

TOPIC : “GROWING FOOD & MEDICINAL PLANTS FOR HEALTH & WELLBEING”.

GUEST SPEAKER : ANNE GIBSON – THE MICRO GARDENER

MALENY GARDEN CLUB MEETING : 27 OCTOBER, 2020 AT MALENY SHOWGROUNDS PAVILION

Anne is a passionate organic gardening coach for small spaces. She has helped millions of people around the world growing good food for good health for 22 years and as health has been on our minds this year she believes that gardening can help to see us through. Hippocrates said that “The wise man should consider that health is the greatest of human blessings”. Anne provided all present with a sprig of Rosemary which is good for the memory and so used widely on Remembrance Day. She suggested rubbing it on the back of your hand and smelling it occasionally.

- All edible plants help in the healing process. They have their own defence mechanisms
- Phytochemicals are biologically active and protect plants from disease and damage e.g. from pollution, stress, drought, UV exposure and pathogenic attack. They contribute to colour, aroma and flavour in plants
- Phytonutrients are powerful plant based chemicals in fruit and vegetables
- RED food for immune health; ORANGE food for reproductive health; YELLOW food for digestive health; GREEN food for cardiovascular health; BLUE food for brain health
- To get diversity of phytonutrients, focus on the rainbow within each colour group as it is better to have a small amount of a bigger variety
- There are 8000 phytochemicals present in whole foods. They work in synergy. Every nutrient is in perfect balance. Eat the whole spectrum of phytonutrients for good health
- Research studies show phytochemicals have high value in terms of their protective properties – part of plants immune system. Grow and eat from diverse plant family groups
- Citrus fruits have ‘limonene oil’ as a commonality – extracted from their peel
- Multi-functional culinary herbs aid digestion – MINT is antiseptic, antiviral, aids digestion, good for sore throat, cold, cough, breath freshening, and inclusion in salads, drinks etc - LEMON BALM is antiseptic, antiviral, a natural antidepressant, a calming balm lessening pain, it aids digestion, makes a herbal tea tonic and is a relative of mint – NASTURTIUM is antimicrobial, an antioxidant (immune builder), its leaves contain a chemical called Tromalyt which acts as a fast acting natural antibiotic compound causing no harm to gut flora. Eat 3 leaves raw morning and night to aid coughs, colds and upper respiratory problems. Leaves, seeds, flowers and buds are all edible and high in Vitamins C & B. Pickle fresh seeds in vinegar and use in salads etc as substitute for capers. Flower colour has different properties, diverse phytonutrients. Useful as a sacrificial/trap plant and companion plant to ward off pests and diseases, as well as for cut flowers, mulch and moisture retention. Pinch out any leader shoots to have a clumping plant. PARSLEY – is high in Vitamin C, anti-inflammatory agent, prevents arthritis, builds immune system (2 tbsp = 13% of RecommendedDailyIntake of Vitamin C. Good for preventing kidney stones, is an internal green cleaner, has digestive enzymes plus calcium and magnesium

for bone health. Use the stalks too as a celery substitute – wash before using. CHIVES + tough as old boots GARLIC CHIVES – are of the onion family, have sulphur properties and are anticancer, antibiotic, anti-inflammatory, antifungal, rich in Vitamin K, good for strengthening bones and brain health, and aid digestion. CHILLI – contains capsaicin with antioxidant and anti-inflammatory qualities. Hot chilli powder is Cayenne whereas Paprika powder is made from milder varieties. Cayenne blasts blood into sick organs and takes the healing compounds in your body to the front line. ALOE VERA (Barbadensis) is a living first aid plant, anti-inflammatory, antimicrobial, antiseptic, penetrates skin four times faster than water deep into seven layers of skin tissue. ROSEMARY – aids memory and clarity, slows mental decline in ageing, essential oil in leaves and flowers, antifungal, anti-inflammatory, antiseptic, antibacterial, stimulates immune system circulation and digestion, reduces the severity of asthma. GINGER – anti-inflammatory, antibacterial, antiviral, antifungal, antioxidant, aids digestion, relieves stomach upsets. TUMERIC – anti fungal, antiviral, anti-inflammatory, antioxidant, anticancer (curcumin targets tumours and slows cancer development) for cooking purposes grate and store in iceblock trays mixed with a little coconut oil. SAGE – rich in nutrients and antioxidants, add to herb tea, sprinkle dried sage over meals instead of salt, pineapple sage is used in salads and drinks, gargle it for sore throat, good for grief, depression and anxiety

- Tips for growing and eating a rainbow for health e.g. carrot, beetroot, rocket, broccoli, kale, radish, snow peas. Eat small amounts of wide varieties. Choose heirloom or heritage varieties to grow. Grow some microgreens as they have 40% more nutrient than an adult plant. Raw enzymes – red cabbage microgreens have 40 times more Vitamin E and 6 times more Vitamin C than adult plant
- Use herbs daily. Add to tea, have in salads and use for seasoning and garnishing
- Herb Robert is a dainty looking plant that amplifies healing benefits as an adaptogen used in herbal medicine. Its leaves are anti-inflammatory, antioxidant, antiseptic, anticancer, astringent, good in salads and for making tea. When flower heads go to seed they catapult themselves everywhere
- Spend time in the garden for health and wellbeing
- Need to use safe organic seeds for growing microgreens

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