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KATHLEEN GIPS'
VILLAGE HERB SHOP
HERB OF THE MONTH NEWSLETTER
SHOP OUR STORE
DECEMBER 2009

Meaning in the Language of Flowers:

Note: Lemon grass was not in common use in Victorian England when the Language of Flowers was at its height of use. So we give you the meaning for grass from Flora's Dictionary.
Grass: *utility; usefulness.*

More about the meaning of flowers

Characteristics:

Lemon grass is a tall grass that grows to four or five feet in our North Coast summer season. It grows in dense clumps about a foot wide. I have never seen it flower. The leaves are like long sharp blades of grass and can be up to one inch wide. The rough and fibrous leaves emit a very strong lemon (almost citronella) scent when broken. The scent can be described as zesty, fresh and invigorating. The leaves retain their scent well when dried.

Recipes

Energizing Lemon Grass Herb Tea
A lemon flavored black tea - delicious

Lemon Grass

Botanical Name: Cymbopogon citratus

History:

This plant and its oil have been in common usage in India for centuries. The first reports of the distillation of lemon grass oil for export come from the 17th century.

Lemon Grass in the Garden:

Lemon grass is a perennial, but is frost sensitive. Its roots can be dug up and brought in to over-winter in our cold climate. However, the lemon grass plant grows so large in our growing season that I often find it very difficult to dig up in the fall. Because of these traits and our North Coast climate, I prefer to grow it as an annual and harvest the root as needed in small amounts during the growing season and the leaves in the fall.
Lemon grass grows well in dry, poor soil and needs full sun. It prefers a dry location, and its leaves will become more scented with less water. Lemon grass roots are bulbous and are used much like ginger in Indonesian cooking. One lemon grass plant will be enough for you to make many batches of tea and bath herbs.

Lemon Grass in the Kitchen:
Lemon grass is used in cooking in its native countries: India, Sri Lanka, and Thailand. When cooked, it tastes of lemon and pepper. The soft bulbous root is the preferred part of the plant for cooking. Since the fibrous leaves are very difficult to chew, lemon grass stalks are usually not used in cooking. The leaves can be used for teas as the flavor is released with the heat of the water. Lemon grass is also often made into a refreshing, tart lemon flavored beverage in tropical countries.

Lemon grass tea is stress relieving. A tea made with lemon

iced or hot
Ingredients:
1 tablespoon lemon peel
1 tablespoon lemon grass
1 tablespoon rose hips
2 tablespoons lemon verbena
1/2 teaspoon cinnamon chips
1/2 cup black tea
Combine the above ingredients and stir until well blended. Place in a glass jar or airtight tin. Makes one cup of mix. Use a small muslin bag as a reusable tea bag to brew tea.
Brewing Directions:
Place 1 teaspoon of loose tea in a tea ball or tea infuser. Pour boiling water in a cup and steep covered for 2 or 3 minutes. Sweeten to taste. Sip and savor.

Quick Lemon Grass Tip

Place one drop of lemon grass essential oil on a tissue or hanky and inhale to clear your mind and improve your concentration.

Head Ache Pillow

Ingredients:
1/2 cup lemon grass leaves,
snipped to 1/4 inch pieces
1/2 cup lavender flowers
1/2 cup peppermint
1 teaspoon cellulose fiber
2 drops lavender oil
2 drops lemon grass oil
2 drops peppermint oil
Directions:
Mix all botanicals together except for the cellulose fiber and the essential oils. Place cellulose fiber in a pile on top of the botanicals, but **do not mix in**. Add the essential oils drop by drop onto the cellulose fiber. Mix all well.
Directions for Use:
Place this mixture in muslin bags and sniff as needed to relieve tension headaches. Tuck a bag into your pillow to soothe a headache as you rest. This mixture relieves bad dreams and eases insomnia.

grass calms the nervous system and eases exhaustion with a gentle energizing effect.

Aromatherapy Uses:

Lemon grass essential oil is one to the 10 largest selling essential oils in the world. The aroma of lemon grass is instantly energizing. Its scent clears the mind and relieves emotional fatigue. Lemon grass essential oil reduces depression and encourages positive thinking. This oil with its strong lemon scent is analgesic, antidepressant, antibacterial, astringent, deodorant, fungicidal, insecticidal and calms the nerves.

Caution: lemon grass essential oil can be a mild irritant. Use only two drops in your bath tub. Avoid use if you have sensitive or allergy prone skin.

Medicinal Actions:

Lemon grass is a plant with many different medicinal properties. Lemon grass leaf is used in tropical countries to treat fevers and stomach irregularities. It is known as “fever tea” in these countries. In the Caribbean lemon grass is used for nervous and digestive problems. Lemongrass essential oil is antibacterial and antifungal, so it is used as a homeopathic treatment for ringworm and athletes foot. Lemon grass essential oil also eases pain from sore and injured muscles and is helpful in relieving headaches.

Lemon Grass for Bath and Body:

Lemon grass aids circulation and relieves muscular aches. It reduces stress and eases exhaustion. These qualities make it a must in your “herbs for the bath”. Lemon grass essential oil is a common fragrance ingredient in commercial cosmetics and soaps. Lemon grass oil also acts as a deodorant.

Lemon Grass as an Insect Repellent

Lemon grass repels insects such as flies, mosquitoes, Asian ladybugs and spiders. Lemon grass vinegar makes an excellent window cleaner which also repels insects and gives a fresh, clean scent.

At VillageHerbShop.com you’ll enjoy
FREE SHIPPING
On orders of $50 or more
Shop our online store today for popular products and our own VHS branded products!
SHOP ONLINE

$9.99 Special
Pre de Provence Lemon Grass Soap and VHS Bath Salts

BUY ONLINE OR CLIP FOR IN-STORE COUPON.
*Expires 1/15/10. Excludes S/H or sales tax.

Featured Products:

Hartley's Lemon Mint Green Tea and OversizeTeacup

$14.95
Internet Special
MORE INFO

Bug Away Spray (2 oz.) and Lemon Grass Essential Oil (.5 oz)

$9.99
Internet Special
MORE INFO

Muscle Soak Hand and Body Lotion (9 oz.) and Lemon Grass Soap (Guest Size)

$14.99
Internet Special
MORE INFO

Song Bird Green Tea (3 oz. - 60 servings) and Tea Infuser

$8.99
Internet Special
MORE INFO

Recipes

Lavender Lemon Grass Exfoliating Salt Scrub

Use weekly to exfoliate skin, soften and moisturize. Healing and soothing to skin. Enjoy soft smooth moisturized skin all year with a weekly salt scrub treatment.

Ingredients:

1/2 cup fine grind sea salt
30 drops of lavender essential oil
30 drops of lemon grass essential oil
1 tablespoon of lavender flowers
1/2 cup to 1 cup of sunflower oil (may also use safflower, apricot or almond oil)

Directions:

Add ingredients in order listed to a one cup glass or plastic jar. **Do not mix yet.** Wipe salt granules from edge of jar top with towel. Put cap on securely and shake to mix. After all salt is mixed with oil, add additional oil to fill jar. Recap jar. Wipe sides of jar with towel. Apply label with directions. Shake before using.

Directions for Use:

Wash your skin with your favorite soap skin in shower or tub. Stand out of water or shower spray once skin is wet. Shake salt and oil mixture to distribute salt and oils. Scoop one tablespoon into the palm of your hand and gently scrub skin in a circular motion. Do all skin surfaces except sensitive areas and face. Especially nice on feet. Rinse skin well and air or pat dry. Use caution: bottom of tub may be slippery.

Hint: Be sure to use natural sea salt which adds important skin rejuvenating minerals to your skin.

Aromatherapy Effects:

Lavender: relaxes large muscles, calming, relaxing, soothing, induces sleep.
Lemon grass: energizing, uplifting

Natural Insect Repellent Spray

Ingredients:

4 ounces distilled or spring water
2 teaspoons unscented alcohol
(cheap vodka - acts as a preservative)
10 drops of lavender essential oil
10 drops of lemon grass essential oil
10 drops of peppermint essential oil

Directions:

Mix all ingredients together in a 4 ounce spray bottle. Shake well to mix.

Directions for Use:

This is a cooling and refreshing spray that repels insects. Spray on skin and clothes, hair and hat. Use often for maximum effectiveness.
Shake well before each use. Keep away from eyes.

Aromatherapy Effects:

Herbal essential oils naturally and safely repel insects. Use this insect spray while gardening and other outdoor activities. Peppermint essential oil repels insects, stimulates the senses and your circulation, and disinfects your skin. Lavender essential oil repels insects and soothes, calms, and heals your skin. Lemon grass essential oil uplifts your mind and cleanses your skin as it also keeps away insects.
Follow our easy directions to make your own insect repellent spray that is safe to use frequently. Refills are quick, easy, inexpensive and at your fingertips with all supplies available at the Village Herb Shop. Use in combination with insect repellent natural lotions and crèmes, incense, and candles to further increase protection. Safe for the entire family including children and pets.

Muscle Rub Roll-On Relief

Ingredients:

1 ounces of aloe vera gel
10 drops lavender essential oil
10 drops eucalyptus essential oil
10 drops peppermint essential oil

Recipe makes approximately 2 oz.

Directions:

Carefully measure ingredients into a bowl and mix all well. Spoon into a glass jar with a tight fitting lid and label. Especially suited for 1 oz. roll-on applicator bottles available at the Village Herb Shop.

Herbal Comfort Wrap

Ingredients:
2-3 cups flax seed
1/4 cup lavender
1/4 cup lemon grass
1/4 cup peppermint
Directions:
Add flax seed to one quart container. Add in all of the herbs and mix well. Put long, thick, tube sock opening over top of container and pour mixture into sock. Secure end of sock with rubber band. Cut 18 inches of twine. Tie ends of twine together making a loop. Slip loop around top of sock and pull tight.
Directions for use:
Heat sock in a microwave for one to two minutes. Increase by 30 second increments to adjust for different microwaves until hot. Do not over-heat. Shake before using to evenly distribute heat. Apply to affected area for comforting relief of aches and pains.

Aromatherapy Effects:
Lavender essential oil relaxes large muscles and decreases inflammation. Lemon grass essential oil reduces stress and relieves the pain of aching muscles. Peppermint essential oil contains menthol which numbs tissues and provides immediate pain relief.

Directions for Use:
Rub this soothing gel on affected areas for immediate relief of muscular pain. Ideal for arthritic pains, sports injuries and bruises. Simply roll onto painful areas for relief. Shake well before each use.

Our Upcoming Classes and Events

VIEW ALL

NOW! Open 'til Seven on Thursdays
Village Herb Shop will be open until seven PM every Thursday. Join us to shop on our new evening hours.

Open Thursdays from 10 am to 7 pm.
Open Sundays in Oct., Nov., Dec. 12PM to 4PM through December.

FYI -
Kathleen and the Village Herb Shop will be on Channel 8's That's Life show with Robin Swoboda on Tuesday, December 15 for a brief tour, and Monday, January 18 between 10 am and 11 am to present easy herbal tips.

BY POPULAR DEMAND - **EXTENDED TO DECEMBER 24!**

Santa's Herbal Workshop - Our Top Herb Crafts for 2009
Come anytime:
Mon. through Sat. 10 am to 5 pm; Thursdays 10-7 and Sundays 12—4
Our top Herb Crafts will be set up in our own upstairs classroom every day. Participate in one or all at $5 each. Each craft will take about 10 minutes to make. Make one or all. Choose any or all from our top eight herb crafts. This is a great mother/child activity. Make gifts for your family, friends, office, and neighbors. Easy! Fun! Learn about herbs. Make your own holiday gifts following our step by step directions. Recipes included for you to take home.
Santa's Herbal Workshop crafts will include:
Cinnamon Stick Holiday Scent Sachet Bag

Herb Craft of the Month
Learn a New Herb Craft Every Month!

Extended until December 24th:
Santa's Herbal Workshop
10 of our most popular herb crafts

Join us for December's Craft:
Christmas Rose
Holiday Potpourri in a Basket

Join us for January's Craft:
Soothing Lavender and Chamomile Eye Soother Pillow

Join us for February's Craft:
Hearts of Rose Sachet in a Floral Heart Box

Join us for March's Craft:
Roll-On Headache Relief

Peppermint Stick Sugar
Jingle Bell Tea
Balsam Cedar Scent Countertop Spray Cleaner
Lavender Bath and Body Mist
Chocolate Candy Cane Bath Salts
Bay Kitchen Salt
Holiday Scent Bath and Body Oil
Purchase past years' craft booklets for only $4.95 each and make herb crafts for everyone on your list.

Follow our simple step-by-step do-it-yourself directions to make your own craft any day of the week.

All supplies are included for this one low price. **Fee: $5.00 each.**

LEARN MORE

Every Saturday in November and December -

Wassail Weekends

We have....Great Selection, Great Service, Great Prices
The Herb Shop will have a Holiday Open House every Saturday in November and December featuring Wassail and refreshments. We bring new Holiday items to our shelves every week. Join us for a different product selection each Saturday. We offer unique products in many categories: foods, teas, tea accessories, herbal books, seasonal décor and gifts, home fragrance, perfume, jewelry, natural home keeping, bath and body, aromatherapy, natural makeup and facial care, garden items, fairy products, linens, botanicals, vintage and our popular Merchants Loft with locally hand-made items. We will show you how to use herbal scents to entertain, refresh and relax.
Bring your friends and relatives. Shop the Village Herb Shop for unique gifts and personal service. Free gift wrap with every purchase. Free custom gift baskets. Personal shoppers. Kid friendly. Safe hometown shopping. Shop with us and meet your neighbors. Find out why all our customers love the Village Herb Shop.
Experience hometown local shopping with the Village Herb Shop. We love our customers. Shop locally and see the difference!

Support your local stores – We are a locally owned store with a friendly local staff.

January through March - The Herb Shop will be closed on Sundays

Saturday, January 23, 2010 **VHS Tea Tasting Club**

Two tea tasting seatings:
AM: 10:30 am to 12 noon
PM: 2:00 pm to 3:30 pm

Learn about tea, taste tea and have a tea party.
- Demonstrations of proper brewing techniques
- Tips on serving tea
- Taste a variety of teas: red, green, black, herbal
- Enjoy tea time desserts with friends

Fee: $5 at the door for each seat
Free admission if you bring tea time sandwiches, bread or dessert to share.
Reservations Required. Seating is limited.

Join us to sip and savor!

Next Quarterly tea tasting will be held on April 24, 2010

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

Saturday, January 30, 2010 **Lavender Buffet Party**
11:00AM - 12:00 PM:
Food Tasting to Follow
Enjoy a program all about lavender and fellowship from your herbal friends at the Village Herb Shop. Learn history, culture, harvesting and

aromatherapy benefits of Lavender. Taste Earl Grey Lavender Tea and Lavender Cookies. Join us to inhale the irresistible fragrance of lavender and become relaxed and stress-free in the new year.
Fee: $10 each.
Bring any food dish to share made with lavender and get in FREE.
Reservations please. Please indicate if you will be bringing food at the time of registration. Bring your recipes and Kathleen will make them into a booklet for all who attend.

February 13, 2010
Chocolate Tea Party and Program by Herbal Theatrics
Join us for a tea party to celebrate Valentine's Day. First we will serve Chocolate Tea and Chocolate Desserts. Then the ladies of Herbal Theatrics return to the Herb Shop with a program in our upstairs classroom entitled:

A Heavenly Visit With Chocolate and Bay

Two angels, Chocolate and Bay must learn to get along and prove their worth to be accepted into the cooking cloud. Can they do it? Will Chocolate lose any more of her wings? Will her attitude ever improve? Will Bay be anything more than a skinny weed to Chocolate? Can Bay convince Chocolate of her worth in desserts? Who was John Hannon, and why was a Bishop mysteriously murdered with poison put in his cup of Chocolate?
To find the answers to these questions, learn more about the rich history of Chocolate, and become educated about the herb Laurel Bay (2009 Herb of the Year), come and be entertained by HERBAL THEATRICS in A HEAVENLY VISIT WITH CHOCOLATE AND BAY. This is the fourth original skit by HERBAL THEATRICS, the dynamic duo of Connie Williams and Karen Rodachy. We enjoyed their Lavender skit a few years ago and we are very pleased to have them return to the Village Herb Shop.
Tea Party: 1:00 pm
Program : 2:00 pm
Tea and Program Admission: $15 per seat
Reservations Please.

February 27, 2010
Sleep and Relaxation: A Natural and Herbal Approach
Join this class to learn aromatherapies for sleep and relaxation and how important our sense of smell is to our healing and health. Essential oils contained in herbs can effectively and safely heal, soothe and promote relaxation, stress relief and a resulting better night's sleep.
Would you also like to feel alert and be less sleepy? Have more energy? Sleep better? Relax? Have a better memory? Be happier? Let us show you simple methods to use herbs and aromatherapy safely, easily and economically. Learn how to blend herbs and essential oils and use them in your every day life from foot bath to tub bath to teas and sprays. Class members will take home a Relaxation Roll-on applicator to reduce stress and promote sleep when applied to pulse points, Sleep Easy Bath Salts, and Sleepy Time Room and Body Spray.
Class Fee: $15.00
Reservations please.

Trade baskets for Potpourri:
Please donate your clean, unwanted baskets to the Village Herb Shop. We will trade for a scoop of our hand-blended potpourri. The Village Herb Shop uses these baskets for gift wrapping, programs and classes for groups. Thank you for recycling.

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

Chagrin Falls Shop Hours

Monday through Saturday:	10 am - 5 pm
Sundays:	
January through March:	Closed on Sundays
April through August:	12 noon - 4 pm
September:	Closed on Sundays
October through December:	12 noon - 4 pm
October through December:	Open Thursdays til 7PM

Contact Village Herb Shop

17 East Orange Street, Chagrin Falls, OH 44022
Phone: 440-247-5029 Toll Free: 800-836-9120

If you do not wish to receive any further emails please send an email to villageherbshopremove@gocobalt.com
If you prefer to unsubscribe via postal mail, write to: Village Herb Shop, 17 East Orange Street, Chagrin Falls, OH 44022

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