

Dates for your Diary

**National Garden Scheme : Open Garden
Saturday, 24 February 2025 : 11am to 2pm**

Skipwith Hall, Skipwith, Selby, YO8 5SO

www.escrick.com/hall-gardens

Four acre walled garden of Queen Ann House (not open). Mixture of historic formal gardens in part designed by Cecil Pinsent,

woodmeadow, wildflower walks and lawns, "no-dig" kitchen garden with herb maze, Italian garden, collection of old-fashioned shrub roses and climbers. No-dig veg, meadows, espaliered and fan trained fruit. Arboretum/woodland and a variety of specimen trees. Gravel paths. Disabled access. Plants for sale. Refreshments



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Bluebell Garden Club Annual Trip

**Visit to Scampston Walled Garden, Nr Malton
Friday, 6 June 2025**

Cost : £27.50 which includes : Coach travel and entry to Scampston Walled Garden, with private introductory garden tour, conservatory, hall gardens and parkland trails, plant nursery and gift shop.

Café available (or bring your own picnic)



Departing St John's Church, Green Balk Lane, Lepton, HD8 0EW at 9am (arrival Scampston approximately 10.30am).



Please feel free to invite friends and family. Bookings will be taken from the February meeting and payment in full will be required at time of booking to secure your place.



Martin Fish Newsletter

The December newsletter from Martin will follow by email later this month.

Future Newsletter Contributions:

Please submit any comments or contributions for future newsletters to Mary Harrison at 73 Pavilion Way, Meltham, Huddersfield, HD9 5QN.

Alternatively by:

E-mail - me@thepigsty.me

Telephone - 07912 513236



Contact us:

For general enquiries:

enquiries@bluebellgardenclub.co.uk



This month's meeting :

**1st Tuesday in the month,
3rd December 2024 : 7.30pm,
St John's Church Hall, Lepton.**



Bluebell Garden Club Christmas Party

The format will be the same as previous years but with different quizzes and games, a free raffle, Christmas crackers and a buffet meal.

For those of you who attended in previous years we are sure you will agree it was a very enjoyable evening.

Please note there is no meeting in January 2025.

**Next Meeting : 1st Tuesday in the month,
Tuesday, 4th February 2024 : 7.30pm
St John's Church Hall, Lepton**

"Snowdrops a growing fascination" A talk by Sean Downey

A few facts about Sean who will be talking in February about snowdrops.

Born in Grays Essex (hence the strange accent!)

Sean is a Bluebell Garden club Committee member looking after IT and publicity. In 1987 Sean moved up to Huddersfield and started to become interested in a more organic type of growing strategy, with the aim of encouraging more bees, butterflies, and other pollinators into his garden.

Around 2010 he decided to use the lawn mower less and allowed part of his lawn to become a wildflower area.

Since retiring in 2021, Sean has been a volunteer at his local school garden club, helping to encourage the next generation of plantaholics.

Sean plays football badly for Huddersfield Town Foundation Walking Football team.

Member of Huddersfield Cactus and Succulent group.



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Winter Kitchen Cupboard Remedies

By Sue Salmon

In November, Sue talked to us about herbs and herbal remedies. Here is her information on winter kitchen cupboard remedies.



Firstly, do bear in mind that all of this is very general advice - if you're taking any medication from your Doctor, or if you have an ongoing medical condition, are pregnant or breast feeding - the advice may not be suitable for you and you should consult a qualified herbalist before following any of the suggestions. Also, the doses given below are for adults - children and babies need smaller doses, tailored to their age - again, ask a qualified herbalist. I've concentrated mainly on herbs and foods that people may have in their kitchen cupboards - items that you can put your hands on and prepare fairly quickly and easily. Of course there's nothing to stop you planning ahead and getting these things in before the season of coughs, colds and flu is truly with us. The elderberries ripen around the end of September, beginning of October - why not make your own Elderberry Rob? It's good to be prepared.

A hot honey and Cinnamon drink is a great idea (add a slice of lemon, too, for a vitamin C boost) - even better if the honey is raw, local honey and not one from a supermarket, most of which are pasteurised and little different to eating sugar.

If you've got a cold, keep dairy produce to a minimum - it makes you produce more mucus. Keep sugar and white carbs to a minimum - they suppress your immune system (especially sugar - in all its forms).

Take Vitamin C and Zinc if you have it - don't take zinc on an empty stomach, it's likely to make you feel very sick.

If you've got some Echinacea - start taking it - it will help your immune system to fight the virus more effectively. If you've got any elderberry - start taking that in combination with the Echinacea - elderberry is highly anti viral.

If you've got some peppermint tea and any thyme in your kitchen cupboard - combine the two - use a teaspoon of thyme with one peppermint teabag - Thyme helps to thin mucus, is anti bacterial and will help to stop you getting a secondary bacterial infection. Thyme will also help with coughs where there's a lot of thick yellow/green catarrh. Add ginger to the tea too - either fresh grated or powdered from your herb/spice rack - it's warming and will help with the chills of a cold. It will also help you to sweat it out - your body raises your temperature because viruses don't like it, ginger supports your body in this.

Eat Garlic - freely - have a couple of good sized cloves a day, unless you're allergic to it of course, or unless you suffer from gastritis or acid reflux (garlic is a hot, pungent herb and will worsen the inflammation of these



conditions) and avoid too much garlic if you're on blood thinning medications as it's a blood thinner too. Crush the garlic up well and leave to stand for a couple of minutes - this allows the enzymes to activate different naturally occurring chemicals in the garlic cells, making it more potent. Then eat it with some food (don't take it on an empty stomach) - you could mix it with a bit of honey, if you like and spread it on toast. Yes, you won't have many friends for a few days



(or you'll find out who your true friends really are!) - but you'll fight the infection more effectively. You can make your own onion syrup for a cough by slicing up a raw onion (a red one, if you want a milder effect) and layer it up in a bowl with good quality honey or sugar - leave to stand overnight and in the morning, the sugar or honey will have drawn out natural chemicals from the onion (which is from the same plant family as garlic, remember) and you've made a lovely soothing cough syrup - take teaspoons of it through the day.

Dry, tickly coughs need soothing, mucilaginous (a fancy way of saying "slippery") herbs - for example, marshmallow leaf or root, mullein or liquorice (caution with Liquorice, though, as it isn't suitable for folk with high blood pressure) or a honey drink. If it feels as though there's mucus there but it's stuck, you can combine the above mentioned soothing herbs with herbs that will help you to effectively cough up the mucus - for example, thyme or horehound. Aniseed and fennel will also help with coughs and they taste nice too. Warming spices like ginger, cinnamon and nutmeg, make mucous membrane secretions more watery and so they help when you've got thick, stuck mucus - by making it more watery, it's easier to cough up or blow down.

For sore throats, make a sage infusion using one or two fresh leaves of sage or a teaspoon of dried sage - pour on boiling water, cover the cup with a saucer and infuse for 10 minutes or so. Strain off the leaves and allow the infusion to cool - use to gargle 2 or 3 times daily. A great anti microbial herb that is fantastic for treating mouth and throat inflammation and infections.



Do inhalations of Olbas oil, or Vick mixed with a bowl of hot water, with a towel over your head (keep your eyes closed) to help clear nasal/sinus congestion to help you sleep better.

Keep up your fluids. Eat nourishing, simple foods - soups are great. Obviously not if you're vegetarian, but if you're happy to eat chicken - cook a free range organic one and use the carcass to make bone broth, add veggies - nourishing, healing and helps to support the immune system. Hope this helps and that you soon feel better.

Some of Sue's recipes will be included in the February newsletter.