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KATHLEEN GIPS'
VILLAGE HERB SHOP

SHOP OUR STORE

HERB OF THE MONTH NEWSLETTER

JULY 2009

Meaning in the Language of Flowers:
Joy, Happiness
More about the meaning of flowers

Characteristics:
Oregano is a low growing (height to about 18 inches) perennial plant with bright green leaves. Oregano is a very hardy dependable plant in our zone. It has white flowers that grow in clusters July through August here in our North Coast climate. The entire oregano plant is aromatic and hairy. A bite into a fresh leaf will leave your tongue tingling with its spicy taste. Since the flavor of oregano is strong, it retains very good flavor when dried. The foliage dies with frosty weather and grows again from the roots each spring.

Greek Oregano

Botanical Name: Origanum vulgare hirtum

History:

Oregano has Mediterranean origins and has been used for centuries as a medicinal herb. In the Middle Ages the Greeks used oregano as protection from the plague and as a poultice to treat snake and spider bites. Today, it is popularly known for the flavor it gives to Italian and other Mediterranean dishes.

Oregano in the Garden:

Since Oregano is native to Europe, it prefers a dry, warm, well-drained soil in full sun. Like most of the other Mediterranean herbs it does not need rich soil. Oreganos and marjorams will not be happy in wet soils and will usually die at the crown in wet conditions. Plants can be easily divided in the spring with a sharp shovel. Cut the flowers after you have enjoyed the blooms and dry them for use in flower arrangements and wreaths. Oregano will self-seed from the flowers if it is not cut down after blooming.

The flowers attract butterflies, wasps and bees which are important to its pollination. Deer do not like the strong taste of oregano.

There are many varieties and cultivars in the origanum family. Two of my favorite oreganos are the golden and golden knotted varieties. Their chartreuse green color is an attractive accent in any garden.

The three-striped beetle may attack oregano in early June. This beetle damages the leaves and leaves black spots on them. Treat oreganos and other plants affected by this beetle with a spray of Safer's brand insecticidal soap. This soap is safe and non-toxic so plants and soil will not be affected. Another treatment is to cut down the oregano and wait for new foliage. By the time new foliage grows it will be too hot for this beetle and your oreganos will look great again.

Oregano in the Kitchen:

Oregano is essential to Italian and Mediterranean cooking. It is most frequently used dried, but its fresh leaves add a spicy zing to any dish. Oregano goes especially well with strongly flavored foods including meats, vegetables, and cheeses.

Aromatherapy Uses:

Recipes

Oregano Herb Cheese

8 ounces of cream cheese, softened
4 ounces of butter or margarine, softened
1 tablespoon of chopped fresh oregano or 1 teaspoon of dried oregano
1 tablespoon chopped chives, fresh

Mix all ingredients together until smooth. Refrigerate overnight to allow flavors to blend. Scoop cheese into bowl in a rounded shape. sprinkle with chopped fresh oregano or 1/2 teaspoon of dried oregano and garnish with edible violas (organically grown) and sprigs of oregano. Serve with fresh vegetables, crackers or bread.

Italian Oregano Tomato Soup
1/2 medium onion chopped
2 tablespoons olive oil
2 cups fresh or canned chopped tomatoes
4 cups chicken stock
1 teaspoon dried oregano or 1 tablespoon finely chopped fresh oregano
Zest from one lemon
Juice from one lemon

Saute onion in olive oil until soft, but not browned. Add tomatoes, stock, oregano and zest and simmer for 30 minutes. Cool and put in blender for a few minutes to pulverize tomatoes and onion. Add lemon juice. If serving hot, reheat and add 1/2 cup cooked rice to each bowl. Add 1/2 teaspoon of fresh minced oregano or 1/4 teaspoon dried oregano to top of soup in bowl. If serving cold, chill soup and serve with 1/4 cup chopped cucumber in bottom of bowl. Add 1/2 teaspoon of fresh minced oregano or 1/4 teaspoon dried oregano to top of soup in bowl. Garnish soup with a teaspoon of sour cream and a sprig of fresh oregano.

Oregano's high concentration of the ingredient, thymol, makes the essential oil of oregano a potent anti-bacterial herb. It is also antifungal. The essential oil is a strong stimulant and has been declared by the FDA as a hazardous material. This means that it cannot be shipped without great expense. Due to this new ruling, oregano oil is not widely available. In addition to its anti-bacterial properties, the essential oil causes diaphoresis (artificially induced sweating) and is an expectorant.

Toxic action:
Essential oil of oregano should be avoided during pregnancy and should not be taken internally in its concentrated form. The essential oil is very irritating to the skin and can cause contact dermatitis.

Medicinal Actions:
Oregano is used to ease the symptoms of cold and flu. Used as a tea or mouthwash it will ease a sore throat. It can be used to relieve gas and to aid digestion after heavy meals. In a bath, oregano's antiseptic properties can heal skin abrasions and irritations. Oregano leaves rubbed on your temple will relieve a tension headache. Oregano repels insects and a leaf can be rubbed on a bite the next time you are in your garden for instant relief.

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Receive a FREE VHS Herb Seasoning for Pasta
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Featured Products:

Herb Seasoning for Bread

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Village Herb Shop Tomato Basil Pinenut Bruschetta Topping

$6.95

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Hartley's Herb Teas Lemon Mint Green Tea

$8.95

MORE INFO

Recipes

More Online

Oregano Lemonade Sorbet

Juice of one lemon
Zest of one lemon
1/2 cup sugar
Reconstitute lemonade to equal 4 cups total liquid

Heat lemon juice and sugar with lemon zest just until sugar dissolves, stirring constantly. Refrigerate lemon juice and sugar syrup until cold.

Place lemon syrup with zest in a 4 cup measure and add lemonade until exactly 4 cups. Add one tablespoon of freshly minced Oregano or Sweet Marjoram.

Put in ice cream maker and freeze until firm. OR freeze on a cookie sheet until somewhat firm and scrape with a fork . Freeze again until firm. Serve with a sprig of fresh oregano.

Kathleen's Note: This sorbet was served at our 2005 Herbfest when oregano was the Herb of the Year. Our customers enjoyed its refreshing flavor. A real summertime treat!

Herb Bouquet Rub Mix

for fish, beef, pork, chicken, turkey, vegetables
Add all ingredients in in a bowl, mixing well after each addition:
Add 1 teaspoon granulated lemon peel
Add 1 teaspoon black pepper
Add 1 tablespoon granulated onion
Add 1 tablespoon powdered rosemary
Add 1/2 cup oregano, dried and crumbled
Add 1/2 cup thyme

Combine the ingredients above and stir until well blended. Place in a glass jar and cover tightly.

To Use: Sprinkle and rub the mix according to taste on both sides of fish, beef, pork, chicken or turkey before grilling, broiling, baking or frying. A general guide for use is 1/2 to one teaspoon per serving.

Our Upcoming Classes and Events

VIEW ALL

- **July is Sale Month at the Village Herb Shop**
  ANNUAL ATTIC SALE FOR THE MONTH OF JULY! in our upstairs classroom. Big Sale! Help us clean house. New items every day! Attic Sale Includes: Excess products, one-of a kind gifts, craft items, displays, over-stock, seasonal items, bulk botanicals, and lots of herb shop stuff. Join us for our once a year BIG sale.
  Chagrin Falls Annual Sidewalk Sale: July 23-26 - Shop the town for bargains galore.

- **Recession Busting Classes**
  The Village Herb Shop is beginning a new series of monthly classes. These classes will teach you how to use the herbs in your garden and simple ingredients to make herbal products for health and beauty, flavor and fitness. We will be saving money, going greener and having fun inexpensively. Children and young adults are welcome to all classes. Can't join us on class day? Just give us a call, pay and register for the class. The Village Herb Shop staff will make the products for you. You can pick up the workshop projects already completed with recipes at your convenience. **Class Fee: Originally $20. Now a Recession Busting $10!**

- **July 18, 1:30 pm - 3:00pm:** Summer Cooking with Herb Rubs - Join us for our guest lecturer, Lucille Galland to taste the flavors of summer cooking with herbs and rubs. She will demonstrate how to make a herb vinaigrette for salad, grilled chicken with herb rub and spiced fruit salad. Lucille is a dietician and teaches chef's nutrition. She is a member of the International Culinary Art's and Science Institute Loretta Paginini School. Please join us to learn how to use herbs in your garden. Class will make an herb rub to take home. Class Fee: Originally $20 now a recession busting $10. Reservations please.

- **July 25, 10:30 am to 12 noon and 2:00 pm to 3:30 pm:** Tea Tasting Club - **Featuring A Children's Tea Party and Children's Tea.** We will be tasting Republic of Tea's four new Little Citizens Herb teas. Don't be fooled by the name. These teas are delightful for people of all ages, served hot or cold. These are organic decaffeinated flavored rooibos teas or red teas. Learn about these high antioxidant caffeine free teas and bring a young person in your life to taste with you. 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 bring tea time sandwiches, bread or dessert to share. Reservations Required. Seating is limited. Join us to sip and savor!

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

  Next Quarterly tea tasting will be held on October 3, 2009. **Would you like to have a Tea Tasting Party for your group? Ask us!**

- **July 30, 4:00 to 9:00 pm:** Herbal Mystery Garden Party - Herbal Treasure Hunt with prizes, Lynette Trolli will present a program on Reading Tea Leaves at 6:00 pm, Reflexology Program with Mary Landis at 7:00 pm. Schedule a tea leaf reading with Lynette from 4-9. Try a Reflexology Treatment from Mary in the garden 4-9 pm. Appetizers, lavender lemonade. Join us for herbal fellowship and learning! Bring a friend. Reservations Please.

Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for July's Craft:
Layered Herb Salt in Glass Jar

Join us for August's Craft:
Herbal Vinegar

Join us for September's Craft:
Herbal Bath Bag in a Washcloth Scrubber

Join us for October's Craft:
Spicy Chai Tea

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

- **August 1 through September 23:** Cool Fall Dollars - This is our most popular promotion. Join the fun and save, save, save. Collect cool fall dollars on all purchases August 1 through September 23. For every $10 you spend between Aug 1 and September 23 collect one Cool Fall Dollar. Each dollar is worth $1 off regular or sale priced items, up to 50% off your purchases and can be applied during our redemption week of September 24-30. **Rules: Cannot be combined with any other discounts. Redeem from Sept 24 to Sept 30 ONLY. In store redemption ONLY. Discount up to 50% off. Merchants Loft Items not included in this promotion.**

- **August 1, 10:30 am to 12 noon:** Making Herbal Vinegars - Class will learn how to make and use fresh herbal vinegars. Delicious, easy to make, and great to give as gifts. Learn how to use the fresh taste of herbs by preserving the flavors in a delicious vinegar. Learn to use vinegars in salad dressings, marinades and as a deglazer for meats. Class will make one herb vinegar to take home. Reservations please. Class Fee: Originally $20 now a recession busting $10

- **August 8, 10:30 am to 12:00 noon:** Herbs for Flavor, Fragrance and Fitness - Enjoy Kathleen's most popular program. Class will receive tips on growing and using herbs for cooking, aromatherapy, home cleaning, teas, bath products and moth chasers. Take home three herbal moth bags for your closet. Class Fee: Originally $20 now a recession busting $10. **FREE FOR HERB CLUB MEMBERS**

- **August 8, Sat. 2:30 pm:** Adventures in Tea A Loose Leaf Experience - Hosted by: Paula Hershman, Storehouse Tea Company. Featuring Bubble Teas. Fee: $5.00 Includes two teas and delicious scones. Space is limited so please RSVP paula@storehouseteacompany.com or call Paula Hershman 216-406-9139.

- **Aug 12:** Herb Gardening Club - **Join our Green Team of herb garden enthusiasts.** Our club will meet once a month every month from April through October. We will work two hours in the herb garden in the front of our shop. Learn to manage your herb garden by working in ours and 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. 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 and gloves. After gardening, bring a sandwich and join Kathleen for lunch with edible flower salad and herbal bread. We will enjoy new friendships and have an informal question and answer session. Unable to work in the garden? Bring your own lawn chair and learn while you watch us work. Garden Club will be held rain or shine. Membership is **FREE** and there is no charge for participating. Join anytime. **Reservations Please**.
  Work in Gardens: 10 - 12 pm
  Mini herb class and lunch: 12 — 1 pm;
  Please bring a dish to share if you wish.

  Monthly Herb Garden Focus
  Wednesday, August 12: Preserving the harvest, butters, pastes and vinegars, fall pruning, drying herbs, thinning and transplanting.
  Wednesday, September 16: Edible flowers. Take cuttings and "over winter" herbs; bringing in rosemary and rosemary culture. See complete schedule on our website.

- **August 15, 10:30 to 12 noon:** At Home Summer Spa with Herbs - Take care of your face, hands and feet using the herbs in your garden.

Learn how to make simple exfoliants like sugar and salt scrubs to remove dry skin. Follow our simple steps using scrubs and body oils for soft, moisturized summer skin. Use our recipe to make a hydrating body mist and healing herbal bath mix. Class will make a chamomile and lavender eye pillow to take home. Class Fee: Originally $20 now a recession busting $10

- **September - Join us to Celebrate for the entire month of September:** Village Herb Shop's 15 Year Anniversary - Spin the wheel on each visit and earn prizes and discounts! 15% off all purchases every Wednesday. Grand Opening of our new Essentials Apothecary: for Mind, Body, Home and Spirit. Events every Saturday Counter specials every day!

- **September 12, 12:00 noon:** Herbal Food Tasting and Cooking Demonstration with Chef David - This program will feature our own private label Village Herb shop products produced and bottled for us by a California gourmet food processor. Learn how to use these delicious sauces and marinades for delicious meals. See how to use our unique products for easy entertaining. Be entertained by our talented chef. Food tasting included in class registration. Class fee: $10 plus discount on all Village Herb Shop Gourmet Products.

- **September 19, 11:00 am to 1:00 pm:** Edible Flower Party - Our first Herbal Buffet was held in January and featured Rosemary. Many of those who attended have asked for another potluck, so here it is. Please join us for delicious food and learn about growing and using edible flowers. Learn which flowers can be eaten and how to use them to make your food tasty and beautiful. Program will be presented by Kathleen Gips. We will have the revised Edition of The Edible Flower Garden by Kathy Brown available for purchase. Fee: $10 each. Bring any food dish made with edible flowers to share with the class and get in FREE. Reservations please. Please indicate if you will be bringing food at the time of registration.

- **September 26, 1:00 pm to 3:00 pm:** Facial Care Instruction and Make-Up Application by Esthetician, Jan - Learn how to properly care for your facial skin, anti-aging techniques and proper make-up application for a more beautiful you. Jan will do demonstrations and show application of foundation, blush, eye liner and lip color. Learn how to take care of problem skin and keep your face radiant. Jan will have a question and answer format. She will feature our new make-up and facial care products. Class fee: $10

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

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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