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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

February 2011



Meaning in the Language of Flowers:
Fire, warmth, protection; "You light up my life"

[More about the meaning of flowers](#)

Plant Characteristics:

Feverfew is a bushy herb that grows three feet tall and about two feet wide. The leaves are greenish yellow and divided. The feathery, aromatic and bitter-tasting leaves grow in alternate branches along a many-branched stem. The leaves actually look like miniature oak leaves, but they are more flexible. Feverfew blooms June through August with tiny one inch flowers that look like miniature daisies with white petals and a raised yellow center. The double feverfew has tiny white blooms like a chrysanthemum.

Feverfew

Botanical Name: Tanacetum parthenium

History:

Feverfew is native to western Asia. It grows wild covering the entire northern hemisphere. The Greeks called feverfew "pyrethron" from the word pyro, meaning fire, due to the hot taste of its root. Originally feverfew was thought to be in the chamomile family, but now it is categorized in the chrysanthemum and pyrethrums family. Feverfew has not been used as a culinary herb, but in times past it was used to treat fevers and for indigestion, colic, and menstrual pains.

Feverfew in the Garden

Feverfew is a very hardy perennial in our area and is hardy to Zone 4. It grows in any soil and grows taller in full sun. It will tolerate partial shade and lack of water. Feverfew has no diseases and the deer do not like its taste. Even the bees do not prefer this plant. Seeds from the seed head of the plant will self sow easily. It cannot be propagated by stem cuttings or division.

Harvesting Feverfew

To harvest the flowers, cut them off the stems and dry them in a dim, dry, warm location. To use the flowers for decorative purposes such as wreaths or potpourri, dry eight inch stems by hanging for about two weeks. For best potency for medicinal purposes, use feverfew flowers or leaves within six months of harvest. Leaves are most effective when used fresh.

Uses of Feverfew

Feverfew is used medicinally and has been proven as an

Recipes



effective treatment for migraine headaches. This use of the plant was recorded long ago by the ancient herbalist Gerard in 1633, but recent trials have also proven this effect. It has been shown that over time the frequent and consistent use of feverfew will reduce the frequency, severity and duration of migraines. It also reduces nausea associated with the headache. It has been shown to inhibit histamine and serotonin, both of which dilate the blood vessels. It helps to prevent the spasms that trigger the onset of migraines. The anti-inflammatory action of feverfew is said to relieve the pain of arthritis. It has also been used to alleviate the symptoms of hay fever, asthma and other allergies. Feverfew is useful to heal skin inflammation and rash. A hot infusion of feverfew (tea) may reduce fever and congestion from colds and flu. Feverfew has also been found to be effective against a form of leukemia. Here again the ingredient in feverfew, parthenolide, has been shown to have anti-tumor activity. Feverfew is an effective insect repellent due to the pyrethrin in the leaves.

Cautions

Feverfew should not be used by pregnant or lactating women. Children under two years of age should not be given feverfew. Chewing the fresh leaves may irritate the gums of some individuals. Persons on prescribed blood thinners should not ingest feverfew. Designated therapeutic doses should be determined by a professional herbalist.

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Visit the Herb Shop

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Shop our unique gifts and
herbal products
Attend our classes and events
Join our Herb Club
Spend a lovely day in charming
Chagrin Falls



Featured Products:





[Pre de Provence Heart Soap - Camelia](#)

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[Spa Comforts Herbal Hug Microwave Wrap](#)

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[Green Leaf Blushing Tulips Room Spray](#)

\$5.99

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[MORE INFO](#) ▶

Recipes



Our Upcoming Classes and Events

[VIEW ALL](#) ▶

• **Rose Petal Tea Party and Program by Herbal Theatrics**
February 12, 2011 Saturday 1:00 pm

Join us for a tea party for Valentine's Day. We will serve Rose Tea and Rose Desserts followed by a return of Herbal Theatrics with a program in our upstairs classroom entitled: ROSEMARY AND ROSE AT THE FLOWER SHOW. Why is Rosemary the herb for remembrance? How did the red Rose become the symbol of enduring love? What did D.H. Lawrence write about Roses? Why was Rosemary carried in the handles of walking sticks? Who had Rose garlands sewn into the hems of her gowns? What tasty dishes can be made using Rosemary and Roses? Is there something else brewing at the flower show besides competitiveness? Come and find out the answers to these questions and many others as HERBAL THEATRICS performs another original skit.

Join us to be entertained by HERBAL THEATRICS with their newest skit: Rosemary and Rose at the Flower Show. The dynamic duo of Connie Williams & Karen Rodachy are back with their 5th original skit. They're still educating & entertaining people about herbs, and loving what they do. Be prepared to laugh, learn and be entertained. We enjoyed their Lavender skit a few years ago and their Chocolate and Bay Program last year. We are very pleased to have them return to the Village Herb Shop.

Tea Party: 1:00 pm

Program : 1:30 pm

Tea and Program Admission: \$15 per seat;

Reservations Please.



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for February's Craft: **Herbal Travel Kit**

Just follow our simple step-by-step do-it-yourself directions to make your own craft any day of the week. All materials are set up in our classroom. You can make your own herb craft in just a few minutes. Learn how to use herbs to make natural products to improve your health and home.

Complete directions are provided.

All supplies are included for this one low price.

Fee: \$5.00 each.

No reservations are required

[Tea Leaf Reading Workshop](#)

Tea Leaf Reading Workshop
February 14, 2011 Monday 2:00 pm to 4:00 pm

Valentine's Day Tea Leaf Reading Class

Learn how to read tea leaves to tell the future and explain the past. Entertain your friends and family with this age old skill. Lynette Trolli will explain the history of tea leaf reading and guide you to learning this talent. Sip tea and then read the patterns in the loose tea leaves in your tea cup. Practice to read each others tea leaves with Lynette as your guide. Soon you will be reading tea leaves on your own. Hand-out included. Bring your own tea cup (not a mug please).

Reservations Please

Class fee: \$20.00

This is a merchant class and Herb Club member discounts do not apply.

Cupcake Decorating Class

by Vicki Jones

February 19, Saturday 1:00 pm to 3:00 pm

Learn to decorate cupcakes with instruction from the professional cake decorators of Vicki J Cakes. Attendees will decorate six cupcakes and take them home. All materials and supplies are included. Bring an apron.

This is a great mother and child class.

Fee: \$10 per six cupcakes

Reservations please.

This is a Merchant class and discounts do not apply.

Herb Class

Plant Profile: Tea Tree

February 26, Saturday 10:30 am to 12:00 pm

Class will learn about the Australian Tea Tree plant and the anti-bacterial and antiviral properties of this essential oil. Did you know this healing herb is as strong as an antibiotic at healing wounds, is effective natural cure for dandruff and treats athlete's foot. Learn how to use tea tree oil as a natural anti-bacterial agent to heal skin irritations and minor injuries.

Class will make a disinfecting tea tree spray, and skin soothing bath oil and a healing foot salt to take home.

Class and workshop fee: \$15

Reservations please.

Susan Albert Herbal Mysteries Book Club Meeting

March 5, Saturday 10:30 am to 12:00 pm

Join us to discuss the seventh book in the China Bayles Mystery series. The book for discussion will be: "[Chile Death](#)". Re-read your copy, get it at your library or come in to the Herb Shop to purchase one. These herbal mysteries are easy and fun reading. China Bayles owns and operates an herb shop in Texas. There is lots of herb information in each book!!!

Book discussion will be led by Lynette Trolli with Heather Randolph assisting. Stop in to the Herb Shop for a [Chile Death](#) reading group guide or find it on line at AboutHyme.com. Look for recipe suggestions on line from the author here also. Bring a dish to share from recipes in the book or that contains herbs in it to get in FREE. We will have a Chile Cook-off contest. Bring your favorite chile recipe or food that goes with chile for our buffet!!

Come to one meeting or all.

Fee: \$5 for book discussion and herbal food tasting event is FREE if you bring

Fee: \$5 for book discussion and herbal food tasting or get in FREE if you bring food to share.

Take Thyme for Tea and sip tea while enjoying the book discussion. Bring in your old Susan Albert Books for a book exchange among members. Group will meet monthly on the first Saturday of each month. Join the fun!!!

Reservations Please.

- **Individual Facial Care Instruction and Make-Up Application**

by Esthetician, Jan Cellura

February Date to be announced, 11:00 am to 3:00 pm

Many of our customers have discovered and fallen in love with Ecco Bella, the Cosmetics and Skin Care Products that we carry at the Village Herb Shop. We researched the available products looking for the highest quality, most natural products that are preservative free, non-animal tested, and can be applied to all skin types including the most sensitive skin. And, they are a great value compared to all those expensive, less natural commercial brands.

Ecco Bella natural and organic anti-aging skin care helps slow down the signs of aging with trillions of nutrient filled Vitamin Cells. It is Doctor-approved, anti-aging, natural and organic skin care that is preservative-free for sensitive skin.

Ecco Bella cosmetics are made from earth minerals infused with flower waxes.

These are gluten-free, preservative-free cosmetics* perfect for sensitive skin.

This make-up glides on and lasts longer.

*Foundation and mascara require mild preservatives.

Esthetician Jan Cellura has been demonstrating these products in individual half hour sessions, helping our customers learn how to take care of problem skin and keep their faces radiant. She will help you select the right make-up shades, and show how to properly apply foundation, blush, eye liner and lip color. This is a free service for our Herb Shop customers and there is no charge or obligation for these sessions. Sign up now to take advantage of Jans extensive knowledge and get a close look at some products that we believe are really special.

Reservations Please: Forty-five minute individual sessions are by Appointment and are limited to the time available.

Fee: No Charge

- **Herb Class: Herbs and Salt Combinations**

Saturday, March 12 10:30 am to 12:00 pm

Learn all about the new natural sea salts that are on the market. Herbs and salts make the perfect culinary combination. Learn the health benefits of using natural sea salt in your cooking. Learn the four basic salt types and how to use them. Learn how to blend herb flavors with salts. Class will make three gourmet salt rubs to take home.

Class and workshop fee: \$15

Reservations Please

***** NEW - Fairy Club**

Saturday, March 12 1:30 am to 3:00 pm

A story, a snack and a take home art piece!!! Plus a little piece of Magic!

Join a NEW club dedicated to the study, preservation, conservation and beauty of the Faerie World and our Planet Earth. We pledge to be a good friend to both forever! And to have FUN!!

We will meet quarterly beginning on March 12 in the upstairs class room at the Village Herb Shop. This first meeting of our group will be to get ready for St. Patrick's Day with a special Celtic Tale and to make an Irish keepsake!

Patience Day with a special costume sale and to make an Irish soup.

Each meeting will begin with a seasonal story or Fairy Tale. Afterward, we will talk about the story and the part of the world it came from with a short discussion on how the environment is being impacted in that area and how we could help. We will take a short snack break and then we will do an art project appropriate to the story and or season! These projects are designed for all ages and abilities, everyone will be encouraged and to let their imaginations fly!

Come join the fun with E.L.F.S.: Earth Light Faerie Scouts! Earth Light Faerie Scouts is open to the curious, to the believers and to any one 4 years old and up!

Club dues are \$9.00 per meeting; **Materials fee:** \$6.00

Register early. Space is limited to 10 participants! (Each participant may bring up to two (2) Special Helpers)

Note: 4-6 year olds must be accompanied by an adult and 90 and up must be accompanied by a child!

Your resident Faerie God Mother is Robin Anne Payne. Robin was formerly the Art Department Director at The Fairmount Fine Arts Center, teaching preschoolers to adults everything from ceramics to mixed media, painting and drawing. She has also taught in the after school program in Garrettsville, had her own studio in Burton, Full Spectrum Art Studio, and currently works for Art On Wheels, bringing creativity to the elderly, the under privileged and those with disabilities. She is one of the art facilitators for the Geauga-based Special Hands Artists group.

You may contact Robin any time at:

Robin Anne Payne , Cell 216-548-5967

EarthLight Art Source, Home 216-397-0128 option 3

www.earthlightartsource.com E-Mail at: elasource@gmail.com

Or reserve your space by contacting:

The Village Herb Shop: 17 East Orange St., Chagrin Falls OH 44022 440-247-5029

Herb Gardening Basics

Saturday Seminar March 26 10:30 am to 12 noon

You can learn how to design, plant, cultivate, maintain, prune and harvest your herb garden.

This program is suitable for beginners who are just starting their first herb garden as well as experienced herb gardeners facing overgrowth and pruning challenges in their established gardens. Learn about herb garden layout and plant placement, garden ornaments, organic composting, fragrance gardening and theme gardens. Gain ideas from the Herb Shop's thirteen display gardens. We will show you our favorite garden tools and organic fertilizers. The hand-out includes a month by month herb garden care guide. Bring your herb gardening questions or challenges for a personalized answer. Plant a pot of herb seeds to take home!!!

Fee: \$25.00 Advance registration required.

This class will be FREE to any one who participated in our Herb Gardening Monthly meetings in the herb garden last year. This is a thank you to those hard workers who helped to keep the herb gardens looking so neat and cultivated last year. Just mention you were an herb garden worker in 2010 when you register to get a FREE seat in this class.

Hundreds of varieties of organically grown common and unusual herbs will be available by Mid-April. Looking for a special herb plant? Call us with your requests and we will order it for you from our local organic herb farm.

- **Susan Albert Herbal Mysteries Book Club Meeting**

Saturday, April 2 10:30 am to 12:00 pm

Join us to discuss the eighth book in the China Bayles Mystery series. The book for discussion will be: "[Lavender Lies](#)". Re-read your copy, get it at your library or come in to the herb shop to purchase one. These herbal mysteries are easy and fun reading. China Bayles owns and operates an herb shop in Texas. There is lots of herb information in each book!!!

Book discussion will be led by Lynette Trolli with Heather Randolph assisting.

Stop in to the herb shop for a [Lavender Lies](#) reading group guide or find it on line at Aboutthyme.com. Look for recipe suggestions on line from the author here also.

Bring a dish to share from recipes in the book or that contains herbs in it to get in FREE. Bring your favorite lavender recipe!!!

Come to one session or all.

Fee: \$5 for book discussion and herbal food tasting or get in FREE if you bring food to share.

Take Thyme for Tea and sip tea while enjoying the book discussion.

Bring in your old Susan Albert Books for a book exchange among members.

Group will meet monthly on the first Saturday of each month. Join the fun!!!

Reservations Please.

- **Quarterly Tea Tasting**

Saturday, April 9 2011

Learn about tea, taste tea and have a tea party.

- This tea tasting will feature spring teas
- Begins with a short 15 minute program on tea. Topics rotating from month to month on all aspects of tea: history, definition, properties, growing conditions, harvesting techniques brewing instruction, descriptions, etc.

- Taste four different teas including: red, green, black, or herbal.

Loose teas will be featured.

- After tea tasting, the group will enjoy tea time desserts and sandwiches with their favorite tea from our selection.
- **Pay \$5** at the door for each seat. Get in FREE if you make tea time sandwiches, bread or dessert to share with the group.
- Choose from two tea tasting seatings:
AM: 10:30 am to 12:00 pm
PM: 2:00 pm to 3:30 pm
- **Make a reservation please.** Seating is limited. Reserve seats as far in advance as possible. Last minute cancellations are sometimes available so call us to see.
- Bring a friend to introduce them to the world of tea. Join us to sip and savor!

Next Quarterly Tea Tasting will be held on **July 23, 2011**

Would you like to have a Tea Tasting Party for your group? Ask us!

- **Herb Gardening Group**

Join our Green Team of herb garden enthusiasts.

Our club will meet the **second Wednesday of every month**. We will work two

hours to maintain the herb garden in the front of our shop. Learn to manage your herb garden by working in ours. Learn how to plant and maintain an herb garden by practicing hands-on gardening techniques. Each month club members will learn the best techniques to plant, fertilize, cultivate, grow and harvest herbs with organic gardening practices. This monthly group meets **April through October**.

We will discuss uses of herbs and share the harvest. Come dressed for gardening and prepared to work in the garden from 10 am to 12 noon. Bring tools, scissors, gloves, paper bag for garden trash and plastic bags for garden harvest to take home. After gardening, bring a sandwich if you wish and join Kathleen for lunch with an edible flower salad and herbal bread. Bring food to share if you would like to. We will enjoy new friendships and have an informal question and answer session. Are you unable to work in the garden, but want to learn more about herbs? Bring your own lawn chair and learn while you watch us work.

Membership is FREE Join us any month of the year.

Reservations Please.

Work in Gardens: 10:00 am - 12:00 pm

Mini herb class and lunch: 12:00 pm - 1:00 pm

Monthly Herb Garden Focus

Special Class for Herb Garden Workers!!!!

Saturday, March 26: Free Class for 2010 herb garden workers:

Herb Garden Design and Maintenance. Just mention that you were an Herb Garden volunteer in 2010 when you register.

Special hour: **10:30 am to 12 noon**. See more description on March 26 listing.

Wednesday, April 13 *Inaugural Meeting*

Spring clean up, prune and feed roses, soil cultivation, plant hardy herbs, bone meal application

Wednesday, May 18

Plantable flower seeds, organic soil toning, lime application, planting of annual herbs

Wednesday, June 8

Harvesting and drying techniques, organic rose cultivation, drying roses, harvesting lavender, drying bergamot petals, composting techniques

Wednesday, July 13

Prune lavender and sage, trim thyme garden, dry herbs for tea, basil culture

Wednesday, August 10

Preserving the harvest, butters, pastes and vinegars, fall pruning, drying herbs, thinning and transplanting.

Wednesday, September 14

Edible flowers. Take cuttings and over winter herbs; bringing in rosemary and rosemary culture

Wednesday, October 12

Prepare the herb garden for winter. Fall clean-up, organic mulching.

Herb Gardening Club Benefits:

Herb garden knowledge and learning from fellow herb gardeners.

Free fresh cut herbs from the garden.

Plant exchange among members.

Herb gardening calendar.

Herbal tips and recipes every month.

More . .

Herb Plants Will Arrive!

April 15

The hardier varieties such as lavender, rosemary, sage, tarragon, chives will be available in mid-April. Since we do not have a green house, all of our plants are seasoned-off and ready to plant when we have them for sale. Tender varieties such as lemon balm and mint will be available in late April and the most tender varieties such as basil, marjoram will arrive in early May. Tropical plants like lemon verbena and lemon grass break dormancy late and will be available in mid-May. New herbs are delivered every week. Look for the unusual and organic herb selections early every Friday morning. Look for these herb selections on their own display located next to the herb garden in the front garden area.

April 15 - Herb Plants Arrive! We will be happy to take your herb plant requests, order the plants for you and call when your plants arrive. Call in your herb plant requests to our plant request file. We Take Herb Plant Special Requests! Check your herb plant wish list now and give us a call.

Village Herb Shop on Facebook

Follow Kathleen and the Herb Shop on Facebook.

Ask the Herb Lady questions.

Become a Facebook friend of the Herb Shop at: KathleenGipsHerbShop

<http://www.facebook.com/profile.php?v=wall&id=1303813963>

Remember to SHOP LOCAL and support your favorite small stores!
We all appreciate your patronage.

Join us at the Village Herb Shop for all the excitement.



Chagrin Falls Shop Hours

Monday through Saturday: 10 am - 5 pm

Sundays:

January through March: Closed on Sundays

April through August: 12:00pm - 4:00pm

September: Closed on Sundays

October through December: 12:00pm - 4:00pm

Contact Village Herb Shop

17 East Orange Street, Chagrin Falls, OH 44022

Phone: 440-247-5029 Toll Free: 800-836-9120

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