

Malvern Hills Branch Newsletter

January 2016



This is a few lines letting people know what is happening

Next month we return to our regular meetings at the Huntsman PH, Green Street at about 8pm.

Dates for the Diary for 2016

Saturday 9th January

Drive out, Meet at Croome Court 12ish, meet in the cafe to blow away those christmas cobwebs.

Saturday 13th February

Drive out, Meet at Rowberry's Nursery at Chaddesley Corbett at 12ish.

Tuesday 8th March

Back at the Huntsman PH meet at 8pm, we are hoping to arrange a talk by Footman James

Tuesday 12th April

Social at the Huntsman PH meet at 8pm (Branch Rally planning).

Sunday 8th May

Branch Rally Brockhampton Hall, near Bromyard.

We started the new year at Croome Court, where we meet in the café for a drink / something to eat and a chance to have a chat. The February meeting will follow the same format, and a table will be reserved so when you arrive, if you don't recognise any one ask to be directed to the morris minor table (bennett).

Not everyone has been emailed their copy of the branch newsletter due to gremlins in the system. So as a work around I will be adding a link to a condensed version (most of contact details have been taken off) on our web site.

Here is an article about the wonders of Flax from Clive, sorry that it has not appeared earlier.

Flax- also called Linseed - *Linum usitatissimum* -Clive

I've been going to do an article on **Flax or Linseed - *Linum usitatissimum*** for some time now, as I eat the seeds and I've just bought a kilo off EBay. These will last me ages. A truly remarkable plant, it is all things to all people, as it has so many uses. But it was not always grown in this country. Like many plants, it was introduced, or reintroduced as so many plants were wiped out during the last ice age. I have never seen a field of Flax in my life, even though it is grown in this country. Maybe we just don't know what it looks like.

Flax (also known as **common flax** or **linseed**), with the binomial name ***Linum usitatissimum***, is a member of the genus [Linum](#) in the family [Linaceae](#). It is a food and fibre crop that is grown in cooler regions of the world. The textiles made from flax are known in the West as [Linen](#), and traditionally used for bed sheets, underclothes and table linen. The oil is known as [linseed oil](#). In addition to referring to the plant itself, the word "flax" may refer to the unspun fibres of the flax plant. The plant species is known only as a cultivated plant, and appears to have been domesticated just once from the wild species *Linum bienne*, called pale flax

Flax is grown for its [oil](#), used as a nutritional supplement, and as an ingredient in many [wood-finishing](#) products. Flax is also grown as an [ornamental plant](#) in [gardens](#). Flax fibres are used to make [linen](#). The Latin species name *usitatissimum* means *most useful*.

The fibres are taken from the stem of the plant and are two to three times as strong as those of [cotton](#). Additionally, flax fibres are naturally smooth and straight. Europe and North America depended on flax for vegetable-based cloth until the nineteenth century, when cotton overtook flax as the most common plant used for making rag-based paper. Flax is grown on the Canadian Prairies for linseed oil, which is used as a drying oil in paints and varnish and in products such as [linoleum](#) and printing inks.

The plant was widely cultivated in the ancient world, but did not find its way to Western Europe until the middle ages and not until the 18th century to Britain. Linoleum is made from Linseed oil, hence its name, so is putty. Linen gets its name from the plant also. Before Linen, in England, the only textiles were made from Wool, Silk and possibly Nettle Fibre and imported Hemp fibres. Can you imagine a world without soft absorbent fabrics such as Linen and Cotton?

They probably used wool or even moss as an absorbent material in bygone days.

Linseed oil is one of the most versatile natural oils in existence and it is produced from a sustainable crop which is none damaging to the environment. It is used in paints and putty. Glaziers had hands like babies due to the oil. Ships cables were treated with it to prevent rust. I personally use it a lot on garden tools, spades, irons of all types and the wooden handles. Ash handles become polished with age and use, with the oil applied. Printing ink still uses it and newspapers and is none toxic. It is the linseed oil in newspapers which makes them so good for lighting fires. The nice thing about it is you can rub the oil onto tools with your hands and it is good for the skin. The oil is used as a supplement in all sorts of animal feeds.

Flaxseeds come in two basic varieties: 1. brown; and 2. yellow or golden (also known as golden linseeds) Most types have similar nutritional characteristics and equal numbers of short-chain [omega-3 fatty acids](#). The exception is a type of yellow flax called solin (trade name [Linola](#)), which has a completely different oil profile and is very low in omega-3 FAs.

Linseed oil, which is one of the oldest commercial oils, is an [edible oil](#) obtained by [pressing](#), sometimes followed by [solvent extraction](#). Solvent-processed flaxseed oil has been used for many centuries as a [drying oil](#) in painting and varnishing.^[19]



Although brown flax can be consumed as readily as yellow, and has been for thousands of years, its better-known uses are in paints, for fibre, and for cattle feed.

Culinary One hundred grams of ground flaxseed supplies about 534 calories, 41 grams of fat, 28 grams of fibre, and 20 grams of protein.

Flaxseed [sprouts](#) are edible, with a slightly spicy flavour. Excessive consumption of flaxseeds with inadequate water can cause bowel obstruction. In northern India, flaxseed, called *tisi* or *alsi*, is traditionally roasted, powdered, and eaten with boiled rice, a little water, and a little salt

There are also quite a few medicinal uses for Flaxseeds.

Note: - these days, the word *Linen* has become a generic term for textiles such as bed sheets, table cloths (what are these?) underwear etc. and Cotton has largely replaced the use of Flax for making these.

Lastly just a bit of advance information, as seen in the Jan / Feb edition of Minor Matters. During September the MMOC will be arranging a fund raising marathon for Marie Curie. The plan is to drive a donated 1962 four door Morris Minor from John O Groats to Lands End. Incorporating a visit to every branch or register in the UK, the Marie Curie hospices and locations of interest to Morris Minors and the MMOC. The idea is that the branch will arrange a fund raising activity with Marie Curie, using the car as publicity. So at a guess, there will be a tie in with the local charity shop. I will be the branch point of contact with Marie Curie, so hopefully I will have better email links than otherwise things could get interesting. Your help is needed for coming up with ideas on what to do and being available when the car is with us.

All the Best and happy motoring.

Use Full contacts

Chairman Chris Perfect

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