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As those of you who ordered seed potatoes will know, the second instalment of the Kings seed order arrived in time for the January meetings (and just in time to avoid being caught up in the ice and snow in transit). Many thanks are due once again to Liz for dealing with the order so efficiently.

And advance notice to bear in mind: Again this year there will be a Green Fair in Penzance on Easter Saturday 7th April which is not actually that far ahead. This is POGG's main fundraiser for the year, and the stall would be glad to receive any spare seedlings, plants, produce - anything saleable.



HOGG Meeting held on Monday 30th January at Helston British Legion

We were once again at the British Legion for the January meeting, due to Paul's operation and need for a long convalescence. Thank you to Sylvia and Raymond for coming over from Hayle to show the DVD 'Juliette of the Herbs' - a beautiful film.

This was the second chance to see the film about the inspiring life and work of herbalist Juliette de Bairacli Levy who died in 2009 aged 97. Born in 1912 into a wealthy Jewish family in Manchester, she owed her unusual name to her Turkish father and Egyptian mother. Her education was at first fairly conventional, leading her to study veterinary medicine, which however disgusted her with its use of vivisection and the new chemical drugs which she rightly feared would endanger the old knowledge of healing. After two years study she left England to learn herbal and holistic medicine by living and travelling with Gypsies and other nomadic peoples.

Being prepared to spend time and live simply with them, unusually she was accepted. These travels took her to many parts of the world including Europe, Turkey, North Africa, Israel and Greece, and later America and Mexico. The veterinary clinic she established in London healed many famous dogs with her herbal treatments and she was consulted about large numbers of sick sheep in Yorkshire which had baffled conventional vets. She cured the animals by giving them as much ivy as they wanted - correctly deducing that their diet had no chlorophyll as they were living out on barren winter moors - and molasses. The rams were so eager for this that they would remove the lids.

Juliette's travels to Afghanistan introduced her to the Turkumans, the real Afghan hounds, which led to her successfully breeding them and from that time one of these was always her constant companion.

For the Gypsies, dogs and cats are 'man's eyes and ears while he sleeps in the night'. Juliette related how her dog's instinct for danger had saved her life - walking with her beneath trees one day, it had diverted her by running off, making her stop just before she would have been crushed by a falling tree.

One day while she was living with Gypsies in Granada, a swift flew in and landed in her lap – an auspicious sign which brought with it a wish that came true when, within the year, she had met her husband and given birth to a son, the first of two children. Her husband was serving with the Spanish Legion, absent for much of the time, so that Juliette raised the children mostly alone.

She related an incident illustrating the empathy that can exist between people and animals. While once again living with the Gypsies, Juliette fell ill with typhus which she cured by fasting on water and lemon juice and bathing in fast flowing water. Her sickness meant she couldn't feed her baby daughter, who was reckoned to be dying, but one of the Gypsy girls who had a baby of her own fed Luz as well, until her milk ran out. At that point one of the goats, which had noticed the situation, came to offer her own milk and let the baby feed. Luz flourished.

Juliette's children were brought up on a vegetarian diet, with goats' milk and cheese, with – as she saw it – the essential elements of fresh air and fresh water.

In later life Juliette spent settled periods in several places around the Mediterranean. Each time she established a herb garden, always making sure to plant rosemary and southernwood (protector of women and the newborn). She viewed her gardens as both her teachers and her friends, was careful never to take too much of any one plant and would always thank it for its contribution.

She wrote many books on herbal healing, mainly for animals but by extension for people too, and is credited with the upsurge of interest in herbalism in late 20th century America.



HOGG Business

1. Local Village Guide We had decided at the October meeting to approach this publication with a view to a possible entry for HOGG as the man compiling it had assured me that community groups would be included. It seems that all entries in the guide attract a charge - 'but it's only £40'.... He was told that this was way beyond HOGG's means.

2. Helston Eco-Fair This was a very successful event in the Guildhall in early December, raising nearly £200 for the 'Ditch the Plastic - Make Helston Fantastic' campaign. The welcoming atmosphere in the hall brought in lots of people to view the unusual local crafts that were on offer and/or enjoy a bowl of delicious soup.

Correspondence

1. Garden Organic Confirmation of our affiliation, and this year's membership card (I have this in case anyone plans to visit Ryton Organic Gardens near Coventry - it entitles you to free entry).

2. Cornwall Garden Society Details of the 100th Cornwall Spring Flower show to be held at Boconnoc near Lostwithiel, Saturday 31st March (10 am to 5 pm) and Sunday 1st April (10 am to 4 pm). Admission: £7. More information on www.cornwallflowershow.co.uk

Other Business

1. HOGG Bank Account Our present bank account is with the Nationwide, which no longer has a branch in Helston – making it awkward for Liz to deal with our money – plus the account does not provide a cheque book which would be useful, given that the seed order now runs to hundreds of pounds and requires a large number of refund cheques. Liz is therefore looking into alternative homes for the account. The local Credit Union would be

good but does not provide a cheque book (though, in a new development, it does now have accounts for groups).

2. Talk on Fungi I've arranged with Justin Whitehouse of the National Trust at Penrose that he will come and talk to us at the March meeting. Hopefully we can follow this up with a walk when the season is right. Justin admits he isn't a mycologist as such, but describes himself as a 'mycophage' (mushroom eater) and 'mycophile' (mushroom lover), so hoped this would suit us. I assured him that it would.

3. Trevarno Gardens Contrary to all expectation, at the time of writing this Trevarno Gardens are still open for visitors with the cafe continuing to provide excellent food. It's still not known exactly when or if it will finally close, so if you plan to visit it would be good to ring in advance on 01326 574274.

4. RHS Book 'Allotments' Thank you to Joyce for presenting this lovely book (a spare copy as she had one already) to HOGG, to sell for group funds. It was sold at the POGG meeting, so HOGG is now £17 better off.

5. February Meeting It was decided that the next meeting would be a question and answer session, also advice on what to plant now, as well as a discussion on useful books. And just for fun, please bring a question and an answer (unconnected) on separate slips of paper and we can apply our collective brainpower....

NEXT HOGG MEETING: Monday 27th February, 7.30 pm at Helston British Legion in Tanyard Lane, off Lady Street.



Cornwall Council Decision on Waste

Thank you very much to all those who wrote to Cabinet members in response to the circulated email, asking the Cabinet to request a full investigation of the proposal to extend the scope of recycling all over Cornwall.

Great news – the Cabinet agreed to do this and it will be brought back to them for consideration very soon. Those of you on email will be notified when/if further action is necessary to put the case for extended recycling. This is an important issue because – aside from the (to us) obvious arguments about reducing waste and reusing scarce resources – the current practice of putting rubbish in landfill is costing ever more money and Cornwall is simply running out of places to put it.



POGG Meeting and AGM held on Tuesday 31st Jan. at Marazion Community Centre

Business at the POGG meeting was essentially the same as for HOGG, with one or two POGG-specific items. It was good to welcome Maggy who has joined us.

1. Cornwall Garden Society Programme for 2012 In addition to the information about the Spring Flower Show at Boconnoc on 31st March and 1st April (see page 3 for full details), as affiliates of CGS POGG members can obtain privileged entry to the show and also volunteer to be stewards (email stewards@cornwallflowershow.co.uk if you'd be interested).

2. CGS Lecture 'Ferns in Cornish Gardens' by Martin Rickard on Wednesday 22nd February, 7.30 at the Falmouth Hotel, Beach Road, Falmouth.

3. Green Fair, Easter Saturday 7th April in St. John's Hall, Penzance. Tim Andrewes and his team from the Green Party are once again organising this annual spring event (*well done, Tim*). We have booked our usual 3 tables in front of the stage. As mentioned earlier we would be really glad of things to sell (plants, cuttings, flowers, produce, books, anything vaguely gardening-related...) and of course people to help run the stall.

4. **Seeds from Garden Organic's Heritage Seed Library (HSL)** As members of the HSL we are invited to choose 6 packets of seed from their list and Elizabeth has kindly undertaken to do this.

NEXT POGG MEETING: Tuesday 28th February, 7.30 pm at Marazion Community Centre for an Open Forum and discussion, so please come along and ask advice about those thorny questions that have been bothering you. Someone present is sure to be able to help.....



POGG'S AGM

Chair's Remarks Steve highlighted the interesting talks we had had during 2011 and the diversity of their topics. In the current recession it was very important to spread the word about organic gardening and growing so that people could produce their own food in a sustainable way.

Treasurer's Report Elizabeth presented the figures – as at January 2012 we have £1,006 in the bank and £130.14 in cash, so a total of £1,136.14. Income for 2011 was £371.61 and outgoings £395.70. The accounts are available for anyone who would like to see them.

Secretary's Review Yvonne recalled that topics had ranged from Peruvian Puzzles to Gardening under Adverse Conditions, via Plant Spirit Medicine, Beekeeping for Beginners and Juliette Bairaclí Levy. We had visited (jointly with HOGG) Trevean Farm, Potager Garden and Keigwin and once again participated in the Green Fair (thank you to Sylvia and Raymond for our new stand). POGG had become an affiliate of Cornwall Garden Society and once again submitted a group seed order.

Thanks to Officers Steve thanked all officers for their work during the year.

Officers for 2012 Brianna was resigning from her post as Vice-Chair. No-one present volunteered to take over, so at present there is a vacancy. Other officers were willing to continue, so for 2012 these will be: Chair – Steve, Treasurer – Elizabeth and Secretary/ Newsletter – Yvonne.

Subscriptions and Venue: Agreed that we should keep subs at £3 per household (what a bargain....!) and continue to meet at Marazion Community Centre.



PHOGG Classifieds

Blossom Natural Gardening Solutions A patch of land that needs brightening up? A lovely garden without spending a fortune or using chemicals? Blossom can help – Female gardener, no chemicals or pesticides, advice on herbaceous borders and wildlife garden design. Very competitive rates. Call Kat on 01326 564702 or 0798 8062699.

Cellophane Flower Sleeves, originally used for sunflowers. Available from Dave and Sue Hill, Pz 762418. They'd also like to thank Liz T and Steve for the District Nurse beans.



Forthcoming Events and Things to Do....

Traditional Apple Orchard Workshop at Godolphin Hill Nurseries, Saturday 18th February, 10am to 4 pm, with Chris Groves, a 5th generation nurseryman who advises National Trust properties in Cornwall and Devon. Informal and practical day, useful for anyone with apple trees or who's thinking of planting them. Cost: £25 including lunch, teas and coffees. To book and for more information please contact Vicki Marshall on 01736 762124 (evening), Mobile 07899 803899 (day) or email vicki@thegardenlady.co.uk

Bosavern Community Farm Share Offer Bosavern will launch a Community Share Offer early in March when supporters and members of the public will have the chance to invest in

this growing local food community enterprise in St Just. Community Shares can give everyone (both local and further afield) a way of supporting a local community enterprise through a financial *investment* rather than a donation. For more information please contact Andrew Corser on 011736 788454 or email andycorser@gmail.com

Learn how to build a Straw Bale Roundhouse 9 April - 20 April 2012 (two 5-day weeks). At Plan-it Earth, Chyena, Sancreed, Penzance TR20 8QS. More information from enquiries@plan-itearth.org.uk .

Valentine’s Day Tree Planting at Crenver Grove (on Tuesday 14th Feb or course....). From 10 am, spades supplied, bring boots and lunch. All welcome, more information from Pip at the Sustainable Trust, 01209 831718 or email sustrust@aol.com .

Dowsing Course at Chyan Community Field in Falmouth, Saturday 10th March, with Pete Hartwell. Cost: £20. Essential to book in advance on 01326 377447 or email info@chyan.org.uk



Thank you to Raymond for finding the following information about the importance of balancing the essential oils- omega 3 and omega 6 – in our diet :

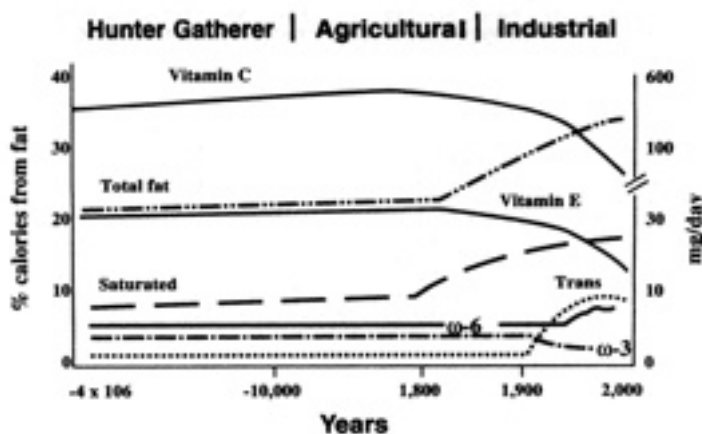
Green is Queen

As health costs in the USA approach 30% of the annual income a great deal of attention is being focused on the diagram below, produced by the former Head of Nutrition at the Centre for Genetics, Nutrition and Health in Washington, Artemis Simopoulos.

We humans developed during the hunter gatherer (some modern researchers reverse the order) period with a balanced intake of plant nutrients including the essential oils omega 3 and 6. Omega 3 comes from green plants and omega 6 from seeds. Both are essential: 6 is the slow fat in the cell membranes and 3 the fast fat for high speed responses in the eyesight, brain and nervous systems. Both are competitive for a place in the cell structure, but need to be in balance at approximately 1 part omega 3 to two parts omega 6.

SIMPOULOS Biol Rev 77, 2004, 263-277

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As will be seen from the diagram (taken from Artemis Simopoulos’s article), 3 has lost out to 6 in the past 60 years because of the loss of greens in our diets and those of our animals. This is due to greater emphasis on fast and processed foods, using meat from grain-fed animals, and the use of seed oils in the flight from the saturated fatty acids associated with chloesterol. Grain and soya-fed feedlot cattle are now driving the American diet to a ratio of as much as 1:25 and rising. Hence the concern.

The message is to include lots and lots of fruit and green vegetables in our diets with a regular intake of cold water wild fish, or supplements. Fish from murky northern waters need to be alert and responsive and they feed on diets rich in green plankton. Free range eggs from hens feeding on greens and insects (high in omega 3s) also contain a useful supply of 3's.

There is a great deal of science behind this and I would recommend Susan Allport's book 'The Queen of Fats', University of California Press, for a good science detective story. An update on the science is available on video from the conference of medical specialists in Chicago on 1st Dec 2011. *More information available by searching 'Artemis Simopoulos' on the internet.*



Carrot finds missing wedding ring Some of you may have heard or seen the story of the Swedish woman who lost her wedding ring in 1995 when she took it off to do some Christmas baking. She was particularly upset as she had designed it herself. The family searched everywhere and even took up the kitchen floor tiles in the hope of finding it. But late last year she was pulling up carrots in her garden and noticed one with a gold band fastened tightly round it. Another advantage of growing your own...



NEXT MEETINGS: HOGG – Monday 27th February, 7.30 pm at Helston British Legion for an evening of questions and answers, tips on seed sowing and books.
POGG – Tuesday 28th February, 7.30 pm at Marazion Community Centre for an Open Forum - come and tap the group's knowledge.