

NEWSLETTER

“The earth has its music for those that will listen.”

- Reginald Holmes

From the Committee

As the last gales of September pass we can turn with joy and open arms to warmer weather, new plants poking up everywhere, and the busy yet languid days of harvest and making.

Last month we wrapped up the AGM with a renewed sense of hope and purpose, if you missed it the minutes are in the signal chat for your convenience. We also welcome our new and returning committee members: Mon, Jess, Libby, Tasha, and Rikki. This year Mon and Jess have swapped roles and Jess will be acting as coordinator. Don't forget the amazing training opportunity coming up on the 9th of October with the first of the Elemental Skills Workshops.



October 2025

Volume 1.2

Dandelions

What brings more joy, and for many frustration, than dandelions - seriously. The flowers, the leaves, and the roots are all medicine to us depending on the time of year, not to mention medicine to the soul.

During October it would be the flowers and young leaves we are focusing on. When working with the flowers make sure to remove the green base (bract), the latex like sap that comes from the stem can cause irritation. The young leaves are very edible and great for a gentle detox, they make a great replacement for rocket. Just don't overdo it - dandelion can be a potent diuretic, there is a reason the French call it **pissenlit**, translating literally to piss the bed.



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<https://hobart-hwb.org>

Important Dates

Moonah Clinic

Friday 3rd October
8:30am-12pm

65 Hopkins St, Moonah
Tasmania, 7009

Huonville Clinic

Friday 10th October
9:30am-1pm
23-25 Main St, Huonville
Tasmania, 7109

Elemental Skills Workshop

Thursday 9th October
9am-5pm
23-25 Main St, Huonville
Tasmania, 7109

Recipe Corner

Dandelion Cookies - by Dr Peter Gail

Oh so tasty and very spring these dandelion cookies are a treat. You'll need to remove the golden petals from the green bracts for this recipe, easy done with pinching them out or snipping the base off. Be sure to only use dandelions you know haven't been sprayed!



Ingredients

- 1/2 cup oil (preferred)
- 1/2 cup honey
- 2 eggs
- 1 teaspoon vanilla
- 1 cup unbleached flour
- 1 cup dry oatmeal
- 1/2 cup dandelion flowers (petals)

Method

- Preheat oven to 190°C.
- Blend oil and honey and beat in the two eggs and vanilla.
- Stir in flour, oatmeal and dandelion flowers.
- Drop the batter by teaspoonfuls onto a lightly oiled cookie sheet and bake for 10-15 minutes.

This Month

AGM, Workshop, In the garden and the wild

Thank you to all who attended (and those who tried) the AGM, your contributions and time are greatly appreciated.

The first of the Elemental skills workshops, this is a great training opportunity that will serve you within HHWB and beyond. There is still 2 spots left so contact us if you don't want to miss out.

Our plot at the community garden is outdoing itself, if you have some time swing past and help give it a weed. The first of the harvesting has begun with calendula, lemon balm, and oregano.

Out in the wild the wild flowers are starting to dominate the landscape. friends such as dandelion, lawn daisy, heather, heath, gorse, boronia, native orchids, wattle, and Tassie waratah.



“ When you see a field of dandelions you can either see a hundred weeds or a thousand wishes.

Unknown