

NEWSLETTER

“And just like that...winter opened cold bleary eyes to the newborn colours of spring.”

- Angie Weiland-Crosby

From the Committee

Spring has seemingly swept into town, though the last few days have really showcased that winter isn't ready to leave. The landscape is greeting the warming weather with the heartwarming joy of young children greeting their beloved companions.

The Annual General Meeting is this month, coming along ensures your voice in the direction for the next year. All committee positions are open so if you're keen for an official role in the committee or interested in becoming a general committee member then submit your nomination forms by the 17th of September.



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Spring Blossoms

Who doesn't love the smell of spring blossoms. Their scent alone can be the medicine needed to lift the clouds from our souls, so how about imbibing some? See the recipe on the following page for one delicious idea.

Not only are blossoms beautiful, often they are medicine we seek through vibrational medicine (flower essences) or physical medicine (tea, tincture, syrup). If you're curious to know more you can go to the Wellspring on our website and use your members code to login - **coming soon**.

Important Dates

Moonah Clinic

Friday 5th September

8:30am-12pm

65 Hopkins St, Moonah
Tasmania, 7009

Huonville Clinic

Friday 12th September

9:30am-1pm

23-25 Main St, Huonville
Tasmania, 7109

Annual General Meeting

Thursday 18th September

7:30pm

Recipe Corner

Spring Blossom Syrup

Incredibly simple and oh so fun and fragrant this is a basic syrup recipe that you can use with many edible blossoms such as ornamental plum, lilac, rose, cherry blossom, magnolia, elderflower, hawthorn, and many more - just check the blossom is edible before mixing your concoction.

Method

- Place blossoms in a heat proof vessel
- Pour over hot (not boiling) water
- Steep for 1-6 hours
- Strain, warm on the stove and mix in sweetener.
- Refrigerate - should last for 1 month



Ingredients

- 1 cup of blossoms, roughly
- 1 cups water
- 1 cups sugar (or preferred sweetener)

This Month

The Garden, AGM, A blooming landscape

Last month we had a volunteer hang at the HHWB community plots in Kingston, and we ended up prepping the beds for spring. Well spring is here and the garden is thriving!

Make sure you swing past and have a look, and maybe give it a good water or a weed while you're there, our medicinals sometimes get lost under their wild friends. If you're not sure where to go or which beds are ours then contact us.

The AGM is Thursday the 18th, please come and join us so you can have a voice in the HHWB direction and committee for the coming year.

Keep an eye out for plants waking up across the landscape in the coming weeks, local plant medicines we start to look for in the wild and gardens include hawthorn, dandelion, cleavers, chickweed, and calendula,



“ The flowers of late winter and early spring occupy places in our hearts well out of proportion to their size. ”

Gertrude S. Wister