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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

NOVEMBER 2009



Meaning in the Language of Flowers:
the incense of a faithful heart;
gladness

[More about the meaning of flowers](#)

Characteristics:

Frankincense is the gum resin that seeps from the bark of the shrub *Boswellia serrata*. The leaves have separate leaflets arranged in opposite pairs. Its greenish white flowers are tipped with pink and have a star-like appearance. The twiggy shrubs of the *Boswellia* are well suited to grow in poor soil and rocky hillsides. It is native to the cape of Africa and southern Arabia.

Recipes

Frankincense

Botanical Name: *Boswellia serrata*

History:

In ancient times Frankincense was considered so valuable that it was used, along with gold and myrrh, as a currency. Since these were the three most valuable items of the time, they were carried by the three eastern kings and offered to the infant Jesus as a token of his importance. Frankincense is mentioned often in the bible and was used in religious worship.

Frankincense was used historically by the Greeks, Romans and Egyptians as an incense and was burned to worship the gods. Charred Frankincense was used to paint the eyelids of Egyptian women. The Egyptians used frankincense in many daily activities such as fumigation of homes, embalming, and scenting linens with the smoke. It was even chewed to perfume the breath. Today it is used in the manufacture of incense and pastilles.

Harvesting Frankincense:

Oleoresin collects in the small hollows of tree trunks and is then allowed to drip out through incisions or slashes in the bark. It is said that, along the Arabia trail, men in camel caravans slash the bark with machetes on their way up the trail and harvest the hardened resin on the way back. The resin drops ooze out in the form of tears along the trunks that are then scraped off.

The white tears of Frankincense are the highest quality and emit a strong perfume when burned. The lesser quality frankincense is ground into powder. This is used in scented

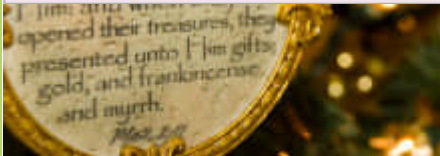
Three Kings Incense

Ingredients:

2 Tablespoons frankincense
2 tablespoons myrrh
1 teaspoon cloves
10 drops of patchouli fragrance or essential oil
10 drops of sandalwood fragrance or essential oil

Directions:

Grind frankincense, myrrh and cloves to a coarse powder in a mortar and pestle. Mix dry ingredients well. Add oils drop by drop mixing well after each addition. Store in a glass jar with a tight lid away from heat and light for 2 weeks for the fragrances to blend and cure. Shake every few days to mix. Sprinkle this incense over a cube of incense charcoal and burn.



Holiday Room Spray

Makes one four ounce bottle of spray.

Ingredients:

4 ounce spray bottle
2 teaspoons unscented alcohol (may use "cheap" vodka*)
30 drops frankincense and myrrh fragrance oil

Directions:

Place all ingredients, in glass or plastic spray bottle and cap with fine mist sprayer lid. Shake well before using. Keep away from eyes and lacquered furniture finishes.

Directions for Use:

Spray in the air to fragrance the room with a holiday scent. Keep away from eyes.

- The vodka acts as a natural preservative to prevent water from becoming moldy over time.

Frankincense is ground into powder. This is used in scented soaps and perfumery. It is used as a fixative for scents in perfume making. Frankincense essential oil is of high quality and expensive at about \$25 per half ounce.

Aromatherapy Uses:

Burning frankincense is said to produce a psycho-active substance tetrahydrocannabinol which expands consciousness.

Medicinal Actions:

Frankincense is antiseptic and anti-inflammatory. It has been used as a treatment for skin infections and to heal wounds. It has also been valued for its effects on mature skin in reducing wrinkles. Frankincense has been used as an inhalation to improve breathing and decrease mucous in the lungs.

**...they presented unto Him gifts: gold, frankincense, and myrrh.
St. Matthew 2:11**

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*Expires 12/15/09. Excludes S/H or sales tax.



Featured Products:



[Frankincense Myrrh Bottle & Frankincense/Myrrh Fragrance Oil](#)

\$7.99

Internet Special

[MORE INFO](#) 



[Frankincense Pillar & Bag of Frankincense/Myrrh](#)

\$14.99

Internet Special

[MORE INFO](#) 



[3 Frankincense Votives & Frankincense/Myrrh Room Spray](#)

\$12.99

Internet Special

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[6 Frankincense Votives & Frankincense/Myrrh Fragrance Oil](#)

\$14.99

Internet Special

[MORE INFO](#) 

Recipes

Frankincense and Myrrh Ornaments

Ingredients:

- 1 Tablespoon Frankincense
- 1 Tablespoon Myrrh
- 1 Tablespoon Cinnamon chips or Cloves

Directions:

Mix together all ingredients. Cut a circle of fabric about 6 inches in diameter. Tie the mixture in the cloth with gold ribbons or place in an organza bag. Hang from the Christmas tree near the lights. The warmth of the lights will release the magical fragrance.

Easy Frankincense Incense

Place a small piece of frankincense on a metal

Holiday Potpourri

Ingredients:

- 1 cup Bayberry leaves
- 1 cup Bay leaves
- 1 cup Arbor Vitae dried
- 1 cup whole Rosehips
- 1 cup Cinnamon sticks
- 1 cup Rosemary
- 1/4 cup Frankincense
- 1 Tablespoon cut Orris Root (fixative)
- 60 drops Bayberry fragrance oil
- 30 drops Balsam essential oil

Directions:

Place dry botanicals into large bowl and mix. Place cellulose fiber on top of botanicals. DO NOT MIX. Carefully drop essential oils on top of fixative. Keep essential oils away from skin as they can cause irritation if allowed to come in direct contact with skin. Allow oils to



Place a small piece of frankincense on a metal lid. Light with a match and let flame burn in a safe area for about 15 seconds. Blow out flame and the frankincense resin will continue to smolder for a few minutes. This will scent the air with the scent of frankincense. Relight and repeat this to produce more smoke.

In direct contact with skin. Allow oils to soak into fixative for about 10 minutes. Then mix all well. Store mixture in a glass jar for about a week.

Uses:

Place in bowls or baskets. Use to fragrance the air with the scents of the season.

Keep away from children and pets due to the essential oils in this mix.

Keep away from furniture finish due to the essential oils in this mix.

Our Upcoming Classes and Events

[VIEW ALL](#) ▶

- **NEW! 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.

- **November and December:**

[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

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.

- **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



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for November's Craft:

Lavender Body Powder in a Copper Container with Powder Puff

Join us in November and December for:

Santa's Herbal Workshop

10 of our most popular herb crafts

Join us for December's Craft:

Holiday Potpourri in a Basket

Join us for January's Craft:

Soothing Lavender and Chamomile Eye Soother Pillow

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](#) ▶

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.

● [Fresh Herbal Wreath Class](#)

Friday, November 20:

Morning: 10:00 am to 12:00 pm

Afternoon: 1:30 pm to 3:30 pm

Saturday, November 21:

Morning: 10:00 am to 12:00 pm

This class has become an Herb Shop tradition.

Join us to start the Holiday Season.

The class will make a fresh herbal wreath centerpiece for the holidays. Fragrant fresh herbs and greens fill a circular frame of oasis to create a living wreath. This attractive wreath will stay fresh and grace your table from Thanksgiving to Christmas with minimal care. Herbal bread and tea will be served. This is always a popular class so sign up early and join us for herbal friendship and fun. Bring a pair of sharp scissors. All fresh herbs, greens and supplies are included. If you have extra herb cuttings from your garden bring six inch cuttings (optional). Please bring sharp scissors and a pizza pan or large tray to carry the fresh wreath home.

Reservations Please: Class size limited to 25 per session. Payment required at time of registration.

Workshop Fee: \$35.00 PREPAID includes all materials for an 18 inch finished-size fresh herb and evergreen wreath.

● [14th Annual Victorian High Tea](#)

Friday, December 4 - Three seatings: 11am, 1pm and 3pm

Join us for our annual formal tea featuring herbal and edible flower tea time sandwiches, breads, desserts, teas and punch. This is the Village Herb Shop's most popular event. Invite your friends to begin the Holiday Season.

Limited Seating. Reservations Required.

Tickets: \$20.00 each.

Payment required at time of registration. Payment may be made by phone with Visa/MC or Discover. Make your reservations early. Remember, seating is limited.

Cancellations policy: Refunds will be given if seats can be filled.

Victorian High Tea Arrangements

Tickets and map will be mailed to you two weeks prior to the tea. This tea will be held at our off-site location in Kathleen's Victorian Home. High Tea Program will be given at each seating. Map, address, and directions will be sent with your ticket.

Celebrate the season and join us for tea!

- **Saturday, December 5, 10:30 AM - 12:00**

Adventures in Tea A Loose Leaf Experience

Hosted by: Paula Hershman, Storehouse Tea Company at the Village Herb Shop

Taste of the Holidays - A Special Holiday Tea Tasting Celebration

Taste irresistible Dessert and Holiday Tea Blends. Tasting includes 2 Dessert and Holiday Tea Blends, Scones and Tea Cookies.

Space is limited so please RSVP directly to paula@storehouseteacompany.com Or call Paula Hershman 216-406-9139

- **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 fellow ship 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.

***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
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