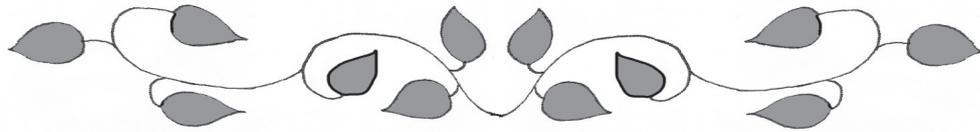


HAMPSTEAD HORTICULTURAL SOCIETY



www.hampsteadhorticulturalsociety.yolasite.com

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APRIL 2015

Hello again,

Let's get it over, I must apologise for many errors in the last Newsletter, and want you to imagine that you are taking part in a game of Brain Teaser.

Did you attend the AGM on the 22nd February? Our Chair Rose Hunt completed the usual, running through the year's business of where we have spent the funds, who is on the committee, always looking for more members to join and calling for volunteers, etc. – a list of the committee is at the end of this write up.

Then it was time for the talk by our speaker **STEPHEN CRISP HORTICULTURALIST**, head gardener at the American Embassy, Winfield House, Regent's Park, since 1987. Rosie and Stephen agreed that she should ask the questions, which they had planned together, and in the answers much to Rosie's surprise they had a lot in common, playing in Epping Forest as children, Stephen answered question as the talk progressed. More on Stephen by Rosie to the end of my chat.

Now the **Spring Show on Saturday 11th April, at All Saints Church**. If the weather continues mild and there are no heavy frosts our gardens and balconies should present us with a wonderful Spring display of primulas, daffodils, hellebores, hyacinths, tulips to follow. Let's not forget the shrubs blooming right now - Camellias, Forsythia - I could go on and on, so let's have plenty of entries at the Spring Show for us all to enjoy. We open at 10am to prepare displays. Further info. Page two.

We are happy that Ann Jones is back volunteering with the coach trips and we hope to see full coaches reducing the cost of travel for us all.

Brightwater Holidays have agreed to keep the offer open for members and non members to apply to join the long week-end trip to Worcester & Hereford while there are rooms available. The hotel has a cut off date and will offer the rooms to one and all. It's first come first served. Check out the new price, happy to say we have more spending money, £425.00 **"Hurrah"**

You will of course need to pay the total sum.

Contact Ann Jones details page three.

Rule change. The following rule change at the end of Rule 3 was agreed unanimously:

If the Society is to be dissolved at any time, the dissolution must be approved by a two-thirds majority of the members present at an AGM or a Special General Meeting which shall specify the terms of dissolution, with 28 days notice of such a meeting. Any surplus funds held by the Society after meeting all its debts and liabilities shall be given to any like association or charity having similar objectives to those of the Hampstead Horticultural Society (subject to consultation with the Royal Horticultural Society).

Treasurer's Report – The Income and Expenditure accounts for the year ended December 2014 were presented and approved at the AGM.

Election of Officers and Committee

President: Sir Patrick Garland

Vice President: Hilda Gill

Chair: Rosie Hunt

Vice Chair: Anne Rowe & Booking Secretary

Secretary: Valerie Cedar

Membership Secretary: Margaret Scanlon

Treasure: Heidi Corsi

Committee: Gerlinde Kathuria, Moira Latham (Membership Database) Mary Betts (Newsletter Editor) Kalyani Pal, Joan Payne.

Re: Stephen Crisp AGM speaker :- Rosie Hunt

We were very pleased to welcome Stephen Crisp, Head Gardener for the past 28 years at Winfield House, London home of the US Ambassador. We were delighted to see so many members who had come to hear Stephen speak about his career in horticulture and what gardens had influenced him.

Our Chairman questioned Stephen about his favourite plants and garden designers. It appears that the garden he most admires is Great Dixter. Our Chairman presented Stephen with a plant that was shown at last year's Chelsea Flower Show, *Polygonatum Stenanthum*, as a thank you for talking to us. We are all hoping to visit the garden at Winfield House next year.

What are we going to do?

Sadly some senior members are looking to down size on the committee due to other commitments, so please come forward to take part in some small way in your HHS. If we cannot persuade Rosie to stay on we may need another Chair.

HHS FORUM SECTION

This year we have Begonia Compacta plug plants for members to buy at the Spring Show and grow on. We hope that you will bring your specimen to the May Plant Sale at St Marks Church to display and the prize for best plant will be judged by the members and public.

Be prepared for the picking season

Continued part 2 of 3

Ann Jones BSc (hons) herbal medicine, MNIMH
Sambucus nigra (Elder)

All parts of the Elder are useful medicinally; it has been described as a complete medicine chest because of its countless therapeutic and prophylactic actions. The mediaeval herbalist John Evelyn called it "a kind of Catholicon against all infirmities whatever".

Elder flowers are diaphoretic & anti-catarrrhal making them useful for the early stages of a fever accompanying a cold and any catarrhal inflammation of the upper respiratory tract such as hay fever or sinusitis. My favorite tea at the onset of a cold is equal parts of elder flower, peppermint and yarrow. Make the tea using one – two teaspoons of the mixed herbs and pour on a cup of boiling water. Leave to infuse for 10-15 minutes before straining and drinking. Drink a minimum of 3 cups per day at the first sign of a cold. For hay fever or sinusitis they are best mixed with herbs such as plantain, nettle and eyebright.

The cold strained infusion of the flowers can be used as a wash for inflamed or sore eyes.

An infusion of the leaves, rubbed into the skin, will help to deter mosquitoes, midges and flies settling on you. The same mixture can also be sprayed onto plants to keep off aphids and other small insects.

The leaves can also be made into an ointment as a remedy for bruises, swellings, sprains, chilblains and wounds, bringing a cooling effect. Crunch the leaves making infused oil and also a tea with the leaves & make a cream from the two, then strain and store.

The bark is purgative, but is rarely used these days.

Just in case you did manage to collect some elderberries here is a recipe for elderberry syrup you might like to try

1 cup fresh elderberries
3 cups water
1 cinnamon stick
3 whole cloves
1 tsp minced ginger root
1 cup honey

Place all ingredients except honey in a pan and bring to boil. Reduce heat & simmer for 30 mins Use a potato masher to mash berries to release juice, strain the mixture through a fine sieve, retaining juice and discard pulp. Stir in honey until thoroughly combined and pour into sterilized bottles. Keeps in fridge for 2-3 months.

The Shows and Plant Sales need to be supported by more members, and it would be wonderful to see more members exhibiting at the Shows.

Home made cakes for the shows would be very much appreciated, please ask for cost if you are not donating.

Please remember the raffle prizes. Once again we are asking for unwanted gifts, garden throw outs, tools, containers, books, etc. for the raffle. The raffle boosts HHS funds, along with the plant sales, in the competitions, and it is fun taking part at the shows.

Funds pay for the room we use at the AGM and Prizegiving, the church hall and for speakers. The room for committee meetings is kindly given by Gerlinde Kathuria, who also organizes the Plant Sales at Saint Mark's Church, Maida Vale.

Deadline for the July Newsletter is 20th June 2014.

HAMPSTEAD HORTICULTURAL SOCIETY ACTIVITIES

Spring Show on Saturday 11th April to be held at: All Saints Church Hall, Church Walk, NW2 2TJ. Finchley Road, Childs Hill area –
Buses: 13/82–328–245/460–260

At the spring show David Empson will give a lighthearted talk on what people get up to in horticultural shows.

Staging of exhibits 10.00am to 12pm
Judging from 12pm to 1.30pm
Open to visitors from 2pm to 4.30pm,
No entrance charge for members,
50p non members

Raffle ticket 50p and 5 for £2.00 – If you cannot wait until 4 pm for the draw please offer ticket to a friend

If members are unable to bring their exhibits on the Saturday morning, they may bring them on the Friday evening from 6.30pm with their instructions - plus plants for the plant sale.

Members who contribute at the show and wish to remain, during judging may stay in the church and have their lunch snack, drinks will be available.

There will be Begonia Compacta plug plants for sale at the April 11th Spring Show, for those of us who wish to grow on and hopefully show off the best grown exhibit at the plant sale on the 13th June at St. Mark's Church, NW8. They will be judged by our President and the public.

We want to see a nice shape, good colour leaves on a sturdy plant, and hopefully flowering?

For more info please contact the Show

Secretary: Mary Betts (020) 7625 9726

e-mail: gladyswood1@talktalk.net

The Jack & Jill children's nursery at the hall we use **All Saints church**, Childs Hill, are encouraging the parents and children to take part at the Spring Show in the children's competition. We look forward to their Easter decorations. Class 27.

Saturday 13th June - Hampstead Horticultural Society Plant Sale at: St Mark's Church, Hamilton Terrace, NW8 9UT

Open to visitors 2 to 4.30pm,

HOME MADE CAKES AND DRINKS.

Bring your Begonia Compacta grown on to be judged by our President Patrick Garland, members & public.

Plants for sale can be dropped off on Friday 12th at Gerlinde Kathuria's - 116 Hamilton Terrace, or on Saturday morning from 10am for the Plant Sale at the church next door.

Helpers/volunteers welcome from 10am to help move plants from Gerlinde house and set up. Once again there will be somewhere for you to eat your snack and drinks are available.

Thursday 2nd July Hampstead Horticultural Society Garden Party

Buses 16/332/98/139/189, free parking from 6.30pm

At Gerlinde Kathuria's home and garden 116 Hamilton Terrace NW8 9UT.

We will have our usual wine, snacks, quiz, and time to relax in this lovely NGS town garden. There is a small charge of £3.00 for members and one friend £5.00 if non member. See entry form in centre page of Handbook or phone Gerlinda Kathuria 0207625 6909

FOR YOUR DIARY

Autumn Show on Saturday 12th September to be held at:

All Saints Church Hall, Church Walk, NW2 2TJ.

Further information in the July Newsletter

Prize Giving 1st November

Pick up your NGS London Yellow book at the Spring Show & Plant Sale

2015 COACH TRIPS

Long weekend trip to Worcester & Hereford including Malvern Spring Show, 8th to 11th May, (four day break.)

This trip is going ahead, for information contact:

Ann Jones gardann@yahoo.co.uk, 15 Nassington Road NW3 2TX, 020 7435 - 6666

You are not too late, there are places available, Please e-mail Ann for an itinerary & booking form or send an SAE

It would be wise to call and let Ann know its in the post. Rooms are still available at the hotel. (Change of Hotel due to single room requirements) We will now be staying at the **Green Dragon Hotel, Hereford** (<http://www.greendragon-hereford.co.uk>). The cost is slightly reduced to £425 (down from £455). If 30 person £395.00 per person so come on folk.

Non members Plus £5 Single room supplement £90.00

Departing from Rear of Waitrose, Finchley Road and Lyndhurst Road at 9.15am. We must depart by 9.30am

Day Coach Trip to Sissinghurst Sunday 14th June

Rosie Hunt, 56E King Henry's Road, London, NW3 3RP, 020 7586 4979 rosiehunt@blueyonder.co.uk

National Trust Members £20 Non National Trust members £29.95.

Please inform Rosie by the 14th April so she knows what size coach we need.

Cheque should be made payable to Hampstead Horticultural Society.

Departing rear of Waitrose, Finchley Road and Lyndhurst Road.

Anne Jones's garden is open from 2-5, Sunday 7th June in celebration of Herbal medicine, 15 Nassington Road NW3 2TX, near Hampstead Heath rail station. Also an NGS garden on her road is open on the same day.

Mona Abboud	33 Wood Vale N10 3DJ 020 8883 4955	Sat/Sunday 16 th /17 th May 2 to 6pm Sunday 16 th August 2 to 5pm	<p>Member's NGS Open Garden</p> <p>All are worth visiting, the proceeds go to charities, particularly Macmillan Nurses, Marie Curie Hospice, Help the Hospices, Carers Trust, Queen's Nursing Institute, National Trust, Alzheimer's Society, Perennial and Garden Museum.</p> <p>NGS Yellow Books will be at the Spring Show for more gardens in London, always double check my details, and enjoy.</p> <p>NGS website: www.ngs.org.uk</p>
Diane Berger	86 Willifield Way NW11 6YJ 020 88455 0455	Sunday 19 th July 1 to 6pm With Yvonne Oliver	
Drs Jim & Elayane Coakes	58a Teignmouth Road, NW2 4DX 020 8208 0082	Sunday 5 th July 2 to 6pm Combined 3 gdns. £8.00	
Gerlinde Kathuria	116 Hamilton Terrace, NW8 9UT	Sunday 21 st June Sunday 28 th June 5 to 9pm Includes glass of wine	
Carol Klemra	27 Menelick Road, NW2 3RJ	Sunday 5 th July 2 to 5.30 pm Combined 3 gdns. £8.00	
Ruth Levy & Neighbour	5 and 5A Frognal, NW3 6UY	Sunday 21 st June 2 to 5pm	
Helen Marcus	Anson Road NW2 4AH	Sunday 5 th July 2 to 5.30 pm Combined 3 gdns. £8.00	
Peter and Yvonne Oliver	4 Asmunds Hill NW11 6ET 020 8455 8741	Sunday 19 th July 1 to 6pm With Diane Berger	

OTHER LOCAL INTERESTS

Plant Heritage Spring & Autumn Fairs:

Sat. 2nd May 2015 10.30am - 3.30pm

and Sat. 5th September at St Michael's School, North Road, Highgate N6 4AY.

An amazing array of plants from specialist growers.

London Plant Heritage www.nccpg.com

Entry fee £2.50

London Open Garden Squares weekend www.opensquare.org

13th - 14th June 2015

The ticket allows you two days, check out advance ticket prices. 200 gardens to explore. Gardens range from the historic and traditional to the new and experimental and can be discovered across 27 London boroughs. All began in 1998 with 40 gardens.

Contemporary Garden Fair, Hampstead Heath 19th – 21st June 2015

Entry £8.00 in advance CHECK IT OUT Tel 020 8246 4846

Once again on Hampstead Heath, GROW London makes for a wonderfully exciting day out. Offering an inspiring choice of rare plants, stylish furniture, handcrafted tools and informative workshops to help your garden flourish www.growlondon.com

Obituary :- Jose Dent

Jose Dent, who died suddenly, three days after attending our AGM, was Chairman of the Society in the Seventies. I was on the committee then, but our association went back to the Fifties when Jose was Fashion Editor on the programmes I was directing for Associated Rediffusion Television. When Jose left AR she went on to direct TV advertising programmes for another company. We lost touch for a while and when we did re-connected our love of gardening flourished and we both joined the HHS Society, probably in the Sixties.

After her stint as Chairman of our Society, in 1981 Jose went on to found the British Friends of the Jerusalem Botanic Garden after meeting the inspiring Scientific Director, Michael Avishai. The Friends raise money each year through plant sales, garden visits, lectures etc to fund two internships for Kew students to work in Jerusalem. Arabs, Christians and Jews work side by side in the Garden, which also employs people with learning and physical disabilities. It is a truly peaceful place in a troubled corner of the world.

But the truly amazing aspect of her story is that she did all this whilst grappling with crippling and progressive osteo-arthritis. She never complained and never wasted time and energy regretting the things she couldn't do, but focussed on what she could do. She was positive, life-enhancing, courageous, full of ideas and seemed to be more concerned about other people than about herself. Through her energy, drive and enthusiasm the British Friends have financed 125 Kew students on internships. Many of them now work in top horticultural positions in this country. She was a very impressive example of a life well lived and she will be sorely missed by her family and many friends.

Elizabeth Bristow