

# NEWSLETTER

*“We might think we are nurturing our garden, but of course it's our garden that is really nurturing us.”*

*- Jenny Uglow*

## From the Committee

*A strange, cool, and slow start to the calendar year seems to have blended into the summer we were waiting for, warm and dry conditions are upon us. Here in the south the grasses are browning for the height of the summer season - it is time for making bread!*

*As the year rolls forward we are looking for volunteers keen to try their hand at running workshops, we had excellent engagement from the local community at the recent Calendula workshop helmed by Gemma, Libby, and Tess. The feedback from the community is they are hungry for more so please reach out if you're keen to get involved. Our website has had some work done as well, jump over and have a look, feedback and suggestions are welcome.*



## Calendula

*Beloved of beasts & bees, these bright flowers draw you in like the little suns they are. Their fragrant scent, their sticky resins, the edible flowers and leaves, the medicine in this plant is amazing! If that wasn't enough the flowers are also excellent nap spots for native bees. ♡*

*In honour of the wonderful workshop in January, Calendula is our plant of the month. Originally native across Europe, it is now considered naturalized across many areas of the world, including Australia. This friend thrives in full sun, most soils, and likes a drink. Calendula is a powerful medicine. It acts across the skin, lymphatic, detox, gastrointestinal, reproductive, and immune systems to name some. You can welcome this plant into your life in food, infusion, tincture, herbal vinegar, infused oil, succus, poultice, or by just hanging with it.*

February 2026

Volume 2.2

## Important Dates

### Huonville Clinic

Friday 13<sup>th</sup> February

9:30am-1pm

23-25 Main St, Huonville  
Tasmania, 7109

### Volunteer Hangout Day

Wednesday 4<sup>th</sup> February

10am-2pm

23-25 Main St, Huonville  
Tasmania, 7109



## Recipe Corner

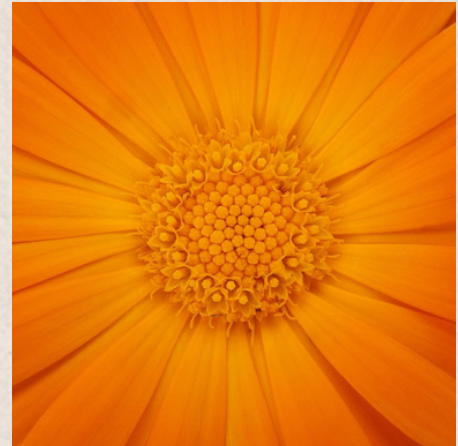
### Calendula Vinegar

This recipe calls for the cheery & bright flower.

This is a super easy recipe that can be added to dishes for acidity, mixed into a salad dressing, or taken as a medicine.

### Ingredients

- 1 & ½ cups of fresh calendula flowers. You can put in just petals, your vinegar will be more colourful, or keep the whole flower head, your vinegar will be more medicinal.
- 2 cups vinegar (ACV or other)



### Method

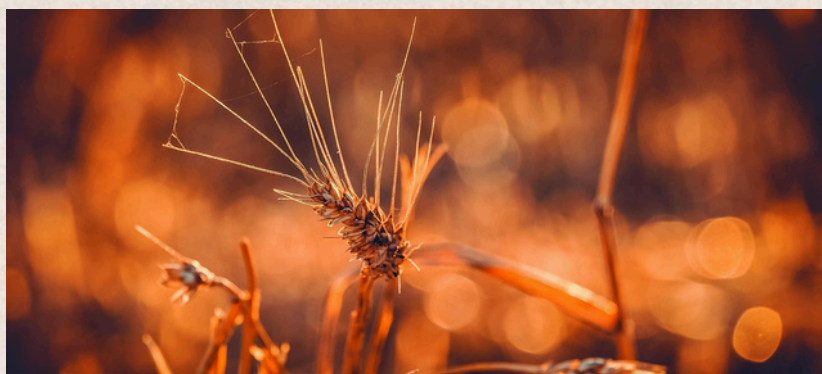
- Place flowers in glass jar.
- Cover with vinegar.
- Cap with plastic lid or use baking paper between lid and jar.
- Place in a cool/dark spot for 4-6 weeks, shaking often.
- Strain and bottle - avoiding metal lids.
- Should last 6-12 months

## This Month

### Workshops past & future + Hangout day

The recent Calendula workshop was a big success. There will be future workshops if you want to get involved.

On the 4<sup>th</sup> of Feb we are having our next hangout day. We have a fun craft activity planned, something for the clinic + something to go home. The last hour will now be dedicated to making remedies for fire ravaged VIC. Invite your friends!



Our plot at the community garden is in full bloom, if you have some time swing past and help give it a weed. With Yarrow joining the mix everything is now being harvested .

Out in the wild the Elderberries and Hawthorn berries are ripening, giant spikes of Mullein are all around (perfect time to harvest), and Yarrow and Clover are dominating the road sides.

“ Here’s flowers for you:  
Hot lavender, mints, savory,  
marjoram,  
The marigold, that goes to bed  
wi'th' sun, And with him rises,  
weeping. ”

*Shakespear - Winters Tale, Act 4 Scene 4*