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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

MARCH 2010



Meaning in the Language of Flowers:
unselfish sharing; lasting interest

[More about the meaning of flowers](#)

Characteristics:

Tarragon is easy to grow in our north coast climate. It is a perennial growing up to 3 or 4 feet tall with lots of sun. It is very aromatic and has a characteristic flavor. The narrow spear shaped leaves fill the long stems. The small round flowers can be seen in our climate only in the very late fall. A deciduous perennial, tarragon is one of the first herbs to emerge from the soil in very early spring.

Recipes

Tarragon Herb Butter

Tarragon

Botanical Name: *Artemisia dracunculus*

History:

Although Tarragon is often called French Tarragon, this plant is thought to originally come from Asia and was brought to Spain in the mid-1100's. It was used as a seasoning for vegetables and chewed as a breath freshener. The Monks thought that tarragon induced sleep. Tarragon arrived in France in the 14th century and became a favorite herb in Europe for centuries to come. The species name means "little dragon". This name is thought to have originated in Roman times when tarragon was used to treat snake bites. The roots were thought to resemble a dragon head. Tarragon was introduced to the United States in the early 1800's.

Tarragon in the Garden:

Plant tarragon toward the back of the garden near a trellis or fence. Allow about 3 feet for a mature tarragon plant. It prefers very well drained soil and lots of sun. Tarragon will not survive in wet soil, so be sure the location of your tarragon plant has good drainage and arid soil at all times. The tall stalks benefit from staking in late summer when the plant grows very tall. Fresh tarragon leaves can be harvested anytime, but preferably before it flowers, since energy for flavor will then be directed toward flowering. Tarragon is very cold tolerant and is one of the first herbs that can be planted in the garden once the soil can be tilled. Harvesting on a new plant can begin in 1-2 months.

Tarragon will benefit from a monthly trim through the growing season. Cut the plant to about 6 inches from the ground every month. The newest leaves are the most tasteful and tender. Since tarragon is in the Artemisia family, it must have a period of frost exposure. Cut the tarragon to the

Delicious on breads, vegetables, fish and poultry

1/2 cup or one stick of butter or margarine
1 tablespoon fresh tarragon finely chopped
1 tablespoon finely chopped fresh basil
1 teaspoon chopped fresh lemon thyme
1 teaspoon fresh lemon juice

Combine all ingredients and refrigerate overnight



Layered Fresh Tarragon Salt

This is a welcome hostess gift.

Ingredients:

Fresh tarragon
Fresh thyme
Fresh parsley

Directions:

Layer fresh, finely snipped herbs with fine grind sea salt in a wide mouth jar. Start and end with salt. Salt layers should be about 1/2 inch in width and herb layer should be about 1/4 inch thick. Layer until jar is filled with the first and last layers of salt.

LEAVE UNCOVERED until all herbs are thoroughly dried (about 2 weeks). The salt will act as a desiccant and dry the herbs while absorbing their flavors.

Hot Tarragon Mustard

Ingredients:

1/4 cup dry mustard
1 tablespoon tarragon
fresh, finely minced
3 Tablespoons water
1 teaspoon sugar

have a period of frost every year. Cut the tarragon to the ground after the first freeze and mulch the area with compost. Tarragon and most deciduous perennial herbs can be brought indoors if the plant is allowed to freeze outside and then to thaw inside. In late fall transplant some tarragon roots to a small pot. Water and keep outside until the soil is frozen. Then bring indoors and watch your tarragon sprout.

Tarragon cannot be started from seed. The seeds found in the market place are not French Tarragon, but Russian Tarragon, which is a bitter tasteless weed. Tarragon can be propagated only by stem cutting or root division when the plant gets too large.

Using a sharp shovel, dig out a corner of the root system, and transplant to a new location.

Harvesting Tarragon

The leaves of tarragon bruise very easily and flavor is lost from bruised leaves. To avoid bruising the fresh leaves by stripping them from the stems, dry them on the stems. Dry in bunches hung in a warm, dry, dim location for a week to ten days. Or, dry them on wicker trays on top of your refrigerator. Strip the leaves from the stems once they are dry. Store the leaves whole in air tight containers away from heat and light. Glass jars will retain more flavor than plastic ones.

Dry tarragon leaves retain much of their essential oils and are almost as tasty as the fresh leaves, but the dried leaves have more of a licorice flavor. The middle veins of the dried leaves become very hard and brittle. Dried tarragon must be minced very fine when added to cooking or removed before serving. Many classic cooks feel the dried form of tarragon is an unacceptable substitute for the classic flavor of fresh tarragon. The best way to preserve the characteristic flavor of tarragon is to make tarragon vinegar. The vinegar-preserved leaves of tarragon can be used in any recipe.

Tarragon in the Kitchen

Tarragon has a licorice flavor which is chemically identical to anise. It is well known as a main ingredient in *finest herbes*. It is often used to flavor mustards and vinegars. Too much Tarragon in any dish will overpower other flavors. The flavor of tarragon is most often used with egg, cheese and chicken dishes. Tarragon is an essential ingredient in Béarnaise sauce. The flavor also blends well with tomato soup, duck, seafood, and lamb. Try fresh tarragon butter with vegetables and potatoes.

1/4 teaspoon granulated garlic

Directions:

Mix all ingredients well. Refrigerate mixture. This mustard will get hotter the longer it is stored. Use sparingly. Can be diluted with olive oil before using.

Medicinal Actions

Ancient herbalists thought tarragon promoted alertness. This Artemisia was put in shoes before a long journey to prevent tiring and fatigue on the long trip. In times past fresh tarragon, or tarragon tisane (tea made from tarragon), or tarragon tincture was used to stimulate the appetite and ease nausea.

Tarragon for Aromatherapy

Tarragon essential oil is rarely available commercially, but it is used widely in perfumery, soaps and cosmetics. It can be found in condiments and liquors. The essential oil of tarragon is a stimulant and is thought to be mildly toxic.

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VHS Sun Dried Tomato Dipping Oil

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Featured Products:



[VHS Herb Seasoning for Fish](#)

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[MORE INFO](#) 



[VHS Herb Seasoning Herbs de Provence](#)

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[VHS Herb Seasoning for Vegetables](#)

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[VHS Herb Seasoning for Pasta](#)

Internet Only - \$3.99
Reg. Price \$5.99

[MORE INFO](#) 

Recipes

Classic Fines Herbs

This is a delicate blend of fresh herbs this is

Lemon Tarragon Dip Mix



used in sauces, soups, cheese and egg dishes.

The most important thing in this mix is to use fresh herbs rather than dried herbs so their complete mix of essential oils flavors the foods.

Directions:

Using a mezzola, mince these fresh herbs in equal amounts:

- Tarragon
- Chives
- Parsley
- Chervil

Tarragon Chive Butter

Serve with fresh sweet corn, potatoes or bread

Ingredients:

- 2 tablespoon finely chopped fresh parsley
- 2 tablespoon finely chopped fresh tarragon
- 1 teaspoon lemon juice

Directions:

Combine all ingredients and refrigerate overnight

Ingredients:

- 4 tablespoons dried tarragon
- 4 tablespoons dried parsley
- 2 teaspoon granulated lemon peel
- 1 teaspoon ground lemon pepper

Directions:

Mix all ingredients together to make dill dip mix.

Lemon Tarragon Dip

Ingredients:

- 1 cup sour cream
- 1 cup mayonnaise
- 1 Tablespoon Lemon Tarragon Dip Mix

Directions:

Mix all ingredients together and chill overnight.

Tarragon Blueberry Vinegar

Ingredients:

- 1 cup fresh tarragon
- 1/4 cup fresh blueberries
- 3 - 4: cups red or white wine vinegar

Directions:

Place washed

, dry, fresh herbs in glass jar. Add blueberries. Add vinegar to top. Cover jar with plastic (not metal) lid. Allow flavors to blend for 2 to 4 weeks. Strain and rebottle in sterilized bottle with fresh tarragon sprigs. Add only a few sprigs of fresh tarragon to each bottle so there is enough acid vinegar to preserve the tarragon leaves for use in cooking. Use bottles with plastic lids or corks.



Our Upcoming Classes and Events

[VIEW ALL](#)

- Note: The Village Herb Shop will be open on Sundays - April 11 through the end of August 12:00PM - 4:00 PM Closed on Easter Sunday
- Saturday, March 27 1:00 pm to 2:00 pm



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

1:00 pm to 2:00 pm

**Abbotts, Arbors and Flowering Meads:
A Medieval Garden of Herbs**

Presented by Kathleen Gips

As told by Lady Catherine of Louvain, circa 1429

Lady Catherine will arrive at your banquet hall in full medieval costume and character. She will curtsy to each guest while Gregorian chant music announces her arrival. The Lady is presented with the task of being a mentor to the group of young maids in the audience who desire to become proper ladies in the year of our Lord, 1429. The Lady of a medieval manor has a vast knowledge of herbs and uses them to promote the well being of her family and her home. Important herbs of this time period will be described with instruction and practice.

Lady Catherine will come prepared to demonstrate her daily duties. Young maids from the audience will be asked to show their skills in various tasks as taught by the Lady including preparing the hall with strewn herbs, sprinkling the guests with rose water, combing their hair with a rosemary branch and beautifying their face with orris root powder. There will be a rosemary bride's parade. The Lady will show how to dispel witches and prepare a proper "stew" or herbal bath for healing.

This program is light and humorous while, at the same time, educational about the uses of herbs in medieval times. It will include audience interaction with props and demonstrations. Lady Catherine will be in character throughout the program until her final exit. She will answer any questions about herb gardening during the Middle Ages. She will explain her costume and talk about the research done for this program at Gaasbeek castle in the Burgundy area of Belgium.

Join us for the celebration of the first day of spring with a sampling of Meade and medieval fare.

Note: Wear medieval attire and receive magical herbs from Lady Catherine.

Reservations Required.

Program fee; \$15.00.

Saturday, April 3 Jam, Tea & Scones with Lyons Market

11:00 am to 4:00 pm

Join us on, for a taste of our Lyons Market gourmet jams and jellies. The Lyons family will be on hand offering a wide variety of their gourmet recipes featuring the March Jam-of-the-Month. Learn more about the blood orange and other Lyons Market secrets as you sample the jams atop our freshly baked Sticky Fingers Scones, savored with a hot cup of our tea!

Free. No reservations required.

Join us for March's Craft:

Roll-On Headache Relief

Join us for April's Craft:

**All Natural Lemon Mint
All-Purpose Cleaner in a
Spray Bottle**

Join us for May's Craft:

Lavender Lemonade

Join us for June's Craft:

**All Natural Automatic
Dishwasher Soap**

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](#) ►

- **Saturday, April 3** [Tea Leaf Readings by Lynette Trolli](#)
1:00 pm - 4:00 pm [Psychic Reader and Clairvoyant](#)

Lynette will be scheduling tea leaf readings March 6 from 1-4 pm. Please call Lynette at 216-481-3588 to schedule the time for your personal tea leaf reading. Just leave a message on her machine with the time you prefer. Lynette is very popular among our customers and will be reading tea leaves in our upstairs classroom.

Reservations Please

Fee: \$20 for 20 minutes.

- **April 10, Saturday**
11:00 am - 12:00 noon
[Rootbeer Plant, Samphire and Other Unusual Plant Varieties](#)
Presented by Karen Langon of Mulberry Creek Herb Farm

Diversity is the specialty at Mulberry Creek Organic Herb Farm. What's on the cutting edge in the plant world? We grow and know how to use over 400 varieties of herbs. See, feel and smell a couple dozen of them and open your eyes beyond Genovese Basil and French Thyme. We will have a selection of these unusual herbs available for special purchase after the program.

Karen and Mark Langon own Mulberry Creek Herb Farm which supplies the Village Herb Shop with our organic and unusual herbs each season. Plant variety and education are the strong points of Mulberry Creek. At present, they grow over 7000 varieties of culinary and useful herbs, miniature perennials and heirloom vegetable plants. Karen and Mark are herb growing experts who actually use herbs for cooking, healing, relaxing and living! Join Karen for an inspiring talk about herbs.

Class Fee: \$15 - includes one free herb plant

- **April 10, Saturday**
11:00 am - 2:30 pm
[FREE Personal Natural Skin Care and Make-up Analysis](#)

This Ecco Bella personal make-up or skin care analysis is FREE. Sign up for make-up or skin care analysis in half hour time slots from 11 am to 2:30 pm. Call to reserve your session.

We will be offering this free service monthly. Come in to see a more radiant you in only two weeks with the Ecco Bella two week facial care kit. Sign up Early!

Class Fee: Free
Reservations Please.

When will the Herb Plants Arrive at the Herb Shop?

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. Our unusual and organic herb selections are delivered early every Friday morning. Look for these special herb selections on their own display located next to the herb garden in the front garden area.

April 15 - Herb Plants Arrive!

We Take Herb Plant Special Requests!

Call in your herb plant requests to our plant request file.

We will be happy to take your herb plant requests, order the plants for you and call you when your plants arrive.

Check your herb plant wish list now and give us a call!

(Herb plants available April through July.)

Hints from the Herb Lady:

Herb seeds are more successful when planted directly in the ground or in pots in April when the soil is warm enough to till. Herbs really are not happy indoors!

Basil must have a warm soil temperature to thrive. Plant basil plants or seeds when night temperatures are 50 degrees or warmer. Until then, keep basil in a pot outdoors during the day and bring indoors at night.

Rosemary prefers cool, bright conditions indoors. Move the rosemary plants outdoors as soon as night temperatures are over 30 degrees and pot soil will not freeze. This is usually in late March in our area. Move rosemary indoors on the days we have snow or ice.

Wednesday, April 21 Herb Gardening Club Join our Green Team of herb garden enthusiasts.

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

Mini herb Class and Lunch: 12:00 pm - 1:00 pm

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.

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

Bring tools, gloves and gloves. After gardening, bring a sandwich and join Kathleen for lunch with an 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. Membership is FREE. Join anytime.

Herb Garden Focus

Wednesday, April 21 - Inaugural Meeting : Spring clean up, prune and feed roses, soil cultivation, plant hardy herbs, bone meal application

Wednesday, May 19 - Plant edible flower seeds, organic soil toning, lime application, planting of annual herbs

Herb Gardening Club Benefits

Herb gardening knowledge and learning from fellow herb gardeners. Free fresh cut herbs from the garden. Plant exchange among members. More...

Reservations Please.

● **Saturday, April 24** **VHS Tea Tasting Club**

Two seatings:

AM: 10:30 am to 12:00 noon

PM: 2:00 pm to 3:30 pm

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

Reservations Required. Seating is limited.

Fee: \$5 at the door for each seat. **Free** admission if you bring tea time sandwiches, bread or dessert to share.

Join us to sip and savor!

Next Quarterly Tea Tasting will be held on July 24, 2010

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

● **Sunday, May 10** **Happy Mother's Day Tea Party**

12:00 Noon to 4:00 pm

Bring your Mom to the Herb Shop for a cup of tea and a tea time dessert on Mother's Day.

Enjoy our **free** customer and community event.

No reservations required.

All Mothers will receive a FREE herb plant with any purchase.

● **VHS 17th Annual HerbFest**

*The following programs will be presented each day of the
2-day event:*

Herb Program

Dill—2010 Herb of the Year

Sat. 10:30 am to 11:00 am

Sun. 10:30 am to 11:00 am

Learn about the history, cultivation, and varieties of Dill. We will discuss the culinary, medicinal uses of Dill. Learn how easy it is to grow this tasty culinary herb plant and how to use it in your kitchen. Taste Dill Bread, Carrot Dill Tomato Soup and Dill Dip. Receive handout with our recipes and growing guide. Samples, door prizes.

Lecture is FREE.

Reservations please.

HerbFest Dill Workshop

Sat. 11:00 am to 12:00 pm

Sun. 11:00 am to 12:00 pm

Take home three Dill products. Follow our simple instructions and make: Seafood rub with Dill, Garlic Dill vinegar, Dill Dip Mix. This workshop will begin following the Dill program. All materials and recipes included.

Fee: \$15

Reservations please.

HerbFest Herb Basket Raffle

Enter our raffle for a chance to win an Herbal Gift Basket valued at \$100. Drawing held May 16.

HerbFest Herbal Box Lunch

Our herbal box lunch is made by Trifles catering. Every year our customers look forward to this special herbal box lunch created just for the Herb Shop by Trifles. It will be served with iced herb tea. Enjoy your lunch in our upstairs classroom, in our garden, or on tables on our back terrace.

Please reserve lunches at least one day before your attendance.

Cost: \$13.00 per lunch.

HerbFest Plants Available

We have the largest selection of organic and unusual herbs available locally. We offer over 100 varieties of herbs from the common to the unusual. The plants are large and well rooted, ready to plant. We will have Dill plants and seeds available.

Plants are \$3.95 to \$4.95 each.

Looking for a particular herb plant? Call us with your plant requests.

Join our HerbFest for Herbal learning and Fellowship. Our store is filled with unique treasures and garden inspiration. Tour the herbal theme gardens in front of our shop.

- **Renew/Refresh/Recycle Tip of the Month**

Credit for used Village Herb Shop Essential Oil Bottles.

Bring your empty bottles back into the shop and get a 50 cent credit toward your next essential oil purchase. Or leave your own bottle with us for refill and get \$1 off.

- **New Products Arriving Daily**

We have planned our buying to delight our customers, and to have new products arrive throughout the month, every month of the year. The store is filled with new merchandise for your shopping pleasure. Many new products for spring and the gardening season are already here and on display. See our wide selection of new **spring home décor including spring wreaths, Root candles in spring scents, garden décor, garden markers, stakes, fences, and, of course, our Easter decoration collection.**

New products will continue to arrive throughout the year. Come in often to see what's new. We will always have unique products at great prices. **Join us at the Village Herb Shop for all the excitement.**

- **WE ARE HIRING**

Are you interested in working at the Village Herb Shop on the weekends? We are hiring seasonal help beginning in April. Come join our team and learn more about herbs.

- *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

Contact Village Herb Shop

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