KATHLEEN GIPS'
VILLAGE HERB SHOP HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

FEBRUARY 2009

Meaning in the Language of Flowers:
Compassion, sympathy, consolation
More about the meaning of flowers

Characteristics:
Monarda flowers come in colors from red to pink to purple to white. It's roots are dense and shallow. It can easily be propagated from runners. Monarda can be invasive, but growth is usually checked by our cold winters.

Monarda

Botanical Name: Monarda Didyma, labiatae
Also known as: Bergamot, Bee Balm

Monarda is a true native American Herb named by the Spanish explorer who discovered it in the new world of the America in 1571. Known as Oswego Tea to some, this is the plant that Native Americans used to treat colds and to relax. This tea was used by the rebellious Boston patriots during the tea boycott. It is also known as Bergamot. This is a reference to its citrus-like scent which resembles the small, bitter Italian bergamot citrus orange: Orange Bergamot.

Monarda is naturalized throughout the United States. It is a hardy perennial in the mint family and grows to two to three feet tall. Its leaves grow in pairs that are oval and pointed on a four sided stem . Flowers appear in our Northcoast climate in late June through August - September. Its tubular flowers bloom from a large round head. Both leaves and flowers have a strong citrus mint scent.

Monarda in the Garden:
Monarda flowers come in colors from red to pink to purple to white. Monarda's roots are dense and shallow. It can easily be propagated from runners. Monarda can be invasive, but growth is usually checked by our cold winters. Bees and hummingbirds love the colorful tubular flowers. The bright red color of the Adam variety is a show stopper in our Village Herb Shop tea garden.

Monarda needs a cold winter. The plant tolerates shade, but prefers full sun. Dry soil stunts plant growth since the roots are so near the surface. A patch of Monarda cannot be cultivated due to these shallow roots. The best plant care is to mulch the roots twice a season with compost. Weeding must only be done by hand. Monarda often gets powdery mildew in our climate towards late August. The best treatment is to cut the stems to the ground and discard the diseased foliage. Do not put these diseased clippings in your compost pile.

Monarda petals are a good addition to tea, desserts and potpourri. There can never be too many Monarda plants in the landscape. Petals can be harvested often by picking only the flower petals and leaving the round heads attached. Picking just the petals in this way will encourage re-blooming for weeks. Dry the petals on a tray for about a week. When thoroughly dry, store them in an airtight jar until needed.

Recipes

Bumble Bee Punch

1 quart of brewed Earl Grey Tea with Lavender
1/2 cup sugar
1 quart lemonade

Directions:
Sweeten tea with sugar and stir until dissolved. Add lemonade to sweetened tea and mix in a large punch bowl. Add ice ring made with juice or tea and decorated with mint and edible flowers.

Float lemon slices in punch bowl.
Sprinkle with fresh monarda petals.

MORE RECIPES ONLINE

Dragonfly Cheese

- 1 8-ounce package of cream cheese, softened
- 1/2 cup (4 tablespoons) margarine or butter, softened
- 1 Tablespoons Village Herb Shop Edible Flower mix or fresh monarda petals, chopped
- 1 Tablespoon dried dill

Directions:
Mix cheese and butter together with edible flowers and dill. Mix well. Add one tablespoon of mayonnaise if you would like the mix more spreadable. Chill overnight and serve with cocktail rye, crackers or vegetable sticks.

Monarda in the kitchen:

Monarda flower petals are edible flowers and add a citrus flavor to any dish including salad, jelly, bread, tea and honey. The fresh petals are delicious in lemonade or iced tea. Monarda petals are attractive and delicious with all fruits. Dried petals retain their flavor and can be used throughout the year.

Aromatherapy Uses:

Bergamot essential oil comes from the bergamot orange. This is the flavor used to give Earl Grey tea it's distinctive flavor. This fragrance is very similar to the Monarda, but comes from a different plant.

It has an uplifting, pleasant fragrance and may help calm and alleviate feelings of stress and fatigue. It aids in rebalancing the emotions.

Bergamot essential oil smells very similar to Monarda petals. Both have similar essential oil constituents, but they are two different plants. Bergamot essential oil is an anti-depressant. It works to release endorphins when inhaled. This essential oil is often used in perfumes and cosmetics.

Medicinal Uses:

Thymol is an ingredient in the essential oil of Bergamot. This is a powerful antiseptic and bergamot tea will soothe and treat colds and sore throats.

At VillageHerbShop.com you'll always enjoy

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Free 1 Scoop of VHS Earl Grey Tea with Lavender

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Blend of two favorites for a calming and relaxing tea.

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OR CLIP FOR IN-STORE COUPON
*Expires 3/15/09. Excludes S/H or sales tax.

$2.95 value!

Products Featuring Herb of the Month Monarda:

Aroma Naturals Aromatherapy Candles - Insight

Naturopatch Essential Oil Body Patch - Bergamot

Village Herb Shop Earl Grey Tea With Lavender

Garden Bouquet Tea for One

$2.99 to $11.95	$2.50 to $19.95	$6.95	$25.95
MORE INFO	MORE INFO	MORE INFO	MORE INFO

Recipes for Your Senses

Aromatherapy Body Mist and Room Spray

The fastest aromatherapy application is through inhalation

1 cup distilled water, spring water or filtered water
2 Tablespoons vodka or unscented alcohol (acts a s a preservative)
30 drops essential oil in combinations as listed below

Mix all ingredients together in a small spray bottle. Shake well before each use (oil tends to separate from the water). Spray in air, on body, on linens, on hands and on pulse points. Avoid eye area.

Suggested Oil Combinations:

Calming Confidence: bergamot, lemongrass, patchouli
Courage: bergamot, grapefruit
Happiness: rose, lemon, bergamot, cinnamon

Happiness Blend

4 drops bergamot essential oil
4 drops clary sage essential oil
4 drops rose geranium essential oil
1 oz. jojoba oil

Mix well and apply to pulse points. Feelings of happiness will be experienced in about 20 minutes. Reapply as needed.

Note: Do Not Apply Bergamot Oil directly to the skin. Keep out of sun after application.

Our Upcoming Classes and Events

VIEW ALL

- **NEW: Recession Busting Classes!**
  The Village Herb Shop is beginning a new series of monthly classes. These classes will teach you how 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.
- **Feb 21:** Luscious Lip Balm Workshop - If you want soft, supple lips, the answer is simple: Moisturize your lips daily. Learn how easy it is to help your chapped, cracked lips with Natural Lip Balm and Lip Exfoliant that you make yourself. Class will make three lip balms: Honey, Lavender and Chocolate Orange to take home. Recipes and all class materials provided. 10:30 am to 12 noon. Class fee: Originally $20. **Now a Recession Busting $10!**
- **Mar 7:** Adventures in Tea: a loose Leaf Experience - A monthly exploration of the many pleasures and benefits of Organic, Fair Trade Artsan loose leaf teas by Paula Hershman, Storehouse Tea Company. This month will feature Rooibos or red teas. Cost $5. Includes two teas and delicious scones. 10:30 am - 12:30 pm.
  Reservations to Paula Hershman: 216-406-9139.
- **Mar 11:** Fiber to Felt Class - Learn to flat felt wool roving into solid fabric to make a small bag. Fee: $25 includes wool supplies. 10:30 am - 12:30 pm. Reservations to instructor Kristi Lavell: 440-759-3040.

Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for February's Craft:
Relaxing Herbal Bath Mix

Join us for March's Craft:
Bathroom Disinfectant Travel Spray

Join us for April's Craft:
Lavender Dryer Sachets

Join us for May's Craft:
Scented Reed Sticks Room Fragrance Kit

Follow our simple step-by-step do-it-yourself directions to make your own

- **Mar 21:** Greener Cleaners with Herbs Part II - Use these easy recipes to make your own safe and effective Housekeeping products. Learn how to save money, preserve the environment, and use herbs with Magic Window Wash, Toilet Bowl Tidy-Up, Gentle-But-Effective Scrub, Soap Scum-Fighting Spray, Baking Soda Oven Cleaner, Floor Shine and more. Yes, these less toxic products really do work. Class will make a Gentle Scrub, Magic Window Wash, Scum Spray to take home. 10:30 am to 12 noon. Class fee: Originally $20. **Now a Recession Busting $10!**
- **Mar 28: Meet the Merchants Day**
  11 am Tasting: Storehouse Loose Teas, Lyons Jellies and Jam
  2 pm Demonstrations: Fiber art, jewelry making, Glassware and Tabletop Painting and personalization
  Connie's Vintage Corner: all items 10% off for this special event.
- **Village Herb Shop's Merchant Loft!** - Visit our upstairs loft to find unique hand made items. Support local merchants and buy USA. Find quality loose leaf hand blended teas, heirloom vintage collection, hand made jewelry, custom hand painted glassware windows and tabletop items, jams and butters, hand knit apparel. Merchandise is always changing as new creations are added to their displays. Our new merchants will be offering special classes and events. Check the Merchant's Board in the upstairs loft for sign up sheets and join the new excitement at the Village Herb Shop's Merchant Loft.
  Do you have a talent or craft that would fit in our Merchant's Loft? Please see Kathleen for details.
- **Apr 8, 10:30 am - 12:20 pm: Fiber to Felt Class**
  Learn the basics of nuno felting with wool roving and silk. Fee: $25 includes wool supplies and silk.
  Reservations to Instructor Kristi Lavell: 440-759-3040.
- **Apr 15: Herb Gardening Club**
  New 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. Every 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. Membership is **FREE**. Join anytime. **Reservations Please.**
  Herb Gardening Club Benefits: Herb Garden Knowledge, Free fresh cut herbs from the garden, Plant exchange among members, Herb Gardening Calendar Herbal Tips and Recipes Every Month.
  Work in Gardens: 10 - 12 pm
  Mini Herb Class and Lunch: 12 - 1 pm
  Herb Garden Focus:
  Wednesday, April 15: Inaugural Meeting - Spring clean up, prune and feed roses, soil cultivation, plant hardy herbs, bone meal application.
  Wednesday, May 13 - Plant edible flower seeds, organic soil toning, lime application, planting of annual herbs
- **Apr 20:** Susan Wittig Albert: An Evening with the Author of the China Bayles Mysteries - Mystery Author returns for a special herb program and

craft any day of the week.

All supplies are included for this one low price. **Fee: $5.00 each.**

LEARN MORE

book signing. She will be introducing her newest book: Wormwood. Ticket price will include Susan's Program, Book Signing and Sale, and a Rosemary Tea Party.
AT THE SHOP - Open 5:00 to 9:00 Special sales of Rosemary Plants, Susan's Books
AT THE SHOP - 5:30 pm to 7 pm Meet the Author; book signing: bring in books you have purchased that you would like autographed.
AT THE TOWN HALL - 7:00 pm Rosemary Dessert Tea; book sales and and butters, hand knit apparel. Merchandise is always changing as new creations are added to their displays. Our new merchants will be offering special classes and events. Check the Merchant's Board in the upstairs loft for sign up sheets and join the new excitement at the Village Herb Shop's Merchant Loft.
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  AT THE SHOP - Open 5:00 to 9:00 Special sales of Rosemary Plants, Susan's Books
  AT THE SHOP - 5:30 pm to 7 pm Meet the Author; book signing: bring in books you have purchased that you would like autographed.
  AT THE TOWN HALL - 7:00 pm Rosemary Dessert Tea; book sales and signing

AT THE TOWN HALL - 7:30 pm Program: "The Shakers and Their Herbs" by Ms. Albert.
Tickets are now available for purchase. Your ticket purchase is your reservation. Tickets must be purchased at time of reservation. Ticket for Rosemary Tea Party. Ticket Price: $10 each. Pick up your tickets at the shop or purchase by mail or phone.
Please visit our website for more details!

- **Apr 25:** Tea Tasting Club, Featuring The Teas of China with guest speaker, Judy Peacock - Learn about tea. 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. Two tea tasting seatings: AM: 10:30 am to 12 noon & PM: 2:00 pm to 3:30 pm. 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 25, 2009. **Would you like to have a Tea Tasting Party for your group? Ask us!**

Chagrin Falls Shop Hours

Monday through Saturday: 10 am - 5 pm

Sundays:

Holiday Hours

January through March:	Closed on Sundays
April through August:	12 noon - 4 pm
September:	Closed on Sundays
October through December:	12 noon - 4 pm

Contact Village Herb Shop

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Toll Free: 800-836-9120

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