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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

January 2011



Meaning in the Language of Flowers:
Hidden virtues, cleanliness
[More about the meaning of flowers](#)

Characteristics:

Lovage is a very hardy perennial plant in our area. It is hardy to Zone 5. Lovage requires a large space in the herb garden. Plant it near the back of the garden or give it a sunny corner. It has large, light green leaves in sets of three. Lovage stems are hollow. Branches grow to four or five feet tall. In summer it flowers in yellow clusters like an umbrella. The roots are long tap roots and very fleshy. Lovage roots and foliage taste and smell like celery, but stronger.

Lovage

Botanical Name: Levisticum officinale

History:

The name Lovage is derived from the belief in many European countries that the herb has special powers as a love charm or aphrodisiac. The Greeks chewed lovage seeds to aid digestion. In the middle ages lovage was one of the most important cooking herbs and was a popular salad (salad) herb and often eaten fresh.

Lovage in the Garden

Lovage needs four to six hours of sun to flourish in our location. It grows in a large clump and is easily divided by root division. Prevent flowering by cutting off flower stems to keep the foliage from becoming bitter. Lovage dies to the ground each winter and requires a winter dormancy. It grows larger each year and reaches full size at about three years old. Lovage is one of the first herbs to come up in the garden. The light green tufts start appearing in March in our climate. The leaves become more flavorful as they receive more sun.

Harvesting Lovage

It is best to use Lovage fresh from the garden. One plant will be more than sufficient for the average household. Lovage leaves dry easily and retain their flavor well, but most of their chlorophyll is lost upon drying and the leaves usually turn yellow when dry. To dry lovage and retain the most of the green color, cut all leaves off the stems and dry them in a dehydrator for best results. Lovage can be dried in a single layer in a warm, dry, dim location. Lovage leaves freeze well and can be used frozen in soups in the winter.

Recipes

Lovage and Lemon Vinegar

Yield:

One quart vinegar

Ingredients:

3- 4 cups red wine vinegar

6 chive blossoms

6 lovage leaves

2 sprigs lemon balm

Directions:

Put herbs and vinegar into a glass container with a plastic lid (vinegar will corrode a metal lid).

Allow herbs to steep in vinegar for two weeks. Strain out herbs and rebottle herb vinegar into sterilized bottles with plastic lids. Put a fresh sprig of herbs into each bottle.

Lovage Vinegar Salad Dressing

Ingredients:

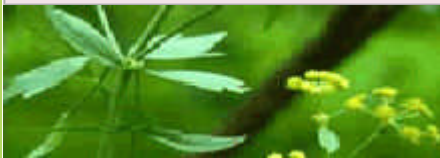
1/4 cup Lovage and Lemon Vinegar

1/2 cup olive oil

1 teaspoon sugar

Directions:

Whisk all ingredients together and use immediately. Toss with fresh greens. Shake or whisk well before using again.



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Lovage in the Kitchen

Lovage tastes like celery so it can be used to add flavor to soups, eggs, salads and stuffings, just like celery. The hollow stems make refreshing straws for tomato juice or lemonade. Lovage is good with fish, bread and potatoes. Fresh lovage makes a delicious herb butter to put on cooked vegetables and mashed potatoes. The flavor of lovage is preserved well when it is used to make an herb vinegar. It combines well with chive blossoms and lemon balm in a vinegar. Lovage is perfect in every pot of soup. To use lovage fresh in the winter months: pulverize two cups of fresh lovage leaves with one cup water in a blender. Freeze in ice cube trays and use one cube per pot of soup.

Uses of Lovage

Lovage has been valued medicinally in times past. The juice squeezed from the plant was used as an eye remedy and to heal skin rashes. Lovage juice was reported to remove freckles. People used lovage to freshen their breath and chewed it to cleanse their teeth. In colonial times, Lovage was included in the Sabbath posy. The parishioners chewed the leaves and root to promote alertness during the long sermons. The Shakers grew an abundance of Lovage and sold it for medicine and flavoring. The hollow stems were dried and used as drinking straws.

The root oil of lovage is used to flavor cosmetics and soaps. It is also used to add flavor to tobacco and liqueurs. Lovage was often used to bathe body and feet.

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[Herb Seasoning for Soup](#)

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Reg. Price \$5.99

[MORE INFO](#) 



[Long Island Strawberry Green Tea](#)

\$5.99
Reg. Price \$6.99

[MORE INFO](#) 

Recipes

Herb Seasoning for Soup

Ingredients:

Mix together 1/4 cup of each of the following dried herbs:

dill
parsley
lovage leaf
oregano
chives

Add one tablespoon of celery seed.

Add two teaspoons granulated onion, and granulated garlic.

Mix all well and store in a glass jar. Add one tablespoon to a pot of soup or to taste.

Directions for use:

Add this herb flavoring to your favorite homemade soup recipes, canned soups, and stews. Also delicious on roasted potatoes or vegetables.

Use 1 tsp. for four servings.

For full flavor crush leaves before using.

Herb Gardener's Foot Bath

Ingredients:

Mix together 1/4 cup of the following dried herbs:

Mint
Bay leaves, broken into small pieces
Lavender flowers
Rosemary
Sage
Thyme
Lovage

Mix all ingredients together and store in a glass jar.

Directions for use:

Put one to two tablespoons of the foot bath mixture into a muslin bag. Add to two quarts of warm water. Soak feet for twenty minutes to heal sore feet and promote relaxation.



Our Upcoming Classes and Events

[VIEW ALL](#) ▶

Susan Albert Herbal Mysteries Book Club Meeting

Saturday, January 8, 2011 10:30 am to 12:00 pm

Join us to discuss the fifth book in the China Bayles Mystery series. The book for discussion will be: "Rueful 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 "Rueful Death" reading group guide or find it on line at Aboutthyme.com. Look for recipe suggestions on line from the author there also. Bring a dish to share from recipes in the book or any one that contains herbs to get in FREE.

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.

Herbal Craft Class - Tea Leaf Reading Workshop

January 8, 2011 Saturday 1:00 pm to 2:30 pm

Learn how to read tea leaves to predict 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 by reading each other's 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).

Class fee: \$20.00

Reservations Please

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

Individual Facial Care Instruction and Make-Up Application by Esthetician, Jan Cellura

January 15, 2011 Saturday 11:00 am to 3:00 pm

Many of our customers have discovered and fallen in love with Ecco Bella, the new line of Cosmetics and Skin Care Products that we introduced at the Village Herb Shop last fall. 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.



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for January's Craft: **Herbs de Provence, a French Culinary Blend**

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

[LEARN MORE](#) ▶

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 Jan's 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

• **Tea Tasting Club**

January 22, 2011 Saturday

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

- Demonstrations of proper brewing techniques and 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 make tea time sandwiches, bread or desert to share

Two tea tasting seating:

10:30 am to 12:00 pm

2:00 pm to 3:30 pm

Reservations required. Seating is limited.

Join us to sip and savor!

Next Quarterly tea tasting will be held in **April 9, 2011**

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

• **Sage Program and Herbal Buffet Party**

January 29, 2011 Saturday 11:00 am to 1:00 pm

Our herbal buffets are very popular events at the Village Herb Shop. Previous attendees have been asking for another potluck, so here it is. Please join us for delicious food and learn about growing and using sage. Program will be presented by Kathleen Gips.

Fee: \$10 each. Bring any food dish made with sage to share with the class and get in FREE.

Reservations please. Please indicate at time of registration if you will be bringing food or paying the class fee. Please bring your own plate and silverware. Tea will be provided.

Please bring your sage recipes to share with attendees.

COOKBOOK EXCHANGE: Bring your used, unwanted cookbooks to exchange for others that have been donated to our exchange. Get a new cookbook **FREE !!!!**

- **Susan Albert Herbal Mysteries Book Club Meeting**
Saturday, February 5, 2011 10:30 am to 12:00 pm

Join us to discuss the sixth book in the China Bayles Mystery series. The book for discussion will be: "Love Lies Bleeding". 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 "Love Lies Bleeding" reading group guide or find it online at Aboutthyme.com. Look for recipe suggestions online from the author there also. Bring a dish to share from recipes in the book or that contains herbs in it to get in FREE. Let's have a Valentine's Day party!!!

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.

- **Monthly Craft Class - Customized Dream Pillow**
February 5, 2011 Saturday 1:00 pm to 2:00 pm

Have you ever wanted to have pleasant dreams, dreams of happiness, or even dreams of a love??? Learn how to use herbs and herbal scents to produce specific dreams. Choose your own dreams and select the herbs for your customized dream pillow. Class includes discussion of Dream Herbs and the resulting dreams and a fabric dream pillow to take home. All materials provided. Class instructor: Lynette Trolli.

Reservations Please

Class Fee: \$15

This is a Merchant Class and discounts do not apply.

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

Join us for a Valentine's Day Tea Party. We will serve Rose Tea and Rose Desserts followed by a return of HERBAL THEATRICKS 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 THEATRICKS performs another original skit.

Join us to be entertained by HERBAL THEATRICKS 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

roadshow are back with their 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.

- **Cupcake Decorating Class**

by Merchant Vicki Jones

February 19 1:00pm to 3:00pm

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.

- **Plant Profile: Tea Tree**

February 26 11:00 am to 12:00 pm

Class will learn about the Australian Tea Tree plant and the anti-bacterial and anti-viral properties of this essential oil. Did you know this healing herb is as strong at healing wounds as an antibiotic? Did you know that Tea Tree is an 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, a skin soothing bath oil, and a healing foot salt to take home.

Class and workshop fee: \$15

Reservations please.

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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>

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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

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