

You are receiving the Herb of the Month Newsletter because you are a valued Village Herb Shop customer. To ensure delivery to your inbox, please add [info@villageherbshop.com](mailto:info@villageherbshop.com) to your address book. Having trouble viewing this email? [View it in your Browser](#)

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KATHLEEN GIPS'  
**VILLAGE HERB SHOP**

**HERB OF THE MONTH NEWSLETTER**

**SHOP OUR STORE**

April 2010



**Meaning in the Language of Flowers:**  
love; faithfulness; sweetness; loyalty; modesty  
[More about the meaning of flowers](#)

**Characteristics:**  
Violets are hardy perennials that seed themselves and grow wild in shady wooded spots. They spread by putting out stolens to the sides forming a large "clump" or mound of flowers. The leaves are heart-shaped, a clue to their meaning in the language of flowers: love. The flowers have the characteristic violet scent. The leaves are also scented and are used to make violet absolute, which is used in perfume and soaps. Violets are hardy to minus twenty degrees.

## Recipes

### Lady Catherine's Violets and Lavender Tea

Lady Catherine of Lovain sipped this as her favorite tea.

**Ingredients:**  
1 cup orange pekoe china black tea  
1/4 cup dried violet flowers, organically grown  
2 tablespoons rose petals, dried, organic  
2 tablespoons dried, cut lemon verbena  
2 tablespoons calendula petals, 1 teaspoon organic lavender flowers

**Directions:**  
Combine all ingredients together and store in a tightly capped glass jar.

### Violets

**Botanical Name:** Viola odorata

#### History:

Violets have been cultivated for over 2,000 years. The Romans wore crowns with wreaths of violets. These garlands were thought to prevent headaches and dispel the effects of drinking alcohol. In ancient times violets were also symbol of fertility. Through the ages violets were mentioned in many books and poems. These dainty flowers stand for modesty, innocence and love. Violets symbolize love and were placed under the crowns of brides and in young maid's coffins. The Victorians were enamored with the violet. It was during the Victorian era that they were most popular. Parma violets were in every bridal bouquet. The flowers were gathered for spring tonic and made into syrups for desserts and jellies.

### Violets in the Garden

In our North Coast area, the flowers blooming in nooks and crannies of the garden are a welcome sign of spring after our long winter months. Violets prefer rich soil in well drained areas that have partial sun or even shade. I have found violets to be very hardy in my garden. They spread and self seed across the yard by spitting their seeds from their hard seed heads. Violets in colors of deep purple, rosy purple, white and dappled purple grey and white are coming up all over my yard. I can be found in the early mornings picking the flowers to dry for Village Herb Shop Violets and Lavender Tea and our edible flower mix. Violets spread rapidly at the root base and may be considered to be invasive in a manicured garden bed. Violet root clumps can easily be divided during the summer months after flowering is completed.

### Harvesting Violets

Pick violet flowers and leaves whenever they are available. They bloom abundantly here in early April. Dry the flowers on a paper towel in a warm, dry, dim location. Remember the tiny flowers dry to 1/4 their size, so you will need to harvest many for teas or bath preparations. Pressing violets is a great way to preserve them to decorate cakes and cookies. Candied violets are the best way to preserve the complete flower. They stay true to color and

**Brewing Directions:** Place 1 teaspoon loose tea in a tea ball or tea infuser. Pour boiling water in cup and steep covered for 3 minutes. Sweeten to taste. Sip and savor.



[MORE RECIPES ONLINE](#)

#### **Violet Syrup**

**Ingredients:**

2 cups fresh violet blossoms with stems removed  
1 cup water  
2 cups sugar  
1 tablespoon lemon juice

**Directions:**

Heat water to boiling and pour over violets in a quart canning jar. Cover. Let violets steep in water for one hour. Strain violets out of liquid with a fine mesh strainer.

Heat water with sugar and boil until sugar is completely dissolved. Add lemon juice. Stir to mix. Cool and store in a glass jar in the refrigerator until needed. Will keep for two to three months. Use to pour over ice cream or fresh fruit. Use with sparkling water for a refreshing summer beverage. Be sure to garnish with fresh violets. Use syrup to sweeten iced or hot tea.

size and can be frozen indefinitely.

### **Violets in the Kitchen**

In the Middle ages violets were often used for cooking. Violet syrup can be used to drizzle over pound cake, angel food cake, or ice cream. Add fresh violet flowers to every salad in the early spring when they are blooming to increase your intake of Vitamin C. Violet flowers are very high in Vitamin C. Float a few violets in your lemonade or iced tea. Treat your guests to your favorite cup of hot tea garnished with fresh violets. Freeze them in ice cubes to add to all of your summer cold beverages. Infuse the flowers in vinegar to make a salad dressing for fresh greens. Candy the violet flowers to decorate cakes and cookies. Violets are edible flowers. Organic gardening practices must be maintained if you are going to use them as edible flowers.

My favorite book on edible flowers *Edible Flowers: 25 recipes and an A-Z pictorial directory of culinary flora* by Kathy Brown, \$24.99 (You can find it at the Herb Shop) The leaves are slightly tart and can also be used fresh in salads. Use the leaves in moderation as too many can cause diarrhea.

### **Medicinal Uses of Violets**

Violets have been used medicinally as an antiseptic. Violet tea was often prescribed to nervous folks as a calming sedative. Leaves have been used as bandages to cover and heal wounds and bruises. A tincture made from the flowers was used to soothe sore throats and treat coughs. Violet flowers contain rutin which is said to maintain and strengthen capillaries.

### **Violets in Aromatherapy**

An absolute is made from fresh leaves and flowers. The fragrance of Violet Flower Absolute is sweet, rich and floral. Violet Leaf Absolute has a strong leafy aroma with sweet floral hints. Violet absolute reduces inflammation and is anti-septic. It is often used in skin care products. Violet Leaf Absolute soothes nervous exhaustion and is calming.

At [VillageHerbShop.com](#) you'll enjoy

### **FREE SHIPPING**

**On orders of \$75 or more**

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

[SHOP ONLINE](#)

#### **Village Herb Shop**

#### **Spring Rose Tea**

(Reg. Price \$7.95)

Special Internet Only Price \$4.95

ONLINE PROMO CODE: **SPRINGROSE**  
OR CLIP FOR IN-STORE COUPON.

\*Expires 5/15/10. Excludes S/H or sales tax.



**Featured Products:**



[Thymes Body Lotion - Eucalyptus](#)

Internet Only - \$19.95  
Reg. Price \$22.95

[MORE INFO](#)



[Pre de Provence Bar Soap - Pomegranate](#)

Internet Only - \$5.95  
Reg. Price \$6.95

[MORE INFO](#)



[Breathe Easy Aromatherapy Scent Inhaler](#)

Internet Only - \$4.95  
Reg. Price \$5.95

[MORE INFO](#)



[Spa Comforts Sinus Soother](#)

Internet Only - \$10.95  
Reg. Price \$8.95

[MORE INFO](#)

**Recipes**

[More Online](#)

*Candied Violets*

**Ingredients:**

- Superfine sugar
- Powdered egg whites
- 1 teaspoon vodka
- Fresh violet flowers

**Directions:**

Reconstitute egg whites according to directions. Add the vodka to make the liquid evaporate faster. Using a tweezers lift each flower and paint using a small paint brush. Coat the front and back of the petals with the liquid egg whites. Sprinkle with sugar, coating completely and dry on a cookie sheet lined with waxed paper. Allow to thoroughly dry in a warm area. This will take about one to two weeks. When flowers are very dry, store in a container in the freezer until needed to decorate cakes or cookies. They will keep for years stored in an

*Violet Lavender Sorbet*

**Ingredients:**

- 1/2 cup sugar
- Reconstituted lemonade, about 3 1/2 cups
- 1 teaspoon organic lavender flowers, fresh or dried

**Directions:**

Crush lavender with a mortar and pestle until fine. Heat lemonade and sugar with lavender until sugar dissolves stirring constantly. Strain out lavender flowers if desired. Cool lemonade and sugar syrup until cold. Place lemon syrup in a 4 cup measure and add lemonade until exactly 4 cups. Add one cup fresh violet flowers. 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 fresh or candied violets.



airtight container in the freezer. Delightful with lavender shortbread or lavender pound cake.

Our

[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 Sunday and Monday, May 30-31 on Memorial Day Weekend

**NEW!! Follow Kathleen and the Herb Shop on Facebook. Become a Facebook friend of the Herb Shop:**  
[KathleenGipsHerbShop](#)

<http://www.facebook.com/profile.php?v=wall&id=1303813963>

April 1 through April 30 [Third Annual Silent Auction](#)

Join the herb shop excitement and bid on unique items. This is always an exciting annual event at the Herb Shop. Choose from interesting items such as:

**Fairy Soap Collection**  
**Butterfly Perfume Bottle**  
**Gift Basket of Rose Items**  
**A Year of Herb Classes**  
**Tea for a Year**  
**Soap Every Month**  
**Natural Cleaner Gift Bucket**  
**Greenleaf Diffuser**  
**Seasonings for a Year**  
**& More Herbal Treasures**

#### [Herb Plants Have Arrived!!](#)

The hardiest 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. The most tender varieties such as basil and marjoram will arrive in early May. Tropical plants like lemon verbena, scented geraniums and lemon grass break dormancy late and will be available in mid-May. New herbs are delivered every week. Our unusual, miniature and organic herbs and heirloom vegetable selections are delivered early every Friday morning. Look for these herb selections on their own display located next to the herb garden in the front garden area.

#### **We Take Herb Plant Special Requests!**

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

**Check your herb plant wish list now and give us a call at 440-247-5029!**  
**(Herb plants available April through July.)**

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 join Kathleen for lunch with an edible flower salad and herbal bread. We will enjoy new friendships and have an informal question and



Herb Craft of the Month  
[Learn More About Easy Mint](#)

Join us for April's Craft:

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

Join us for May's Craft:

**Lavender Shortbread**

Join us for June's Craft:

**All Natural Automatic  
Dishwasher Soap**

Join us for July's Craft:

**Lemon Herb Salt**

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](#)



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](#) [Featuring Superfruit Hibiscus Teas and Loose Leaf Green Teas](#)

#### **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!**

### **Saturday, May 1, 2010**      [Sample Lyons Market Jams](#) **11:00 am to 4:00 pm**

Join us 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. Sample the jams with a cup of our tea!

**Free. No reservations required.**

### [Chagrin Falls Annual Herb and Flower Festival](#)

Riverside Park, Chagrin Falls

**Saturday, May 8, 2010**

Herbs, Flowers, Art, Food, Fun!

Visit the Herb Shop and walk across the street to the Festival.

### [Alpaca Fiber & Paper Studio](#)

**Saturday, May 8, 2010**

**10:00 am to 5:00 pm**

The Alpaca Fiber & Paper Studio will be joining us at the Village Herb Shop. Robbie and Donna will showcase fiber products they make from the fleece of alpacas raised locally here in Northeast Ohio. Come see a large selection of their beautiful hand-painted baby alpaca yarns that make great gifts for the "Creative Mom". Their line of unique gifts also features Felted Soaps, Fragrance Pillows and Fiber & Bead Necklaces. Just in time for spring and summer, their spectacular hand-painted, one-of-a-kind Alpaca & Silk Shawls and Scarves are sure to please any Mom.

### **Sunday, May 9**      [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.**

■ **Individual Facial Care Instruction and Make-Up Application**  
**by Esthetician, Jan Cellura**

**Friday, May 14, 2010**

**11:00 AM - 3:00 PM**

Many of our customers have discovered and fallen in love with Ecco Bella, the new line of Cosmetics and Skin Care Products that we introduced at the Village Herb Shop last fall. We researched the available products looking for the highest quality, most natural products that are preservative free, non-animal tested, and can be applied to all skin types including the most sensitive skin. And, they are a great value compared to all those expensive, less natural commercial brands.

***Ecco Bella natural and organic anti-aging skin care*** helps slow down the signs of aging with trillions of nutrient filled Vitamin Cells. It is Doctor-approved, anti-aging, natural and organic skin care that is preservative-free for sensitive skin.

***Ecco Bella cosmetics*** are made from earth minerals infused with flower waxes. These are gluten-free, preservative-free cosmetics\* perfect for sensitive skin. This make-up glides on and lasts longer.

\*Foundation and mascara require mild preservatives.

***Esthetician Jan Cellura*** has been demonstrating these products in individual half hour sessions, helping our customers learn how to take care of problem skin and keep their faces radiant. She will help you select the right make-up shades, and show how to properly apply foundation, blush, eye liner and lip color. This is a free service for our Herb Shop customers and there is no charge or obligation for these sessions. Sign up now to take advantage of Jan's extensive knowledge and get a close look at some products that we believe are really special.

**Reservations Please: Half-hour Individual Sessions are by Appointment and are limited to the time available.**

**Fee: No Charge**

■ **VHS 17th Annual HerbFest**  
**2 Day Event - Friday, May 14 and Saturday, May 15**

**The following programs will be presented each day of the two day program.**

**Herb Program**      **Dill—2010 Herb of the Year**

**Fri. 10:30 am to 11:00 am**

**Sat. 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**

**Fri. 11:00 am to 12:00 pm**

**Sat. 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.**

Village Herb Shop invites you to join us as we visit with popular nature and children's activities author

**Sharon Lovejoy  
and a  
Fairy Thyme Tea Party**

**Thursday June 17, 2010 at 6:30 pm  
Chagrin Falls Town Hall  
Main Street, Chagrin Falls, OH 44022**

She will sign books and speak about her latest book,

***Toad Cottages and Shooting Stars***

#### **About the Author:**

*Created by Sharon Lovejoy—a grandmother of four and the author of two classic books of garden activities for grown-ups and kids, Sunflower Houses and Roots, Shoots, Buckets & Boots—Toad Cottages and Shooting Stars is an ecologically inspired guide that combines more than 130 green activities with timeless grand parenting advice. Illustrated with Lovejoy's distinctive, delicate watercolors, it's an inventive resource for grandmother and grandchild to connect with each other through nature. It is the book to make sure an afternoon, a day, or a weekend turns into a memory that lasts forever.*

**Your reservation is your purchased ticket: Ticket Price: \$15**

**To purchase tickets call: Village Herb Shop 440-247-5029**

**Village Herb Shop, 17 E. Orange St. will be open for special shopping from 10am to 9 pm  
Advance Book Sales at the Village Herb Shop, 17 East Orange Street, Chagrin Falls, Ohio  
44022**

**Open Monday through Saturday 10 am to 5 pm. All four titles available**

#### **Fairy Tea, Fairy Program and Fairy Garden Workshop**

**Saturday, June 19 10 am to 12 noon**

**All Ages Welcome!**

Wear a fairy crown, wave a fairy wand, touch fairy wings and get sprinkled with fairy dust. Taste tiny fairy cakes and sip Fairy Thyme punch ("to drink the tea of thyme enables one to see the fairies") Enjoy the program "Fairy Tales from the Herb Garden"

by Kathleen Gips.

Class starts with a program on fairies and fairy lore. You will learn the history and traditions of fairy lore, the fairies' favorite plants and proper fairy etiquette. Learn which herbs to grow to make the fairies happy. Find out about fairy etiquette and how to get the fairies to come to your garden. Learn how to attract the fairies to live in your very own container fairy garden. The Herb Shop Elves will help you create your own Fairy Garden to take home. You will create a tiny moss fairy house, a fairy pond, fence and fairy sea shell bed. Included in your garden will be three fairy plants. All materials and fairy accents will be provided. Plants, soil, container, and additional fairy accents included in fee.

*(This program will be longer and more structured than the afternoon workshop event)*

**Fee: \$30.00 for each garden made**

**Reservations required for all seats. Please tell us the number of seats your party needs and also how many gardens will be made.**

**Wear your fairy costume and receive a special prize from the fairies.**

#### **Fairy Garden Workshop**

**Saturday, June 19 1:00 pm to 4:00 pm**

Let us teach you to create a garden to attract the wee folk. We will show you how to build a fairy house, pond and miniature landscape. Add herb plants and garden accents to make your own container fairy garden to take home. You will receive a fairy garden kit, container and 3 fresh plants to make your own garden. All materials and plants included. Just bring your imagination. All ages join in the Fairy Fun—wear a fairy crown and be sprinkled with Fairy Dust. Fairy refreshments will be served. This workshop will be on-going in our upstairs classroom.

**Join us for lots of Fairy Fun.**

**Making the garden will take about 30 minutes to an hour. Fee: \$25.00 per garden.**

**Advance reservations requested, but call anytime and we will try to accommodate you.**

**Wear your fairy costume and receive a special prize from the fairies.**

Come anytime during the day. Our Fairy Elves will help you create your own fairy garden.

#### Renew Reuse Recycle Tip of the Month

- **Village Herb Shop Seasonings refills:** Bring your empty jar in for a refill and take \$1 off the price. Or bring the empty jar in and get 50 cents off the purchase of any seasoning. Choose from any of the following flavor combinations. They are all very popular with our customers. **Beef, Bread, Butter, Chicken, Fish, Herbs de'Provence, Mediterranean Blend, Pasta, Poultry, Soup, Vegetables, Edible Flowers, Organic Lavender, Salt Free Seasoning, Herb Cheese Blend, VHS Dill Dip Jar, VHS Parsley Party Dip**

#### 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 loose tea and tea ware, decorative garden fences, topiary and accents, cement garden statues, new square Texas general candles every two months, glass tea pots, flowering teas, Painted Lady Tea Pots: the best tea pot for loose teas, two new scents for Green leaf: Valencia and Garden Breeze, Gardener's soaps and lotions, brightly colored garden gloves, large assortment of herb garden markers. 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.**

*Remember to SHOP LOCAL and support your favorite small stores! We all appreciate your patronage.*



Monday through Saturday:

10 am - 5 pm

Closed May 30-31

Sundays:

January through March:

April through August:

September:

October through December:

Closed on Sundays

12 noon - 4 pm

Closed on Sundays

12 noon - 4 pm



17 East Orange Street, Chagrin Falls, OH 44022  
Phone: 440-247-5029 Toll Free: 800-836-9120

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