

NEWSLETTER

“Let us dance in the sun, wearing wild flowers in our hair.”

- Susan Polis Schutz

From the Committee

You can feel it can't you? That summer is just around the corner, and that it keeps trying to arrive. There is no doubt that this has been a cool start to the warm part of the year, stranger weather we are having, but the plants are starting to give their late spring/early summer gifts.

As the weather warms and the end of the calendar year draws close we are trying to wind up loose ends here. We are still keen to get the Moonah clinic back up and running so if there are any Practitioners that can donate time to that clinic (or you know one) please spread the word so we can once again spread our services further. We hope you all enjoy the festive season, however that looks for you and your loved ones.

December 2025

Volume 1.4



Elderflower

*Elderflower, bright in the sun,
keeps heat away when we come undone.*

Elderflowers have exploded across the landscape here. Aside from being a medicine for the soul and making delicious drinks this flower has powerful medicine that the elder so willingly shares. You can work with the flower in tea, tincture, oil, hydrosol, food, & drink. Elderflower is a friend to you in times of heat - inside and out, in times of illness, in times of excess fluid in the body, in times of excess melancholy of the heart (that last one is not traditional.)



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<https://hobart-hwb.org>

Important Dates

End of year

Volunteer Hang

Thursday 11th December
10am-2pm

Kingston Community Garden
12/14 Gormley Drive,
Kingston
Tasmania, 7050

Huonville Clinic

Friday 12th December
9:30am-1pm
23-25 Main St, Huonville
Tasmania, 7109

Recipe Corner

Elderflower Jelly

Floral jellies are a wonder, sweet, solid tea! This elderflower jelly is pretty mild and should store in the fridge for a few weeks.

Method

- Place the elderflower in a heatproof vessel and pour the boiling water over. Steep for 10 mins.
- Strain into saucepan and add lemon juice.
- Bring to boil, add pectin and stir to dissolve, boil for 1min.
- Add sugar, bring to boil for 1 min again.
- Pour into jars and allow to cool/set.
- Store in fridge.



Ingredients

- 2 cups elderflowers, de-stemmed
- 2 cups boiling water
- 1 tbsp lemon juice
- 2 cups sugar
- 25g natural pectin

This Month

Grants, EoY gathering, In the garden & wild

Our next big thing we are working on is getting some grant funding to support the clinics, running workshops, and further training. If you would love to gather experience in grant writing we would be delighted to support you.

Don't miss the end of year volunteer hang! Not only will it be great to gather but we will be running a trial workshop that we will run for the public next year, mark the date :-)

Our plot at the community garden is outdoing itself, if you have some time swing past and help give it a weed. Multiple reports say there is so much calendula! We are looking for people who can help dry it for the clinics.

Out in the wild elder has shown her face everywhere. The question of how you capture summer in a bottle has an answer - elderflower champagne!



“ If all I had was Elder flowers, I'd have drink for my cup, tea for my pot, and a crown for my head. ”

Unknown