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KATHLEEN GIPS'
VILLAGE HERB SHOP

SHOP OUR STORE

HERB OF THE MONTH NEWSLETTER

OCTOBER 2009

Meaning in the Language of Flowers:
Perserverance; constancy; dreams of a lover

More about the meaning of flowers

Characteristics:
Southernwood grows three to five feet tall with long feathery branches or fronds. It will flower in our North Coast climate in late August with small white flowers at the top of the long branches. The leaves are bright green, feathery and very fragrant. The scent is sharp and rather medicinal with a hint of lemon.

Southernwood
Botanical Name: Artemisia abrotanum

History:

Southernwood was used in medieval times as a "strewing herb". Earthen floors were covered in sweet smelling herbs such as southernwood, thymes and mint to impart a fresh fragrance when trod upon. The French called this herb Garde Robe. They packed their few precious silk and woven clothes in trunks layered with southernwood to keep away insects. Southernwood was also thought to stimulate hair growth. Its ashes were mixed with goose fat and spread on balding heads and young men's chins. Southernwood was often included in Sabbath posies to keep parishoners awake during the long Sunday sermons. It was a common practice in England for judges to carry a handful of southernwood each time they entered their courtrooms to keep them free of plague and pestilence. Young maids placed fronds of southernwood under their pillow in hopes of dreaming of their future husbands.

Southernwood in the Garden
Southernwood is a hardy perennial that is very dependable and easy to grow here in our zone in northern Ohio. One plant will grow quite tall and take up about two to three feet in space. It looks very good in the back rows of our herb gardens. It prefers full sun, but will grow well with shorter growth in about 4 hours of sun a day. It is not suitable for indoor growth. Southernwood is not bothered by any pests. One plant is plenty for the average herb gardener to make tussie mussies and mother chaser bags for friends and family.
To harvest southernwood, cut the larger branches and place them loosely in a paper grocery bag. Place the bag in a warm, dim, dry location for about two weeks. Strip the leaves from stems and store them whole in airtight jars for future use.

Southernwood in the Kitchen
Southernwood has a bitter taste and so is rarely used in foods. In Europe, some meats are smoked with branches

Recipes

Southernwood Moth Chaser Bags

Ingredients:
1 cup dried southernwood
1 cup broken dried bay leaves
1 cup thyme, dried
1 cup peppermint, dried and crushed

2 cinnamon sticks, broken
1 tablespoon cellulose fiber or cut orris root (fixative)
15 drops cinnamon essential oil
15 drops clove 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 soak into fixative for about 10 minutes. Then mix all well, Store mixture in a glass jar for about a week.

Uses:
Place about 1/4 cup in muslin bags or tie up in a 12 inch square of cloth or an old hanky. Secure mixture into cloth and hang where insects are discouraged.
Hint: place about two cups of moth chaser mix into an old pillow case and line trunks or drawers.
This mix will discourage insects but is not a poison.
Keep away from children and pets due to the essential oils in this mix.

Southernwood Floor Cleaner

Ingredients:
2 cups Herbal Floor Cleaning Vinegar
(See recipe below)

2 tablespoons castile liquid soap
1/2 teaspoon or 30 drops lemongrass Essential Oil
1/2 teaspoon or 30 drops Tea Tree Essential Oil

Directions:
Put ingredients together in a two cup spray bottle. Shake to mix before using.

of southernwood. In Italy, the fronds are sometimes eaten in salads or cooked as a vegetable.

Medicinal Actions

Sothernwood was used in times past to encourage menstruation and to kill intestinal worms. Today southernwood is not commonly used medicinally. Caution: Do not take during pregnancy. Not suitable for children.

Other Uses

Southernwood is anti-bacterial and repels insects.

At VillageHerbShop.com you'll enjoy
FREE SHIPPING
On orders of $50 or more
Shop our online store today for popular

products and our own VHS branded products!

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Excludes S/H or sales tax.

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MORE INFO

Fresh Maine Balsam w/Balsam Room Spray

Internet Only $9.99
Reg. $15 Sold Separately

MORE INFO

Grand Closet Sachet w/Moth Chaser Oil

Internet Only $14.99
Reg. $19 Sold Separately

MORE INFO

Pantry Pest Traps w/Herbal Cleaning Vinegar

Internet Only $11.99
Reg. $16 Sold Separately

MORE INFO

Recipes

More Online

Herbal Floor Cleaning Vinegar

Ingredients:
1 gallon white vinegar
4 cups fresh herbs from the garden: any combination of thyme, southernwood, santolina, peppermint, lemongrass, rosemary, sage.

Directions:
Remove one or two cups of vinegar from gallon jug. Put in fresh herb sprigs. Add vinegar to fill jug. Cap. Allow to steep for two weeks. Strain out herbs and use for herbal cleaning. The essential oils scents and anti-bacterial properties from the herbs will be in the vinegar.

Ask for our free Moth Chasing Tips hand out with your next web store order or the next time you are in the Village Herb Shop.

Tussie Mussie for Friendship

A tussie mussie is a handheld posy or nosegay of herbs and flowers that sends a message with a meaning in the Language of Flowers. Send a message to your best friends with the recipe that follows. Learn more about Tussie mussies in Flora's Dictionary on our website.

Meanings of the Ingredients in the Language of Flowers

Southernwood: *constancy*
Marigold: *friendship flower*
Lavender: *devotion; loyalty*
Lemon Thyme: *"My time with you is a pleasure."*
Rose Scented Geranium: *preference*
Feverfew: *"You light up my life."*

Ingredients:
6 sprigs of fresh southernwood
1 marigold
3 sprigs of feverfew flowers
3 sprigs of lavender
3 sprigs lemon thyme
6 rose scented geranium leaves

Directions:
Gather the fresh herbs in a small nosegay shape with the marigold at the center and the rest of the

herbs surrounding the center. Use the southernwood fronds for the last addition surrounding the entire tussie mussie. Secure with a rubber band. Trim the stems to about 4 inches. Wrap a damp paper towel around the stems and cover with a small square of aluminum foil on the outside. Tie with ribbons and present your gift to your favorite friend. This token of friendship will be welcome and treasured by all who receive it.

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.

- Saturday, October 24, 2009 **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 January 23, 2010

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

  Thursday, October 29, 6:00 PM – 7:00PM
  Reflexology - A Stress Buster
  Attend an informative class on the benefits of Reflexology taught by Mary Landies, Certified Reflexologist. Learn the principle of why reflex areas on the feet, hands and ears can affect the whole body. You'll receive a hand/foot chart.

  Fee: $5.00

- October 30, 2:00 pm - 4:00pm: **Tea Leaf Readings** - Lynette Trolli, Psychic Reader and Clairvoyant will schedule tea leaf readings.
  Fee: $20 for 20 minutes.
  Reservations are required. Please call Lynette directly at 216-481-3588 to schedule the date and time of your personal tea leaf reading.
  .

Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for October's Craft:
Spicy Chai Tea

Join us for November's Craft:
Lavender Body Powder in a Copper Container with Powder Puff

November 1-15. Join us to do 10 of our most popular Herb Crafts:
Santa's Herbal Workshop

Join us for December's Craft:
Holiday Potpourri in a Basket

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

- Sunday, November 1 through Sunday, November 15:

  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 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.

- Saturday, November 7, 10:30 AM - 12:00
  Adventures in Tea A L o o s e L e a f E x p e r I e n c e
  Hosted by: Paula Hershman, Storehouse Tea Company
  Call for details and directions. Space is limited so please RSVP directly to paula@storehouseteacompany.com
  Or call Paula Hershman 216-406-9139

- Thursday, November 12, 3:00 PM to 8:00 PM:
  Holiday Party

Join us to celebrate the Season and see our Holiday Gift selection. Experience hometown ambiance, scents of the season and old fashioned customer service. Help us celebrate fifteen years of holiday service with our

Customer Appreciation Holiday Party

Free aromatherapy massage by Faith Keiper - licensed massotherapist
Free gift to the first 15 people through our doors beginning at 3:00 PM
"Green Grow Light" Specials every hour
Spend $20 or more and receive a free gift while supplies last! Gift Baskets awarded every hour. Register to win when you come in.
Holiday Tea - Wassail - Sweets and Savories - Soups and Herbal Breads

- **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 a 18 inch finished size fresh herb and evergreen wreath.

- Friday, December 4 - Three seatings: 11am, 1pm and 3pm
14th Annual Victorian High Tea

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!

View December scheduled classes and events online at
www.villageherbshop.com

Would you like to volunteer as an Herb Shop hostess and earn FREE classes?? **We need helpers to greet and demonstrate products for a few hours on Saturdays. Interested??? Call Kathleen.**

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 7:00

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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