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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

April 2011



Meaning in the Language of Flowers:
"Your closeness is welcome"
[More about the meaning of flowers](#)

Characteristics:

Cilantro has a light green, feathery foliage. The plant grows about two to three feet high and about 1 foot wide. The plant bolts to small, flat umbels of white to light pink as soon as the temperatures hit about eighty degrees. The flowers turn to small green fruits which ripen and turn brown. When the seeds (or tiny fruits) dry and ripen, they turn from pungent to spicy.

Recipes

Cilantro Cheese

Ingredients:

8 ounces of cream cheese, softened
4 ounces butter or margarine
1/4 cup fresh cilantro leaves chopped very fine
1 tablespoon coriander seeds
1 tablespoon of peppercorns (pink, if

Cilantro / Coriander

Botanical Name: Coriandrum sativum

History

Coriander and cilantro come from the same plant. Coriander has been recorded as one of the spices cultivated as early as the 1500's BC. It was valued as both a spice and a medicine. In the Middle Ages coriander seed was valued as an aphrodisiac. Its fresh leaves were served with salad greens. Coriander and cilantro came to Latin America from Spain and both are an important part of daily cooking. They arrived in the United States before 1670, but have never been as popular as in Latin America and South America. In China coriander seeds have been chewed for centuries to sweeten the breath, aid in digestion, and promote a long life.

In the Garden

Cilantro is easy to grow from seed and germinates in about a week. Sow in the ground in mid-April for a quick crop for tasty salsa. As soon as temperatures warm up cilantro will flower and form seed heads. These seeds from the cilantro plant are the spice coriander. Save a few seeds and sow them in early August for a second crop of fresh cilantro leaves. Cilantro does best in full sun in our area, but will tolerate dappled shade. Cilantro does not transplant well, so sow the seed directly into the ground where you would like the plant to grow. Thin seeds when they are about two inches tall. It will take about three months for seeds to form. The plant has then finished its cycle and will need to be planted again from seed for a second crop. Cilantro and coriander oils repel insects in the garden.

Harvesting

Fresh cilantro leaves can be harvested about two months

available)

Directions:

Crush both coriander seeds and peppercorns with mortar and pestle until fine. Mix with cream cheese, fresh cilantro and beat until well blended. Refrigerate overnight to allow flavors to blend. Serve with cocktail rye bread, crackers, and fresh celery sticks.

Spiced Chai Tea

Yield: One cup or sixty servings

Ingredients:

3/4 cup loose leaf black tea
1 tablespoon of each of the following:
coriander, allspice, cinnamon chips
(note: if cinnamon chips are not available, finely crush two 3" cinnamon sticks with a mortar and pestle)
2 bay leaves broken into very small pieces
2 teaspoons of whole cloves

Directions:

Mix all ingredients together. Store in an airtight container (preferably glass or metal) away from heat and light. Best if used within a year.

Brewing Directions: Measure one teaspoon of tea per cup. Place 1 teaspoon loose tea in a tea ball or tea infuser. Pour boiling water in cup and steep covered for 3 to 5 minutes. Remove tea ball. Sweeten to taste with honey. Add warm milk if desired. Stir with a long cinnamon stick. Sip and savor.



after planting. Harvesting the foliage tips often will delay flowers and seed head formation. Cilantro should be harvested fresh and used immediately in foods. Cooking and drying destroy the flavor. To keep cilantro fresh for a few days, put sprigs in a vase of water. Dried Cilantro is useless since it holds no flavor. Fresh leaves can be pureed in a blender with a little water and the liquid frozen in ice cube trays for later use. To harvest seeds, put seed heads, as they turn brown, loosely in a paper bag and dry in a warm, dry, dim location for two to three weeks. Coriander seeds will dry and fall into the bag as they dry.

In the Kitchen

Cilantro leaves and coriander seeds cannot be interchanged in a recipe. The flavors are very different. Cilantro has a characteristic spicy flavor that combines well with tomato dishes and Latin cuisine. Fresh leaves are delicious sprinkled into soup, chili, on chicken or fish, and in a guacamole dip. Coriander seeds are pleasant-smelling and have a woody, spice fragrance with a sweet undertone. They are used as the basis of curry dishes and salsas. Coriander seed is used in preparation of desserts and tastes especially good with apple dishes.

Medical Uses

Coriander seed oil is mild and has a gentle effect on both body and mind. Coriander seed oil promotes a positive outlook. Coriander seed aids digestion. It has been used in baths to improve circulation and ease muscular aches and pains. Coriander seed in tea eases nausea and gas. It is an appetite stimulant. Coriander seed is also used in moth chasing herbal blends for closet sachets.

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!

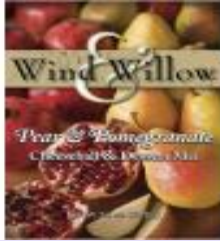
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Visit the Herb Shop

Tour our gardens
Shop our unique gifts and herbal products
Attend our classes and events
Join our Herb Club
Spend a lovely day in charming Chagrin Falls



Featured Products:



**[Pear & Pomegranate
Cheeseball Mix](#)**

\$2.99
Reg. Price \$4.99

[MORE INFO](#) ▶



**[Ecco Bella Lemon
Body Lotion](#)**

\$12.99
Reg. Price \$16.99

[MORE INFO](#) ▶



**[Wild Blueberry
Scone Mix](#)**

\$4.99
Reg. Price \$6.99

[MORE INFO](#) ▶



**[Greenleaf Jasmine
Diffuser Oil](#)**

\$9.99
Reg. Price \$12.99

[MORE INFO](#) ▶

Recipes

Wedding Potpourri

Ingredients:

- Amaranth: "Everlasting love"
- Chamomile: "May your wishes come true"
- Coriander: "Your closeness is welcome"
- Feverfew: "You light up my life"
- Lavender: "Devotion; loyalty"
- Marjoram: "Joy and happiness"
- Mint: "Warmth of feeling"
- Rose: "Love; beauty"
- Sage: "Long life and good health"
- Thyme: "Strength and courage"
- Woodruff: "Be cheerful and rejoice in life"

Directions:

Combine these dry ingredients to make a potpourri for a wedding toss using the rich symbolism of the language of herbs and flowers.

Note:

Rosemary is intentionally left out of the mix since it will be used as a toss at the ceremony and the sharp needles of rosemary could be dangerous to the eyes.

If this is just a symbolic potpourri rosemary can be added.

Rosemary: "Remembrance"

Moth Chaser Potpourri

Ingredients:

- 4 cups dried moth repellent herbs: tansy, santolina, southernwood, wormwood in any combination or choose herbs from above list.
- 1/2 cups dried lavender foliage
- 1/2 cups bay leaves, crushed
- 1/4 cups coriander seed, slightly crushed
- 1/2 cups cedar chips
- 1/4 cups cut orris root or oak moss
- 2 teaspoons Moth Chaser Oil (available at the Village Herb shop or make your own blend.) Moth chaser oil is combination of lavender, cinnamon, sandalwood, lemongrass and patchouli essential oils (Note: combine oils before adding to orris root)

Directions:

Blend all ingredients together. Store in airtight container for about two weeks to allow fragrances to blend. Tie in cloth squares. Put in small muslin bags or tie in old hankies. Tuck in trunks and drawers, hang from hangers, and put in closet corners. Put in suitcases, lockers and trunks. Place under car seats. Refresh with a few drops of oil once yearly or crush spices to release more scent.



Simmering Spices

Directions:

Combine 2 tablespoons each of the following:

- Coriander
- Orange peel
- Cinnamon Chips
- Rosehips
- Allspice
- Rosemary

Directions:

Mix two tablespoons of cellulose fiber with 1/2 teaspoon each of cinnamon essential oil and sweet orange essential oils. Mix well. Add this scent to spices and mix well. Add one tablespoon to one quart of water. Simmer on the stove to fill your home with spicy scents.

Aromatherapy Effect:

Our Upcoming Classes and Events

[VIEW ALL](#) 

- **Saturday, April 9**
Quarterly Tea Tasting Event
Learn about tea, taste tea and have a tea party.
 - Teas tasted will be Chocolate Peppermint Red Tea, Pineapple Lychee Hibiscus Tea, Earl Grey Tea, Jasmine Green Tea.
 - Begin with a short 15 minute program on tea. Topics rotating from month to month on all aspects of tea: history, definition, properties, growing conditions, harvesting techniques brewing instruction, descriptions, etc.
 - Taste four different teas including: red, green, black, or herbal. Loose teas will be featured
 - After tea tasting group will enjoy tea time desserts and sandwiches with their favorite tea from our selection**Pay \$5** at the door for each seat
Get in **FREE** if you make tea time sandwiches, bread or dessert to share with the group
Choose from two tea tasting seatings:
AM: 10:30 am to 12:00 pm
PM: 2:00 pm to 3:30 pm
Make a reservations please. Seating is limited. Reserve seats as far in advance as possible. Last minute cancellations are sometimes available so call us to see
Bring a friend to introduce them to the world of tea. Join us to sip and savor!
Next Quarterly tea tasting will be held on **July 23**

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

- **Saturday, April 9 12:00 pm - 2:00 pm**
Mini Reflexology Sessions
Nancy Barnes will be offering mini Reflexology Sessions - 10 minutes for \$6. Reserve your time spot for a mini session. Relieve stress and aching feet. If you haven't tried Reflexology yet, now is the time with this great offer. Nancy will be upstairs in the merchant loft towards the front of the store. Come over after the morning tea tasting or before the afternoon tea tasting starts to try a mini session. You will be glad you did. You may schedule an appointment prior to Saturday by contacting Nancy at her home office at 440-557-5118.
- **Tuesday, April 12 1:30 pm to 3:00 pm**
Reflexology Workshop
This will be a fun, informative, hands-on workshop offered by Nancy Barnes. You can just watch if you prefer, just let us know. You will learn basic reflexology techniques in this class for a relaxing "foot massage". You will benefit by being able to do your own mini sessions. Each participant will receive a pair of Reflexology Insoles, a Reflexology Booklet and a Special Offer.
Cost is only \$15 per person
Reservations please through either the Village Herb Shop or Nancy at 440-557-5118
Nancy is a Board Certified Holistic Health Practitioner and a Certified Bodywork Therapist.
- **Herb Plants Have Arrived!**
The 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. Look for the unusual and organic herb selections early every Friday morning. Look for these herb selections on their own display located next to the herb garden in the front



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

Join us for April's Craft:
Rose Petal Sugar

Just follow our simple step-by-step do-it-yourself directions to make your own craft any day of the week. All materials are set up in our classroom. You can make your own herb craft in just a few minutes. Learn how to use herbs to make natural products to improve your health and home. Complete directions are provided.

All supplies are included for this one low price.

Fee: \$5.00 each.

No reservations are required

[LEARN MORE](#) 

April 1 to April 30
Village Herb Shop
4th Annual Silent Auction

Bid on unique herbal items during the month of April. Highest bid wins.

Add to your bid in person or by phone.

Bids Close: April 30 at 5:00 pm

See offerings on two white picket shelves in back of shop

Silent Auction Items:

Scented Sachet Each Month
Garden Gift Baskets
Rose Beads and Posy Pin
Susan Albert Mystery Books
Year of Herb Seasonings
Flat of Herb Plants
A Year of Herb Classes
Tea for a Year
\$100 Shopping Spree
Gourmet Foods for a Year
Monthly Essential Oil
Perfume Every Month
Candle for A Year
Herb Craft Every Month
Hand Painted Child's Chair
& More Herbal Treasures

garden area.

April 15 Herb Plants Arrive! Call in your herb plant requests to our plant request file. 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.

- **Saturday, April 16 1:30 pm to 3:00 pm**
Reflexology Workshop
This will be a fun, informative, hands-on workshop offered by Nancy Barnes. You can just watch if you prefer, just let us know. You will learn basic reflexology techniques in this class for a relaxing "foot massage". You will benefit by being able to do your own mini sessions. Each participant will receive a pair of Reflexology Insoles, a Reflexology Booklet and a Special Offer.
Cost is only \$15 per person
Reservations please through either the Village Herb Shop or Nancy at 440-557-5118
Nancy is a Board Certified Holistic Health Practitioner and a Certified Bodywork Therapist.
- **Sunday, April 17 1:00 pm to 3:00 pm**
Easter Cake Decorating Class by Vicki Jones
Decorate an Easter Cake with assistance from the professional cake decorators of Vicki J Cakes. Attendees will decorate an Easter Egg Cake or Lamb Cake and take it home. All materials and supplies are included. Bring an apron and a tray to carry your cake home.
This is a great mother-and-child class.
Fee: \$10 per cake
Reservations please.
- **Wednesday, April 20 10:00 am - 1:00 pm**
Herb Gardening Group
Join our Green Team of herb garden enthusiasts.
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. This monthly group meets April through October. 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, gloves, paper bag for garden trash and plastic bags for garden harvest to take home. After gardening, bring a sandwich if you wish and join Kathleen for lunch with an edible flower salad and herbal bread. Bring food to share if you would like to. We will enjoy new friendships and have an informal question and answer session. Are you unable to work in the garden, but want to learn more about herbs? Bring your own lawn chair and learn while you watch us work.
Membership is FREE. Join us any month of the year. **Reservations Please.**
Work in Gardens: 10:00 am - 12:00 pm
Mini herb class and lunch 12:00 pm - 1:00 pm
Monthly Herb Garden Focus
Wednesday, April 20 Inaugural Meeting
Spring clean up, prune and feed roses, soil cultivation, plant hardy herbs, bone meal application
Wednesday, May 18
Plant edible flower seeds, organic soil toning, lime application, planting of annual herbs
Wednesday, June 8
Harvesting and drying techniques, organic rose cultivation, drying roses, harvesting lavender, drying bergamot petals, composting techniques
Wednesday, July 13
Prune lavender and sage, trim thyme garden, dry herbs for tea, basil culture

Wednesday, August 10

Preserving the harvest, butters, pastes and vinegars, fall pruning, drying herbs, thinning and transplanting.

Wednesday, September 14

Edible flowers. Take cuttings and "over winter" herbs; bringing in rosemary and rosemary culture

Wednesday, October 12

Prepare the herb garden for winter. Fall clean-up, organic mulching.

- **Tuesday, April 26 10:30 am to 1:30 pm**

Learn to Paint Class

Paint a flower pot. Includes pot, pattern with photos, paint and complete instructions. See sample of painting project on display at Village Herb Shop.

\$18 class fee without brushes. \$60 class fee including brushes.

Reservations to 330-467-7402

Merchant class: no discounts apply.

- **Saturday, April 30 Come Anytime: 10:00 am to 2:00 pm**

Village Herb Shop DIY Fairy Garden Workshop

Let us teach you to create a garden to attract the wee folk. Or bring in your fairy garden from last year and we will help you re-do it. We will give you ideas on 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 or re-do your own garden. You may purchase earth for your garden for a small fee. We will have available for purchase a fairy garden kit, containers and baskets and fresh plants to make your own garden. We will have fairy furniture and fairies for your garden. Just bring your imagination. All ages join in the Fairy Fun. This workshop will be on-going in our upstairs classroom.

Join us for lots of Fairy Fun.

These items will be available for purchase along with lots of fairy things in our fairy loft:

Fairy Garden Kit: \$15

Earth for Fairy Garden: \$2

Containers: \$5

Fairy Plants: \$3.95 to \$5.95

Making the garden will take about 30 minutes to an hour.

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

- **Thursday, May 5 1:00 pm to 3:00 pm**

Mother's Day Cake Decorating Class

Decorate a cake for Mother's Day with cake and materials provided by Vicki J Cakes. Attendees will decorate cake to take home. All materials and supplies are included. Bring an apron and a tray to carry your cake home.

This is a great mother and child class.

Fee: \$10 per cake

Reservations please.

- **Saturday, May 7 10:30 am to 12:00 pm**

Susan Albert Herbal Mysteries Book Club Meeting

Join us to discuss the eighth book in the China Bayles Mystery series. The book for discussion will be: Mistletoe Man. Re-read your copy, get it at your library or come in to the herb shop to purchase one. These herbal mysteries are easy and fun reading. China Bayles owns and operates an herb shop in Texas. There is lots of herb information in each book!!!

Book discussion will be led by Lynette Trolli with Heather Randolph assisting.

Stop in to the herb shop for a Mistletoe Man reading group guide or find it on line at Aboutthyme.com. Look for recipe suggestions on line from the author here also.

Bring a dish to share from recipes in the book or that contains herbs in it to get in **FREE**. How about holiday food with herbs???

Fee: \$5 for book discussion and herbal food tasting or get in **FREE** if you bring food to share.

Take Thyme for Tea and sip tea while enjoying the book discussion.

Bring in your old Susan Albert Books for a book exchange among members.

Group will meet monthly on the first Saturday of each month. Join the fun!!!

- **Saturday, May 7, 1:00 pm to 3:00 pm**

Craft Class: Rose Topiary

Welcome spring with a 10 inch rose topiary made with dried rosebuds. This would make a great Mother's Day gift, a wonderful May Day gift or just to adorn a shelf or table. Class taught by merchant Lynette Trolli.

Fee: \$20 including all materials

Maximum: **15** attendance; Minimum: **5** attendance

Registration Deadline: May 5 - no reservations accepted later than that date.

- **Sunday, May 8 12:00 pm to 4:00 pm**

Happy Mother's Day Tea Party

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.

Need ideas for Mother's Day gifts? The herb shop is filled with great products from teas, bath and body, culinary and garden selections. Or how about a VHS gift card? Gift wrapping is always complimentary.

Thank you for shopping at your locally owned stores.

Friday, May 13 and Saturday, May 14

Herb Fest - 17th Annual 2-Day Event

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

Herb Program And Workshop 10:30 am to 12:00 pm

Horseradish - 2011 Herb of the Year:

Learn about the history, cultivation, and varieties of Horseradish. We will discuss the culinary, medicinal uses of Horseradish. Learn how easy it is to grow this tasty culinary herb plant and how to use it in your kitchen. Taste foods made with horseradish and learn how to use this fresh root. Receive handout with our recipes and growing guide.

Take home three Herb products. Follow our simple instructions and make: Horseradish Dip, Fresh Horseradish Vinegar, Mustard Horseradish Barbecue Rub. This workshop will begin following the Horseradish program. All materials and recipes included.

Fee: \$15. Reservations please.

Herb Basket Raffle

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

Drawing held **May 15.**

Herbal Box Lunch Pick up anytime from **11:30 am to 1:00 pm**

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. **Advance payment required for box lunch.** Reserve in advance at least one day before your attendance. **Cost is \$15.00.**

Herb Plants Available All Day

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. **\$3.95 to \$5.95 each.**

We will have Horseradish plants available. Looking for a particular herb plant?

Call us with your plant requests.

Join us for Herbal learning and Fellowship. Our store is filled with unique

treasures and garden inspiration. Tour our herbal theme gardens in the front of our shop.

Sunday, May 15, 1:00 pm to 3:00 pm (for 4 - 6 years old)
Fairy Meeting

Let the Sun Shine! The Earth Light Faerie Scouts will meet Sunday, May 15 from 1:00pm to 3:00pm, upstairs in the class room at the Village Herb Shop, Chagrin Falls. For directions call 440-247-5029.

This project is especially designed for those little fingers! We will create a beautiful "Faerie Sun Catcher" on acetate using tissue paper. To give the participants the attention they deserve the class size is limited to 8. This is for our Earth Light Faerie Seeds, 4-6 years old. All the regular member activities and benefits apply of course!

Just for you information, I plan on offering these "Seedling" level meetings **at least 4 times a year**. Robin Anne Payne 216-397-0128

Fee: \$15 per project

Tuesday, May 17, 1:00 pm to 3:00 pm
Spa Retreat at the Village Herb Shop
Presented by Nancy Barnes HHP

Take time to treat yourself. The Spa Retreat will have several wellness stations for pampering you. There will be Facials, Paraffin Hand Treatments, For Infrared Detox, Chi Machine Oxygenator, Sound Healing and more. Nancy and her Associates will assist you with treatments. Light refreshments will be available. Everyone will get a take-home gift bag.

Really Great Value and Cost for Everything is only \$20 per person

Reservations Please Call the Village Herb Shop or Nancy at 440-557-5118

Saturday, May 21, 1:00 pm to 3:00 pm
Spa Retreat at the Village Herb Shop
Presented by Nancy Barnes HHP

Take time to treat yourself. The Spa Retreat will have several wellness stations for pampering you. There will be Facials, Paraffin Hand Treatments, Far Infrared Detox, Chi Machine Oxygenator, Sound Healing and more. Nancy and her Associates will assist you with treatments. Light refreshments will be available. Everyone will get a take-home gift bag.

Really Great Value and Cost for Everything is only \$20 per person

Reservations Please Call the Village Herb Shop or Nancy at 440-557-5118

Village Herb Shop on Facebook

Follow Kathleen and the Herb Shop on Facebook.

Ask the Herb Lady questions.

Become a Facebook friend of the Herb Shop at: KathleenGipsHerbShop

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

Remember to SHOP LOCAL and support your favorite small stores!

We all appreciate your patronage.

Join us at the Village Herb Shop for all the excitement.



Chagrin Falls Shop Hours

Monday through Saturday: 10 am - 5 pm

Sundays:

January through March: Closed on Sundays

April through August: 12:00pm - 4:00pm

September: Closed on Sundays

Contact Village Herb Shop

17 East Orange Street, Chagrin Falls, OH 44022

Phone: 440-247-5029 Toll Free: 800-836-9120

October through December: 12:00pm - 4:00pm

If you do not wish to receive any further emails please send an email to villageherbshopremove@gocobalt.com
If you prefer to unsubscribe via postal mail, write to: Village Herb Shop, 17 East Orange Street, Chagrin Falls, OH 44022

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