alexander, Mary Smith, Anne Bean, Adam Harrower, Michael Tuffin, Bill Elder

## NEXT MEETING

**Monday, 6 July 2020 at 20:00 – from the comfort of your home.**

Yes, there will be a meeting! Although other Societies have pipped us to the post, we have not sat back waiting for lockdown to end. If we had, we may never get to see you again. We have been working hard behind the scenes to set up a user-friendly way of getting our monthly talks to you. As a start, we will be bringing you a talk via Zoom.

Jenny Scarr will give us a presentation on our weekend away in October last year – **Barrydale Open Gardens**.

Instructions on how to watch this via Zoom will be sent to you before the time. In the meantime, would you please respond to [info@capehorticulturalsociety.co.za](mailto:info@capehorticulturalsociety.co.za) by Friday, 3 July, for us to get an idea of how many of you would be prepared to 'give it a try'? It's quite simple – and lots of fun. Ask your grandchildren for help if you don't know how!

## REPORTBACK

### Members' June Plants

In early June, Belinda said she was "... struggling a LOT with snails, and a few caterpillars. I do feel bad about removing them, but they just eat everything!" Don't we all feel the same? Here are some of the plants that she is proud of in her new(ish) garden:

Right (from left to right):

*Monilaria chrysoleuca* from the Knersvlakte, Springbok, Nigramoep: "It dies off completely during summer, and on Paul Green's advice it received no water at all for several months. I was very concerned that I had killed it, but, see ... it has bounced back just as he said it would."

*Faucaria* sp

*Aloe* "Bushwacker" (hybrid)



Left (from left to right):

*Crassula arborescens* (anyone disagree?) from Central and Little Karoo. Very similar to *C ovata*, which is from East Cape and KZN.

*Pelargonium*

*Cotyledon*

*Vinca major* "Periwinkle" from S Europe, N Africa: "The blue flower is the first flower from a slip I took, which took forever!!! to root. And now, about eighteen months later has two flowers!"

Jean shows us her "Easter" cactus (right) flowering in June. She wonders why it was so late. [Ed: Ours is only starting to flower now.]

Maureen, says: "I was a bit intimidated joining such an august body of dedicated gardeners but reading the various emails (our Lockdown Diaries), I feel a lot more comfortable." [Ed: I'm sure that's a good thing, so apologies to the more qualified horticulturists among us. 😊]



She has sent some photos (below) and has this to say about her garden:

“We’re on the mountainside next to the Helderberg Nature Reserve in Somerset West and our soil is heavy clay. Over the past five years, my gardener and I have added compost and various mulches which has given us a decent topsoil. It’s small with a number of beds, but densely planted. I know relatively little about gardening but I do know that I love it and the constant gifts and birdlife that it’s given me.” [Ed: We all agree on that, don’t we?]



**WELCOME TO ...**

... our newest member, Maureen Bassill. We hope her association with us is a beneficial and rewarding one.

**RAINFALL FIGURES**

These members responded to the call for rainfall figures. These readings cover quite a wide area, so it is interesting to see the variation from one area to another. All rain is collected in the ordinary plastic funnel – no fancy gadgets!

SUBURB/TOWN	MEMBER	1 - 31 MAY	1 - 16 JUNE
KOMMETJIE	Du Rand	37	71
CONSTANTIA	Diesveld	87	110
KIRSTENHOF	L'Estrange	-	91
NEULANDS	Van Wieringen	100+	100+
PINELANDS	Scarr	87.5	58.5
PINELANDS	Thorpe	82.5	59
ATLANTIS	Tindall	35.5	49
ELGIN	Simpson	55	80
BREERIVIER	Reynolds	76	88

The Scarrs were clearing their old PC of files and found these 3 items of interest.

## USES FOR CULINARY HERBS

### **Bay Leaves (*Laurus nobilis*)**

Fresh leaves have a nicer flavour than dried.

Use when making casseroles, stock, soups and when cooking ham, salt beef or tongue.

### **Sage (*Salvia officinalis*)**

Is strong in flavour but goes well with all Pork dishes.

Leaves fried whole make a nice garnish.

Has a disinfectant action.

### **Borage (*Borago officinalis*)**

We all know that these flowers garnish Pimms!

The young leaves are rich in calcium and potassium – good to add to salads.

An infusion of leaves can relieve depression and stimulate the adrenal gland.

Seeds yield an oil rich in gamalinoleic acid.

### **Thyme (*Thymus vulgaris* and others)**

Used in Mixed Herbs and Bouquet Garni.

Also an insect repellent.

Has a disinfectant action.

### **Lemon Grass (*Cymbopogon citratus*)**

We all associate this with Thai cooking but do you know the leaves make an antiseptic tea – good for digestion, headaches and fevers.

A lovely lemon scent to Rooibos or Earl Grey teas.

It is also an insect repellent.

### **Rosemary (*Rosmarinus officinalis*)**

All lamb dishes go well with this herb, also oven roast potatoes and other roast veggies.

## USES FOR AROMATIC HERBS

### ***Artemisia absinthium***

Flavours Absinthe!

It is a fruit fly and cabbage white butterfly deterrent.

### **Eau de Cologne Mint (*Mentha x piperita 'Citrata'*)**

Potpourri and scented sachets.

Used in cosmetics and floral sprays.

### **Lemon Pelargonium (*P. citronellum*)**

Potpourri and sachets.

Line cake tins with leaves for delicate lemon fragrance to cake.

### **Rosemary (*R. officinalis*)**

It is an antiseptic and antioxidant; helps to digest fats.

Wonderful as a hair rinse.

Use in biscuits, ice cream and put the flowers in salads.

Used as moth and insect repellent.

### **Lavender**

Also an insect repellent.

Widely used to flavour cosmetics .

Use to flavour sauces, ice cream, biscuits.

### **Nutmeg Pelargonium (*P. x fragrans*)**

Used in aromatic sprays and potpourri.

**ORGANIC GARDEN SPRAYS** (Taken from WESSA Jan 2002)

THE PEST	THE SOLUTION
Aphids	Soap solution
Black Spot	Onion and Garlic or Onion and Garlic Chive sprays
Caterpillars	Salt Water spray or Hot Chilli spray
Maggots	Salt Water spray or Hot Chilli spray
Mildew	Oil and Soap spray or Onion and Garlic spray
Red Spider Mite	Lime water or Sugar water
White Fly	Soap solution
Soft-bodied insects	Hot Chilli spray
Other fungal diseases	Onion and Garlic/Onion and Garlic Chive sprays

Recipes:	
<p><b>Soap Solution:</b> 60ml Sunlight Liquid 5 litres cold water</p> <p>Mix Use (Also use on Aloes.)</p> <p><b>Onion and Garlic Spray:</b> 5 large onions 5 cloves garlic 5 litres cold water</p> <p>Dice the onions Pour over cold water and steep overnight. Next day, add crushed garlic. Strain and spray.</p> <p><b>Hot Chilli Spray:</b> 4 hot chillis 1 small onion 1 clove garlic 2 litres water</p> <p>Crush the chillis, onion and garlic Add to the water and bring to the boil Allow to steep for two days Strain and use.</p> <p><b>Lime water:</b> 30g agricultural lime 5 litres water</p> <p>Mix together Allow to stand Use water only to spray.</p>	<p><b>Oil and Soap Spray:</b> 150ml soya bean, sunflower or maize oil 4 litres cold water 10 ml Sunlight Liquid</p> <p>Mix well and use.</p> <p><b>Onion and Garlic Chive Spray:</b> 500g onions Handful of garlic chives 10 litres water</p> <p>Chop the veg and mix with water Allow to ferment for 7 days Strain Dilute 1:10 with water.</p> <p><b>Salt Water Spray:</b> 60ml common table salt 5 litres warm water</p> <p>Mix Allow to cool Use.</p> <p><b>Sugar Water:</b> 250ml sugar 5 litres hot water</p> <p>Mix Allow to cool Use.</p>