



KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

DECEMBER 2008



Meaning in the Language of Flowers: Remembrance. It also means fidelity making it an herb often associated with weddings

Characteristics:

A tender perennial evergreen shrub with sharply scented, glossy needle shaped leaves. It may have blue, white or lavender flowers. Flowers profusely on six foot plants in warm climates.

Rosemary

Botanical Name: *Rosmarinus officinalis*

History

Rosemary can be found in the oldest herbals. A member of the mint family this herb is popular in the garden and the kitchen. The remembrance meaning of rosemary in the language of flowers goes back to medieval times when rosemary was thought to increase memory with daily dosage. Queens and Kings bathed in and drank rosemary tinctures daily. Over centuries rosemary has been valued to heal wounds, relieve headaches, help induce sleep, and restore memory, hair and youth. It has been valued as a strong anti-bacterial herb. Recent studies have even seen the essential oil being used to treat Alzheimer's.

Culture

Rosemary is a hardy perennial native to the rocky hillsides of the Mediterranean. This gives gardeners on the Ohio north coast a hint as to its culture requirements. Rosemary here is a tender perennial evergreen shrub with sharply scented, glossy needle shaped leaves. It may have blue, white or lavender flowers. Rosemary flowers profusely on six foot plants in warm climates. Here in our North Coast rosemary flowers on old growth in late winter on pot plants on our cool windowsills.

Recipes

Herb Seasoning for Beef

Combine 1/4 cup of [rosemary](#), [parsley](#), [thyme](#), savory. Add one teaspoon each of black pepper and granulated onion. Store in tightly covered jar away from heat and light. Use 1/2 teaspoon per serving for meats or vegetables. To make a rosemary herb butter with this blend use two teaspoons per stick of butter. Blend and refrigerate overnight.

[Or purchase from our online store!](#)



[MORE RECIPES ONLINE](#) ▶

Rosemary Rose Christmas Tea

- 1 cup china black tea
- 1/4 cup seedless rosehips
- 1/4 cup hibiscus flowers
- 1/4 cup red or pink rose petals or buds, organically grown
- 2 Tablespoons whole dried rosemary
- 1 Tablespoon cinnamon chips

Mix all ingredients together and store in an airtight container. To brew, allow one teaspoon per cup of boiling water. Put loose tea in tea ball and steep covered for 3 minutes. Remove tea and serve.

In summer months Rosemary thrives in gardens in sunny locations with good drainage. I prefer to plant rosemary in pots buried in the ground to make it easy to take them indoors for the winter.

Rosemary will not over-winter in our north coast climate. Some gardeners have success with the Arp variety with winter protection. Most of us will plant rosemary in pots and bring it in to a cool, sunny windowsill when temperatures approach freezing. Rosemary plants are hardy down to 10 degrees, but will not survive if the earth in the pot freezes. Keep rosemary plants in pots outdoors as long as the weather permits, usually until Thanksgiving or so. Keep the soil from freezing by bringing the pots in at night. The foliage will not survive ice or cold winds. Bring plants indoors over the winter months. Rosemary plants prefer cramped roots, high humidity, lots of sun, good air circulation and cool temperatures. Keep pots of rosemary on a cold windowsill (50 to 60 degrees is perfect) and in the brightest west or south window. Added incandescent light will benefit the success of indoor rosemary culture. Keep the plants well watered—NEVER let it dry out. To quote Adelma Simmons: "a dry rosemary is a dead rosemary." Be sure the pot has good drainage and the roots do not sit in water. If rosemary plants are kept too moist they may die of root rot. Putting your pots on a tray of pebbles is helpful to maintain humidity and avoid drying out the roots. Fertilize lightly once per month during the winter. Occasionally powdery mildew may be observed on crowded rosemary plants. This can be treated with water spray on the foliage and better air circulation around the plant. Keep your rosemary plants pot-bound and they may reward you with tiny blue flowers. Observe carefully: Some people believe fairy babies live in the rosemary flowers.

Culinary Uses

Rosemary has a very strong flavor. The pine-like needles fresh or dried should be scissored into tiny pieces when added to foods. Beef, pork, veal, lamb, chicken, tomatoes, and breads are foods that are enhanced by the flavor of rosemary. Rosemary is delicious in herbal butters, jams, and vinegars.

Bath and Body Uses:

Rosemary is often found in bath herb preparations due to its antioxidant and antiseptic qualities. Rosemary essential oil is often used in cosmetic preparations as a natural preservative due to its potent antioxidant properties.

Aromatherapy Uses:

Rosemary is seldom grown for its gnarled leggy appearance or for its very tiny flowers, but once you smell the scent of rosemary you will understand its irresistible appeal. Rosemary stimulates the adrenal cortex to release adrenalin so when we smell the scent of rosemary we feel good, awake and revived. Rosemary plants and essential oils are high in anti-oxidants. Rosemary is known as the "brain herb". Due to its stimulus to the brain, rosemary has recently been tested on Alzheimer patients as an aid to memory and a mental stimulant. Try the Study Buddy inhaler with essential oil of Rosemary the next time you need a brain boost. Rosemary increases oxygenation and blood flow to the brain and all skin cells as well. This makes it valuable to prevent wrinkles. It also works to heal sore muscles. Use of rosemary essential oil should be avoided during pregnancy. Do not use on small children or pets.

At VillageHerbShop.com you'll always enjoy

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On orders of \$85 or more

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**Free AromaRemedy
Headaid Relief Bag**

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Natural relief for headache
discomfort from nervous tension.

ONLINE PROMO CODE: **RELIEFFREE**
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*Offer expires 1/15/08. Does not include S/H or sales tax.



Products Featuring Herb of the Month Rosemary:



[Vermont Country Soap -
Rosemary Herb](#)


\$2.95

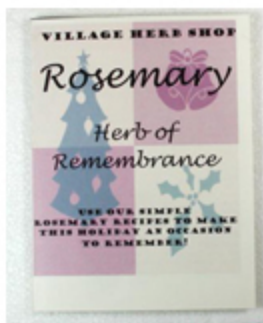
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[AromaRemedy Head Aid
Relief Pack](#)

\$6.95

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[Rosemary Recipe Kit](#)

\$3.95

[MORE INFO](#) 



[Old Fashioned Rosemary
Perfume](#)

\$6.95

[MORE INFO](#) 



Mind Alert Rosemary Room Spray

10 drops [rosemary essential oil](#)

10 drops [basil essential oil](#)

10 drops [peppermint essential oil](#)

4 ounces distilled water

Mix all ingredients together in a small spray bottle. Shake well before using.

Biodegradable Scouring Powder

Use on sinks and counters. Rinse with water or herbal vinegar

1 cup baking soda

30 drops [lemon essential oil](#) (degreaser)

30 drops [rosemary essential oil](#) (stain remover)

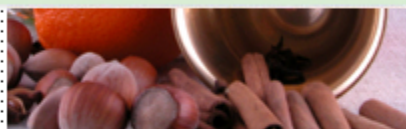


Our Upcoming Classes and Events

VIEW ALL



- **Open Late Until Christmas** - Village Herb shop will be open until 7:00 PM from Tuesday, December 16 to Monday December 23 to accommodate our customers. We will be open on Christmas Eve, December 24 until 3:00 PM and Sunday, December 28 from 12 noon to 4 pm.
- **In Store Only: Fresh rosemary plants available while supplies last. \$4.95 each**
- **The month of December: [Santa's Herbal Workshop, Top Herb Crafts](#)** - Make our top 8 crafts at only \$5 each including: Aromatherapy Stress Relief Roll on, Sweet Dreams Lavender Rose Potpourri, Chocolate Candy Cane Bath Salts, Muscle Rub Roll on Relief, Herb Bouquet Meat Rub, Parsley Party Dip, Rosemary Scone Mix, Lemon Verbena Sugar. Make one or make them all. Great project to encourage children to make their own gifts. Learn about herbs and give unique, hand-made gifts. While supplies last.
- **Every Saturday in December: [Holiday Open House](#)** - We bring new Holiday items to our shelves every week. Join us for a different product selection each Saturday.
- **Dec 1-24: [Icy Cold Dollars!](#)** - Earn one Icy Cold Dollar for every \$10 you spend at the Village Herb Shop or Webstore. Icy Cold Dollars can be redeemed up to 50% off on any Village Herb Shop merchandise December 26 to 31. (Icy Cold Dollars can be spent in-store only. Not available for online purchases. Merchant's Loft items are excluded from this promotion.)
- **Dec 18: [In Store Event: Tea Tasting and Casual Tea Party by Storehouse Teas](#)** - Join us for this In-store event from 4 -7pm.
- **Jan 3: [Adventures in Tea, A Loose Leaf Experience](#)** - "presented by Paula of Storehouse teas", 10:00 am to 11:30 am featuring Oolong Teas. Reservations please. \$5 per person.
- **Jan 24: [Tea Tasting Club Featuring Red Be Well Teas](#)** - Learn about teas and taste a variety of teas such as red, green, black and herbal. Enjoy tea time desserts with friends! Reservations Required. Seating is limited to 35. Two tea tasting seatings: AM: 10:30 am to 12 noon & PM: 2:00 pm to 3:30 pm.



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for December's Craft:

Wassail Mix

Join us for January's Craft:

Refreshing, Rejuvenating Facial Mist

Join us for February's Craft:

Relaxing Herbal Bath Mix

Join us for March's Craft:

Bathroom Disinfectant Travel Spray

Join us for April's Craft:

Lavender Dryer Sachets

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



- **Jan 31: Rosemary Party** - 11 am to 12 noon with food tasting to follow. Enjoy a program all about rosemary. Learn history, culture, harvesting and aromatherapy benefits. Taste Rosemary Wassail and Rosemary bread. Fresh rosemary plants will be available if supply will last. Join us to inhale the irresistible fragrance of rosemary and be energized and awakened in the new year. Fee: \$10 each. Bring any food to share made with rosemary and get in FREE. Reservations please. Please indicate if you will be bringing food at the time of registration.
- **Feb 7: [Adventures in Tea, A Loose Leaf Experience](#)** - "presented by Paula of Storehouse teas", 10:00 am to 11:30 am featuring Oolong Teas. Reservations please. \$5 per person.
- **Feb 14: [NEW! Special FREE program for Herb Club members and e-newsletter subscribers](#)** - Join us for an entertaining program by Grandmother, Herb lady of 1700. Learn the history of herbs and take a tour of Grandmothers Garden in colonial times. Learn about her herbs and simples and gain tips for using herbs in your garden. 1pm to 2 pm.
- **Feb 21: [Luscious Lip Balm Workshop](#)** - If you want soft, supple lips, the answer is simple: Moisturize your lips daily. Learn how easy it is to help your chapped, cracked lips with natural lip balm and lip exfoliant that you make yourself. Class will make three lip balms: Honey, Lavender and Chocolate Orange to take home. Recipes and all class materials provided. 10:30 am to 12 noon. Class fee: \$20
- **NEW Village Herb Shop's Merchant Loft!** - Visit our upstairs loft to find unique hand made items. Support local merchants and buy USA. Find quality loose leaf hand blended teas, heirloom vintage collection, hand made jewelry, custom hand painted items, jams and butters, hand knit apparel and more to come. Merchandise is always changing and our new merchants will be offering special classes and events. Check their booths for sign up sheets and join the new excitement at the Village Herb Shop Merchant Loft.



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
Thanksgiving:	Closed
Christmas:	Closed
New Year's Day:	Closed

Holiday Hours

Open Late Until Christmas

Village Herb shop will be open until 7:00 PM from Tuesday, December 16 to Monday December 23 to accommodate our customers. We will be open on Christmas Eve, December 24 until 3:00 PM and Sunday, December 28 from 12 noon to 4 pm.

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@qocobalt.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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Recipes

Rosemary Recipes

Herb Seasoning for Beef

Combine 1/4 cup of rosemary, parsley, thyme, savory. Add one teaspoon each of black pepper and granulated onion. Store in tightly covered jar away from heat and light. Use 1/2 teaspoon per serving for meats or vegetables. To make an rosemary herb butter with this blend use two teaspoons per stick of butter. Blend and refrigerate overnight.

[Buy Online!](#)

Bread Dip with Olive Oil and Rosemary

Pour 1/2 cup of olive oil into a shallow rimmed plate. Add one tablespoon of crushed herb seasoning for beef and one tablespoon grated parmesan cheese. Stir to blend and dip in chunks of fresh bread. Delicious!

Rosemary Cheese Ball

1/2 stick or butter or margarine, softened
1 8-ounce package of cream cheese, softened
1 tablespoon fresh chives minced
1 tablespoon dried dill leaf
1/2 teaspoon granulated onion
1 tablespoon chopped fresh rosemary leaves
Mix all ingredients together and allow to chill overnight. Shape into a ball and roll in chopped walnuts and fresh parsley. Serve with vegetable sticks and crackers. This spread makes an excellent tea sandwich spread.

Flower Pot Rosemary Tea Bread

2 cups flour
1 cup sugar
1 teaspoon baking powder
1 teaspoon crushed dried rosemary or one tablespoon finely minced fresh rosemary
1/4 teaspoon freshly grated nutmeg
1 cup water

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between now and Jan. 15

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Free Shipping on all orders over \$85



Herb Seasoning for Beef

\$4.99



Rosemary - Whole Leaf

\$2.95/cup



Thyme

\$2.95/cup



Parsley

\$2.95/cup

1/2 cup vegetable oil

1 egg

Optional: 1/2 cup golden raisins; Optional: 1/4 cup chopped walnuts
Mix until dry ingredients are blended. Bake in a greased flower pot at 350 degrees for one hour or until top springs back when pressed and toothpick in the center comes out clean. Cool on rack before removing from pot. Freezes well.

Rosemary Rose Christmas Tea

1 cup china black tea

1/4 cup seedless rosehips

1/4 cup hibiscus flowers

1/4 cup red or pink rose petals or buds, organically grown

2 Tablespoons whole dried rosemary

1 Tablespoon cinnamon chips

Mix all ingredients together and store in an airtight container. To brew, allow one teaspoon per cup of boiling water. Put loose tea in tea ball and steep covered for 3 minutes. Remove tea and serve.

Rosemary Rose Tea Punch

1 quart brewed Rosemary Rose tea or any fruit flavored black tea

1/3 cup granulated sugar

1 quart cranberry juice

Dissolve sugar in hot tea. Cool tea in refrigerator overnight. Mix tea with juice and pour into punch bowl. Garnish with fresh rosemary sprigs and apple or orange slices.



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Recipes for Your Senses

Rosemary Recipes

Mind Alert Rosemary Room Spray

- 10 drops rosemary essential oil
- 10 drops basil essential oil
- 10 drops peppermint essential oil
- 4 ounces distilled water

Mix all ingredients together in a small spray bottle. Shake well before using.

Facial Steam Herbs

Use Weekly to deep clean pores, remove facial impurities, decrease wrinkles, soothe irritated skin.

Ingredients:

Mix together 1/4 cup of each of the following herbs: lemongrass, rose petals, rosemary, peppermint, chamomile, calendula, lavender, citrus peel. Mix in 10 drops of rosemary essential oil.

Directions:

Use weekly. Place one tablespoon facial steam herbs into muslin bag. Place herbal bag into 1 quart of hot water in a large bowl or basin. Put head over bowl at comfortable height so steam will not burn face. Put a large bath towel over your head and the bowl and steam facial skin for 3 to 5 minutes. This will hydrate and rejuvenate skin while opening pores for deep cleaning. Follow with clay mask and moisturizer.

Anti-oxidant Facial Mask

Apply once weekly to cleanse pores of impurities.

Ingredients:

Mix together 1/2 cup red clay, with one tablespoon each powdered roses and powdered rosemary. Add 10 drops rosemary and 10 drops peppermint essential oils and mix well. Store in glass jar.

Directions:

Place one teaspoon of clay mixture in palm of hand. Add water until consistency is a thin paste. Apply thinly to face and forehead. Avoid eye area. Allow clay to dry for 5 to 10 minutes. Rinse with tepid water and moisturize. Moisturizing is very important after using a clay mask. The impurities are drawn out of the pores along with some moisture from the facial skin cells.

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Buy These Ingredients Online!



Biodegradable Scouring Powder

Use on sinks and counters. Rinse with water or herbal vinegar

1 cup baking soda

30 drops lemon essential oil (degreaser)

30 drops rosemary essential oil (stain remover)

Essential Oil - Rosemary

\$6.95



Essential Oil - Basil

\$6.95



Essential Oil - Peppermint

\$6.95



Rosemary - Whole Leaf

\$2.95/cup



Calendula

\$11.95 to \$19.95



Lavender

\$11.95 to \$19.95

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October through December: 12 noon - 4 pm

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