

NEWSLETTER

*“May you live as long as you want but never
want as long as you live”*

- Irish Proverb

From the Committee

Finally the wind has stopped, that was a very long windy season. With the ends of the big winds comes the promise of heat, you can feel it in the sun. During these warmer months, that golden ball in the sky has a way of burrowing itself deep inside of you, touching places you didn't know were cold and staying beneath your skin until well after the sun has gone to sleep.

We are working on obtaining some grants, if anyone is keen to give grant writing a go please let us know, we would love a hand.

Thank you to all who attended our first Elemental Skills workshop. It was an inspiring day full of laughter, learning, and great ideas. We are looking forward to running the next one.



Hawthorn Leaf+Flower

Hawthorn, friend of the fay, ally of the heart, keeper of Merlin. This plant is steeped in myth, folk wisdom, legend and magic. It is associated with life, death, sex, and Beltane to name a few.

One of the most well know remedies for the heart and cardiovascular system, it is also nutrient dense and considered a food medicine. Hawthorn is also worked with for digestion and the gastrointestinal system. Work with the flowers and leaves in spring/summer in tea, tincture, and flower essence. Work with the leaf and berry in autumn/winter in tea, tincture, food, and liqueur. A honey steeped with Hawthorn is both a delicious way to imbibe the spring flowers, and a potent medicine. Leave some for the fay, too - they will thank you.

November 2025

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Important Dates

Huonville Clinic
Friday 14th November
9:30am-1pm
23-25 Main St, Huonville
Tasmania, 7109



Recipe Corner

Fermented Hawthorn Honey

Oh so tasty, fermented honeys are a delightful and easy way to make, and consume, medicine.

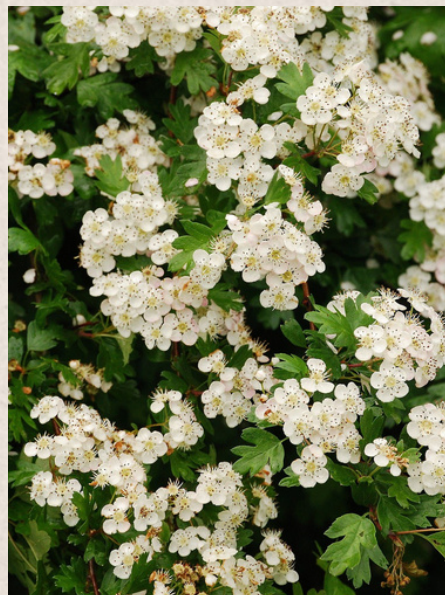
While this recipe calls for the flower and leaf, making a light and floral syrup, I also love this in the autumn with the berry, for something more rich and vibrant.

Ingredients

- Fresh Hawthorn flower and leaf
- 1/2 cup honey

Method

- Place plant material in a glass jar.



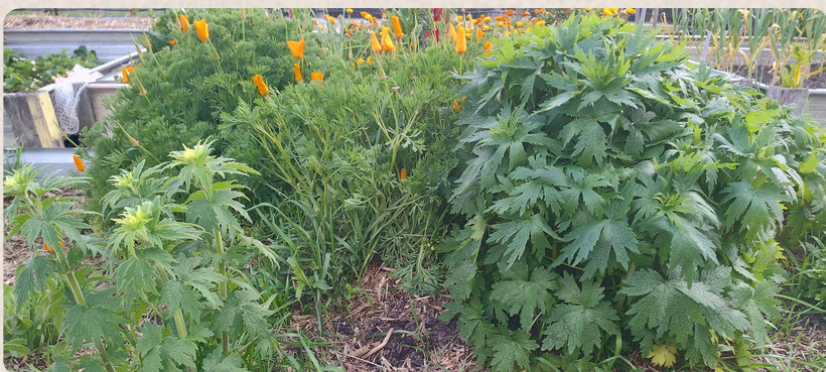
- Cover with honey, make sure all plant material is covered
- Steep for 2-4 weeks, stirring occasionally.
- Strain and refrigerate for up to 6 months.

This Month

Elemental skills day, future workshops.

One outcome from the day was planning for future workshops to get our educational branch thriving again (reflective of the season). If you're keen to be involved then please reach out. Watch this space for announcements.

Our plot at the community garden is thriving, if you have time have a peek. Calendula, Lemon Balm have been joined in harvest by Californian Poppy and Red Clover.



Out in the wild the landscape is lighting up with hawthorn! Introduced cottage plants such as Lupins and Foxglove are blooming. One way to help control the spread of these plants is through cutting flowers for arrangements. Having the flowers somewhere like a patio ensures the bees can still drink their fill. Wear gloves when handling foxglove due to its toxic nature.

“ Hawthorn, white and odorous with blossom, framing the quiet fields, and swaying flowers and grasses, and the hum of bees. ”

F. S. Flint