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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

August 2010



Meaning in the Language of Flowers:

Energy in adversity, "May all of your wishes come true"

[More about the meaning of flowers](#)

Characteristics:

Chamomile is an annual herb plant. It grows about two feet high and has tiny daisy-like flowers and light green fern-like foliage. When the foliage or flowers are pinched, they smell sweet like green apples. Some say the flavor of Chamomile tea matches the scent. The leaves are delicate and finely divided. Chamomile blooms from June through August. The yellow cone-shaped middle of the flower is the part of the plant used for tea.

Chamomile

Botanical Name: German Chamomile, *Matricaria recutita*

History:

The ancient Greeks and Romans believed that the small yellow and white flowers of Chamomile represented the sun and its rays. They used this herb to rub on sore muscles and to treat fevers.

Chamomile in the Garden

Chamomile grows easily from seed and germinates in less than two weeks. This plant will re-seed itself all over your garden if the flower heads are not removed. Chamomile has very few soil requirements, but does need warm soil for its seeds to germinate. Chamomile becomes leggy and looks overgrown in hot weather. After harvesting the heads in mid-July, I usually pull any unruly plants out and leave the small seedlings. The plants fade quickly and turn yellow after flowering.

Harvesting Chamomile

Chamomile heads are used for teas and bath and body preparations. These heads are best harvested by hand-picking and drying on a paper plate in a warm, dry, dim location. When completely dry (this takes over a week), store in airtight containers away from heat and light. For the best flavor, harvest the flowers when the leaves are just turning back.

Chamomile in the Kitchen

The flowers are very bitter when eaten raw so Chamomile is used as a tea for both flavor and medicinal applications. To make Chamomile tea, infuse one teaspoon of dried flowers or

Recipes

Lavender Chamomile Soothing Eye Pillow

Make an eye pillow with soothing, silky chamomile and relaxing and healing lavender in a flax seed base. Use to soothe tired and puffy eyes, relax and calm nerves, and to ease eye strain. The flax seeds put gentle pressure on sensitive eye area, and the essential oils of lavender and chamomile produce aromatherapy and healing effects. The eye pillow may be put in the freezer for one hour prior to eye treatment for additional soothing comfort.

Ingredients:

1/2 cup dried chamomile
1/2 cup dried lavender flowers
1/2 cup whole flax seed
Recipe makes one eye pillow

Directions to make:

Mix all botanicals together. Pour into a thin, silky trouser knee high sock. Knot end to close. Label with directions for use.

Directions for use:

Choose a resting position. Place eye pillow over closed eyes. The gentle pressure and fragrant herbs will soothe tired and puffy eyes, relax and calm nerves, and to ease eye strain. The flax seeds puts gentle pressure on sensitive eye area and the essential oils of lavender and chamomile produce aromatherapy and healing effects. The eye pillow may be put in the freezer for one hour prior to eye treatment for additional soothing comfort.



one tablespoon of fresh flowers in one cup of boiling water. Cover and steep for 5 to 10 minutes. Sip and enjoy.

Medicinal Uses of Chamomile

Chamomile is anti-inflammatory to the skin and digestive system. This plant has been used to treat digestive problems for many centuries. It is gentle, effective, and suitable to treat upset tummies in children and adults. It treats indigestion, stomach acidity, gas, and colic. It is a strong anti-spasmodic and so relaxes tense, aching muscles. It also relaxes the smooth muscles of the digestive tract.

Chamomile calms irritability and promotes sleep. The anti-inflammatory properties heal damaged or itchy skin. It also relieves eyestrain. Using Chamomile in bath preparations helps to heal lesions and damaged skin. Chamomile is said to relieve allergy and hay fever symptoms.

If you are allergic to ragweed, Chamomile may cause an allergic reaction.

Cosmetic Uses of Chamomile

Chamomile is popular ingredient in bath and body preparations. In shampoos, it adds shine to blond hair and brings out highlights in darker hair. Chamomile essential oil is very expensive and not usually available. It is an ingredient in expensive cosmetics designed to decrease inflammation and reduce puffiness especially around the eyes. Chamomile is so gentle that all skin types can use it to ease dry, chapped skin.

FREE SHIPPING

On orders of \$75 or more

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

[SHOP ONLINE](#) 

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:



[Smooth and Spicy Barbecue Sauce](#)

\$3.95

Reg. Price \$5.95

[MORE INFO](#) 



[Pre De Provence Soap - Peony](#)

\$4.95

Reg. Price \$6.95

[MORE INFO](#) 



[Essential Oil - Lemongrass](#)

\$5.95

Reg. Price \$7.95

[MORE INFO](#) 



[Fairy Thyme Tea](#)

\$5.95

Reg. Price \$7.95

[MORE INFO](#) 

Recipes

Relaxing Healing Herbal Bath Mix ...If worries you hath, lose them in the bath...

Enjoy a relaxing bath with this fragrant mixture of dried herbs especially formulated to relax tense muscles and soothe the soul. The warm water releases the healing properties of the herbs which are then absorbed by your skin. The therapeutic effect of a relaxing bath will result within 20 minutes. Light a candle, sip a cup of herb tea and relax in a warm bath. A spa treatment right at home! Follow your tub with an application of body oil or lotion on damp skin. Delightfully moisturizing and

Sweet Harvest Herbal Tea

Flavorful Herbal Tea made from the Garden Harvest. This tea is very refreshing when the days are warm and nights are cool. Try it iced or hot. No caffeine makes it a great drink for all ages. Try it with a touch of honey, but the naturally sweet spearmint needs no other sweetener.

Ingredients:

- 1/3 cup dried lemon balm
- 1/3 cup dried spearmint
- 2 Tablespoons dried Chamomile flowers
- 2 Tablespoons dried orange peel
- 1 Tablespoon dried Calendula petals

Yield: One cup tea which makes 60 servings.

Directions:

Mix all ingredients together. Store in an airtight container. Store away from heat and light.

To Brew:

Brew this tea with one teaspoon per cup. Measure one teaspoon of tea per cup. Place 1 teaspoon loose tea in a tea ball or tea infuser. Pour boiling water in



Delightfully moisturizing and soothing to dry w inter skin.

Ingredients:

1/4 cup of the following:

sea salt, chamomile, roses, lemon peel, calendula, lemon verbena

3/4 cup of the following herbs:

lavender, lemon balm

Yield: 3 cups.

Directions:

Mix herbs in container and spoon into jar. Keep in jar. Place one tablespoon of relaxing bath mix into a muslin bag and tie securely. NOTE: loose herbs in the tub will clog the pipes!

Add one tablespoon to warm tub water and infuse while tub is filling. Remove bath sachet from tub and allow to drain. May reuse if kept refrigerated. The herbs will mold inside the bag if left to dry in a moist atmosphere of the bathroom.

tea in a tea can or tea infuser. Pour boiling water in cup and steep covered for 3 to 5 minutes. Remove tea ball. Sweeten to taste. Sip and savor.

Note: this tea may also be made with fresh ingredients.

Our Upcoming Classes and Events

[VIEW ALL](#) 

Fall Product Arrives!!!

August 1

We will be changing displays to reflect the changing seasons. New products will be brought to our shelves every day in the month of August and into September: potpourri, candles, fall wreaths, new teas for the season, tabletop, apple butter, pumpkin butter, Frasier Fir by the Thymes, and of course our Vintage Halloween! Come see what all the excitement is about.

Earn Cool Fall Dollars every time you shop!

August 1 to September 22

Earn one Cool Fall Dollar for each \$10 you spend at the Village Herb Shop. These dollars can be redeemed for any full priced merchandise up to fifty percent off the original price. Spend them on all of your favorite products!!!

Collect lots of dollars and redeem them the last week in September. Redemption begins September 23!!!!

Herb Gardening Group August 11

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



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for August's Craft:

Lavender Lemonade Mix

Join us for September's Craft:

Cinnamon Peppermint Car Deodorizing Spray

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.**

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, August 11

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

Wednesday, September 15

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

Wednesday, October 13

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

Herb Gardening Group Benefits

Herb Garden Knowledge and Learning from fellow herb gardeners. Free fresh cut herbs from the garden. Plant exchange among members. More . . .

● **Village Herb Shop 16 Year Anniversary**

September 1 to 30

Join us to Celebrate for the entire month of September

- Spin the wheel on each visit and earn prizes and discounts!*
- 16% off all purchases every Wednesday.*
- Events every Saturday*
- New Aromatherapy Certification Class Series*
- Counter specials every day!*

Preview of the Month: Details to follow

September 4: *Inaugural Meeting of the Susan Albert Book Club NEW*

September 11: *Dill Program and Herbal Buffet*

September 18: *Summer Harvest Cooking with Chef Lucille*

September 19: *Aromatherapy Certification Series Begins NEW*

September 23-30: *Redeem Cool Fall Dollars*

● **Susan Albert Herbal Mysteries Book Club (Inaugural Meeting)**

September 4, 11 am to 12 pm

Join us to discuss the first book in the China Bayles Mystery series. The first book for discussion will be the first in this series: Thyme of Death. 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 Thyme of Death 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 thyme in it to get in FREE.

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

Featuring: favors from Susan and a signed copy book raffle. 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 vote on a monthly or bi-monthly meeting at this first meeting. Join the fun!!!

Reservations Please.

- **Dill Program and Herbal Buffet Party**
September 11, Saturday 11 am to 1 pm

Our herbal buffets are very popular events at the Village Herb Shop. All who attended have been asking for another potluck, so here it is. Please join us for delicious food and learn about growing and using dill, the 2010 Herb of the Year. Learn how dill can be easily grown and how to use it in the kitchen. Program will be presented by Kathleen Gips. We will have the Dill 2010 Herb of the Year book available for purchase.

Fee: \$10 each. Bring any food dish made with dill to share with the class and get in FREE. Reservations please. Please indicate at time of registration if you will be bringing food or paying the class fee. Please bring your own plate and silverware. Tea will be provided.

Please bring your dill recipes to share with attendees.

COOKBOOK EXCHANGE: bring your used, unwanted cookbooks to exchange for another one that is donated to our exchange. Get a new cookbook FREE!!!!

- **Individual Facial Care Instruction and Make-Up Application**
by Esthetician, Jan Cellura
September 11

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: Forty five minute Individual Sessions are by Appointment and are limited to the time available.

Fee: No Charge

- **Summer Harvest Cooking with Chef Lucille
September 18, Saturday 10:30 am to 12 noon**

Another herbal cooking lesson with our favorite chef! Lucille will show us how to preserve the herbal harvest by making Bouquet Garni, Herb Butters, Salad Dressings, Bread Dipper Oils, Herbs de Provence, and how to crystallize flowers. Taste her herbal creations and take home a tin of Herbs de Provence to use with roast chicken, stews, baked tomatoes and pizza.

Class Fee: \$15 including take home seasoning and tasting.

Reservations Please.

Support the local food bank: receive a discount on all Village Herb Shop Gourmet Product line with a donation of canned food!

- **The Aroma Apothecary: Clinical blending techniques and topics
Sunday, September 19,
1 pm to 3 pm**

Sunday, October 17, 1 pm to 3 pm

Sunday, November 7, 1 pm to 3 pm

Advanced Topics in Aromatherapy - Three hands-on aromatic workshops leading to a Certificate in Advanced Aromatherapy Knowledge.

Course descriptions

Continue your journey through the aromatic pathway with this three part workshop/Aroma Clinic. You will gain the knowledge to unlock the balancing physical and wellness potential of essential oils for yourself and others

Hours: 1-3 pm

Fee: \$55.00 includes all materials, hand-outs and two products per class to take home.

Take all three classes for \$150.00. Three classes required for certification.

Reservations please.

Class is presented by Raizel Michelow, MA, education, certified aromatherapist. Co-Director Scientific Skincare Institute.

Continuing Education Units for estheticians pending.

Session I, Sunday, September 19, 1 pm to 3 pm

Aromatherapy Advanced Learning Laboratory.

- Profiles of 10 Essential Oils.
- Three blending techniques- dynamic, chemical, and morphologic.
- Pathways into the body; methods of application; essential oil safety and contraindications will be covered.
- How to conduct an aromatherapy consultation.
- Includes design of two products to take home

Session II, Sunday, October 17th, 1 pm to 3 pm:

Aromatherapy in Health and Wellness: focus on stress and stress related disorders

- Explores the nature of stress.
- Learn how essential oils are applied and used for migraines, headaches, insomnia, tension hormonal imbalances and stress related pain.
- You will design two products to take home.

Session III, Sunday November 7, 1 pm to 3 pm

Aromatherapy for the Health and Beauty of the Skin

- Introduction to the epidermis and dermis.
- Use of essential oils to treat skin conditions such as acne, rosacea, psoriasis, eczema, dehydrated skin, teen skin.
- You will design two products to take home.

- **[Bee Program by Beecology](#)**

October 9, Saturday, 11:00 am

Learn about bees and the great natural products that this local company has created.

Reservations Please.

- **[Village Herb Shop Tea Tasting Club](#)**

Saturday, October 23, 2010

Learn about tea, taste tea and have a tea party. We will demonstrate proper brewing techniques and tips on serving tea. You will taste a variety of teas: red, green, black, and herbal. Enjoy tea time desserts with friends. This is a quarterly event at Village Herb Shop.

Fee: \$5 at the door for each seat. Free admission if you bring tea time sandwiches, bread or dessert to share.

Two tea tasting seatings

AM: 10:30 am to 12 noon

PM: 2:00 pm to 3:30 pm

Reservations Required. Seating is limited. Join us to sip and savor!

Next tea tasting: January 22, 2011

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

Lynette will be offering tea leaf readings on this tea tasting day from 11 am to 4 pm.

Please sign up in advance at the Village Herb Shop or register when you come in that day. She will be set up in our loft area. 20 minutes for \$20.

- **[Village Herb Shop Merchants Loft](#)**

Open every day during Herb Shop hours

Visit our upstairs loft to find unique items handmade by local artisans. Find heirloom vintage collection, handmade jewelry, jams and butters, hand knit Alpaca apparel and yarns, hand stamped cards, toffee, clay fairy furniture and unique creations, vintage look hand-crafted treasures, home-made granola, health related items and more to come. Merchandise is always changing and our new merchants will also be offering special classes and events. Join the excitement in the Village Herb Shop Merchant Loft. Support local merchants and buy USA.

Reflexology Sessions

Mary Landies, Reflexology Clinician

[See Details on our Web Site](#)

Tea Leaf Reading Sessions

Lynette Trolli, Psychic Reader and Clairvoyant

[See Details on our Web Site](#)

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 summer entertaining in the garden are already here and on display. We have a new shipment of fragrant square candles, loose leaf teas, fairy furniture, rubs and seasonings, seasoned sea salt, mortar and pestles, all natural bug spray, citronella incense, natural deodorant, sleep masks, honey lotion, green clay facial mask, asparagus pesto, dip keepers, herb garden markers. New products will continue to arrive throughout the year. Come in often to see what is new. We will always have unique products at great prices. You can expect great service and the best product selection around!!

Renew Reuse Recycle Tip of the Month

Village Herb Shop sells bulk herbs and spices for very low prices. Save money by bringing in your own jars for refill or taking a cup home in our paper bags. You will get the freshest dried herbs and spices you have ever tasted: guaranteed by the Herb Lady. We have dozens of dried herbs available: dill, chives, basil, parsley, fennel, garlic, onion, oregano, calendula, nutmeg and many more.

Village Herb Shop on Facebook

NEW!! Follow Kathleen and the Herb Shop on Facebook. Become a Facebook friend of the Herb Shop at: KathleenGipsHerbShop
<http://www.facebook.com/profile.php?v=wall&id=1303813963>

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

Crafters Space for Rent

Are you a crafter? Have you always wanted your own business? Do you have a great product that needs more exposure??? Do you teach classes and need a space?? If the answer is yes, consider renting a shelf in our loft. We have many customers who would like the opportunity to buy your products!

Currently there are about 3 or 4 spots available. See Kathleen in August to assure placement for the holiday season. Stop in to ask for our renter's guide sheet with pricing and requirements.

If you have a talent or craft that would fit in our Merchant's Loft, please see Kathleen for details.

Note:

The Village Herb Shop will be closed on Monday, September 6 for the Labor Day Holiday



Chagrin Falls Shop Hours

Monday through Saturday: 10 am - 5 pm

Contact Village Herb Shop

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

Sundays:

January through March: Closed on Sundays

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

September: Closed on Sundays

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

Phone: 440-247-3029 Toll Free: 800-888-9120

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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