You are receiving the Herb of the Month Newsletter because you are a valued Village Herb Shop customer.
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KATHLEEN GIPS'
VILLAGE HERB SHOP

SHOP OUR STORE

HERB OF THE MONTH NEWSLETTER

August 2009

Meaning in the Language of Flowers:
Strength; worthy of all praise; flattery
More about the meaning of flowers

Characteristics:
Fennel is a member of the umbelliferae family along with dill, anise, chervil, angelica and parsley. It is grown in herb gardens, kitchen gardens, butterfly gardens and children's gardens. It is useful for cooking, as an ornamental in landscape design, and for flower arrangements. Fennel foliage appears chartreuse green in April here in the Midwest. Fennel grows from four to seven feet tall with hollow stems and feathery green foliage. It flowers in August with small yellow flowers in large five inch umbels. The seeds ripen in late August and should be harvested when they are green and well-formed. The delicious, strongly anise-flavored seeds make an instant breath freshener.

Recipes

Herb Seasoning for Bread

An original, all natural, salt-free blend. Use to add herbal flavor to breads, biscuits, butters, vegetables and potatoes. Add one tablespoon per 1 pound loaf of bread. Perfect mix for

Fennel

Botanical Name: Foeniculum vulgare

History:

Fennel is a native Mediterranean plant that has been used for centuries as food, a digestive aid, and as an anti-flatulant. Gerard, a famous herbalist said fennel "causeth one to become gaunt and lean." In Medieval times fennel was used as a comfit and seeds were put on the banquet table to aid digestion. Tradition says to hang a bunch of fennel over the door to repel witches and to keep the fairies from mischievous play on Halloween. In the mid fifteen hundreds, fennel was grown at the doorways of castles and manors and seeds scattered to repel witches . In the doctrine of signatures fennel was thought to make one's eyes see more clearly, and so was named "eyebright".

Characteristics:

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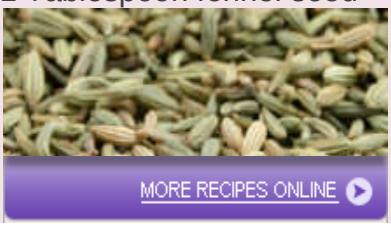
Fennel in the Garden:

Fennel is easy to grow and a very hardy perennial herb in our North Coast climate. It prefers well drained soil and full sun. It is very drought tolerant and grows in any soil without amendments or fertilizer. Fennel has no pests or diseases. Since it grows very tall, its tall feathery fronds make it an excellent background plant. Leave space about three feet square around your fennel plant in the garden since as the years go on it will form a clump of large

bread machines. For full flavor crush leaves before using.

Mix together the following dried herbs:

1/4 cup dill
1/4 cup chives
2 Tablespoons parsley
2 Tablespoons oregano
1 Tablespoon fennel seed



Sugared Fennel Seeds

1/2 cup water
1 cup sugar
2 cups fennel seeds

Heat water and sugar until sugar is completely dissolved. Add fennel seed and mix well. Line a cookie sheet with waxed paper. Using a slotted spoon, spoon fennel seed onto waxed paper in a very thin layer. Allow fennel seed to dry completely. This process may take up to a week or more. Break up large clumps as they are drying. When completely dry, break all large clumps with the back of a spoon until you have single fennel seeds. They should be completely dry and not sticky when they go into the storage jar.

Eat like candy, use as a natural breath freshener, or sprinkle on cookies before baking.

Kathleen's Note: Candied Fennel Seeds are delicious and taste just like Good and Plenty Licorice candy! Try them in your favorite cup of tea to add a bit of sweetness and the delicious flavor of anise. Chew a few after a big meal to aid digestion. Next time you feel hungry, reach for the fennel seeds instead of a calorie-laden snack. Perhaps it will help to curb your appetite.

stems.

Children are fascinated by the fennel plant, so it is perfect for the children's garden. Teach the children to chew on its candy-like seeds. The large fennel fronds make excellent fairy fans. Bees and butterflies are attracted to its flowers. Fennel is a host of the swallowtail butterfly, which may spend its entire life on the plant.

Since its seeds germinate so easily in the garden, fennel can become invasive if you let the seeds drop to the ground. Birds and wind will scatter the fennel seeds and before you know it you will have fennel all over your garden. To avoid a fennel riot in your garden, harvest the green fennel seeds and then cut your fennel to two feet high in late August. Fennel plants are difficult to remove from the garden or to transplant because the tap root is very long.

Bronze fennel is very attractive in the garden with its coppery foliage. Florence fennel, finocchio or vegetable fennel is also easy to grow in our area. The Village Herb Shop offers all three of these fennels in our plant selections in the spring.

Fennel in the Kitchen:

Fennel is very versatile for cooking since the seeds, leaves, and bulb can all be used in the Kitchen. Fennel seeds are perfect for breads, butters, carrots and in teas. Fennel foliage is delicious with grilled, poached, or baked fish. Chop fresh fennel foliage and add it to salads and vegetables. Sweet fennel, or Florence fennel, is grown for its bulb and eaten as a vegetable, fresh or steamed. Harvest the fennel bulb before the plant puts up blooms. Steam the bulb and serve it with lemon and butter as a vegetable side dish. The Village Herb Shop offers fennel seeds in our Botanical room at $2.00 per cup.

Medicinal Actions:

Fennel reduces stomach acid and is an aid to digestion. Some sources say that fennel seeds are an appetite depressant. Try chewing a few fennel seeds to discourage hunger.

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Shop our online store today for popular products and our own VHS branded products!

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20% OFF
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OR CLIP FOR IN-STORE COUPON.
*Expires 9/15/09. Excludes S/H or sales tax.

Featured Products:

Herb Seasoning for Bread

Reg. $5.99
Promo Price $4.79

MORE INFO

Herb Seasoning for Fish

Reg. $5.99
Promo Price $4.79

MORE INFO

Herb Seasoning for Vegetables

Reg. $5.99
Promo Price $4.79

MORE INFO

Village Herb Shop Teas

$7.95

MORE INFO

Recipes

More Online

Fennel Cookies

Juice of one lemon
Zest of one lemon
2 cups sugar
2 teaspoons fennel seed
1 cup butter
2 eggs
2 Tablespoons fresh orange juice
1 Tablespoon fresh grated orange rind
1 teaspoon vanilla
1/2 teaspoon baking powder
1/2 teaspoon salt
4 cups flour

Grind the fennel seed in a mortar and pestle until half of the seeds are broken. Combine butter, fennel, orange peel, and sugar. Cream until well-blended. Add the eggs, juice, and vanilla and mix. In a second bowl mix the baking powder and salt with the flour. Add flour to the creamed ingredients and mix well. Divide the dough into two pieces and put on a lightly floured surface. Roll out each ball until 1/4 inch thick. Cut the dough out with a cookie cutter. A butterfly cookie cutter is perfect. Bake on a nonstick cookie sheet at 350 degrees until light brown on the edges. (8 to 10 minutes)

Dieter's Fennel Tea

For centuries fennel has been thought to decrease the appetite. Prepare this tea in the morning and sip throughout the day to decrease hunger. Green tea is also said to promote weight loss. Delicious hot or cold. This tea can be sipped after a meal to aid digestion.

1 cup green tea
1/4 cup fennel seeds

To Brew: Measure one level teaspoon into tea infuser. Steep in one cup of hot water for two minutes. Remove tea ball and save for more infusions. (May be used again within 8 hours). Sweeten to taste and sip and savor.

Hint: Heat the water just to boiling to avoid burning delicate green tea leaves.
Tip: Drink one quart of green tea each day for optimum anti-oxidant benefits.

Celebrate the Day with a Cup of Tea

Our Upcoming Classes and Events

VIEW ALL

Annual Attic Sale at the Village Herb Shop Continues for the Month of August
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.

Recession Busting Classes
The Village Herb Shop is offering a series of monthly classes on ways 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!**

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 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 - Village Herb Shop's 15 Year Anniversary
Join us to Celebrate for the entire month of September
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!
NEW! Open 'til Seven on Thursdays in September
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
Closed Sundays in September
We will reopen on Sundays in October. 12 –4 pm

September 1 is the first day to make reservations for our 14th Annual Victorian High Tea

to be held on Friday, December 4

Invite your friends to begin the Holiday Season.
Three seatings: 11 am, 1 pm and 3 pm

Reservations Required. Limited Seating.
***Tickets:* $20.00 each**

Herb Craft of the Month

Learn a New Herb Craft Every Month!

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

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

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

NEW! Lynette Trolli, Psychic Reader and Clairvoyant, will be scheduling tea leaf readings on the last Friday of every month beginning August 28 from 1-4 pm. Please call Lynette at 216-481-3588 and leave a voice mail to schedule your personal tea leaf reading. Specify your desired date and time, and Lynette will confirm. Lynette is very popular among our customers and this should be an interesting and fun addition to our store.
Fee: $20 for 20 minutes.

NEW! Mary Landies, our new Reflexology Clinician, will be available to do sessions from 4-7 on Thursdays in addition to her hours at the Village Herb Shop on Tuesdays and Wednesdays 12-4. Other days and hours are by appointment. Treat your feet to a relaxing reflexology treatment. Call Mary at 440-279-3202 for details and to schedule your session. Mary is very skilled in soothing your feet and you will enjoy her caring treatment of your feet.
Fee: $30 for 30 minutes for a full session. Mini sessions are available on your lunch hour.

Saturday September 5, 2:30 pm:
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
Featuring Teas from India. Includes two teas and delicious scones.
Fee: $5.00
Space is limited so please RSVP directly
to paula@storehouseteacompany.com

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 16, 10:00 am - 1:00pm:
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.
Wednesday, October 14: Prepare the herb garden for winter. Fall clean-up, organic mulching. This is the last meeting of the year.

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. 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.
Fee: $10 each

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 the Village Herb Shop's new line of make-up and facial care products.
***Class fee:* $10**

October 10, Saturday 11 am to 12 noon
Uses of Essential Oils in Everyday Living, Practical and Medicinal Aromatherapy
Lecture by Linda McMahon, Clinical Aromatherapist
Practice the art of aromatherapy and learn simple healing techniques. Lind will teach which oils are claming and relaxing, invigorating, affect the hormones, heal tired, sore muscles and are anti-inflammatory. Linda will show the different ways to use essential oils: topical, inhalation, diffusion and bath. Handouts and sample fit included in the class fee. Bring your aromatherapy questions.
***Class Fee:* $10**

October 17, Saturday 1 pm
Abbots, Arbors and Flowering Meads: A Medieval Garden of Herbs
Presented by Kathleen Gips as told by Lady Catherine of Lovain, 1429.
Lady Catherine will arrive to your banquet hall in full medieval costume and character. She will curtsey 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 discussed with instruction and practice required. 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 strewing herbs, sprinkling their guests with rose water, combing theie hair with a rosemary branch and beautifying their faces 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 being educational about herbs used in medieval times. Interaction with the audience through props and demonstration is a special feature. Lady Catherine is in character throughout the program until her final exit. After his she will answer any questions about gardening with herbs during the middle ages. She will describe her costume and talk about the research done for this

program at Gaasbeek Castle in the Burgundy area of Belgium.
Program fee: **$15**
Reservations Required.

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!

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
September Thursdays	Open 'til 7 pm
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

If you do not wish to receive any further emails please send an email to villageherbshopremove@gocobalt.com
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