

FRESHFORD & DISTRICT HORTICULTURAL SOCIETY



CHRISTINA STAPLEY

Wednesday 6 December 2019

HERBS AT CHRISTMAS FOOD, GIFTS AND SUPERSTITIONS

Christina Stapley has a degree in Phytotherapy and has practised as a medical herbalist for many years. She is on the Royal Horticultural Society list of speakers and has been growing, studying and using herbs for forty years. In her former third of an acre herb garden in Hampshire, which was featured on television on a number of occasions, she has grown more than three hundred different herbs.

This will be a seasonal talk, exploring both the herbal nature of familiar Christmas evergreens such as holly, ivy and mistletoe and the decorative possibilities of rosemary, bay, juniper and a range of herb seedheads. Superstitions connected with Christmas decorations and references to the history of Christmas add lively anecdotes. The role of herb roots, seeds and petals in making sweets, liqueurs, seasonings and stuffings, mincemeat and party fare, is mouth-watering. Gifts are suggested using a wide variety of herb materials from fragrant petals and leaves to seeds, stem fibres and dye pigments.

Members free Visitors £3.00 Everyone welcome