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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

JANUARY 2009



Thyme

Botanical Name: Thymus

Correctly pronounced "time" this herb has over 400 species. Thyme is native to Europe and Asia. It is a perennial evergreen that reaches a height of about 12 inches. The tiny, narrow, dark green leaves are very aromatic. Some varieties of thyme grow low to the ground and spread to make good ground covers. Thyme flowers prolifically in July and August. It grows well around rocks and stones, and bees love it. Most species are as useful in the kitchen as in the garden.

The British Isles gave us the legend that thyme is the favorite plant of the fairies. It is said that fairies sleep in thyme bushes during the day and tend to the plants at night.

Meaning in the Language of Flowers:
Activity, happiness, or courage
[More about the meaning of flowers](#)

Characteristics:
A perennial evergreen that reaches a height of about 12 inches. The tiny, narrow, dark green leaves are very aromatic. Some varieties of thyme grow low to the ground and spread to make good ground covers. Thyme flowers prolifically in July and August. It grows well around rocks and stones, and bees love it.

Uses of Thyme:

An early use of thyme was as an incense in religious ceremonies. The name "thyme" comes to us from the Greek word meaning "to fumigate". In medieval times, thyme was burned to make people who were ill better and to prevent the plague. Doctors held tiny "nosegays" containing thyme to their noses to keep free from disease. Today, we know thyme is a potent antibacterial herb. Thyme was also used as a funeral herb and planted on graves to give rest to the departed.

Thyme was used in past civilizations to preserve meats and add flavor to many dishes. It was brought to America's shores by the colonists to use for cooking and as a medicine. Thyme's medicinal uses are as an antiseptic, antibacterial, and disinfectant. It is used in many of today's cold remedies.

Recipes

Herb Seasoning for Fish

Mix together one tablespoon of each of the following herbs: dill, tarragon, lemon balm, [thyme](#), [parsley](#). Add one teaspoon of fennel seed and mix all together well. Store in airtight jar. This tasteful herbal blend can be used to season fish and seafood that is grilled, sautéed with olive oil, baked, or fried. Delicious in cream sauces and glazes. Use one teaspoon for four servings. For full flavor crush leaves before using.

Thyme in the garden:

Thyme is an easy herb to grow. Thyme plants often seem to thrive with no care at all. Regular pruning encourages new growth and causes them to flourish and grow stronger. In our north coast climate we recommend trimming thyme bushes by 1/3 in June, July and August to encourage plants to grow round and bushy instead of spindly and twiggy with few leaves. Thyme loves well-drained soil and established plants need little or no watering. They do need plenty of sun. Humidity is thyme's enemy, so regular pruning helps prevent powdery mildew here in August. My garden always has a border of my personal favorite, lemon thyme.

[Or purchase from our online store!](#)



[MORE RECIPES ONLINE](#)

Feeling Better Thyme Tea

- 2 tablespoons peppermint
(eases nausea and tummy troubles)
 - 2 tablespoon [rosemary](#)
(high in anti-oxidants)
 - 2 tablespoons [thyme](#)
(soothes cough and sore throat)
 - 2 tablespoons cut and sifted rose hips
(high in vitamin C)
 - 2 tablespoons lemon peel
(boosts the immune system)
- Mix all ingredients together and store in an airtight jar. Use one teaspoon per cup of boiling water. Steep for 5 minutes. Add honey to taste. Sip throughout the day when you feel the onset of cold or flu.

Thyme in the kitchen:

The oils of thyme are rich and pungent, so it should be used with a light hand in the kitchen. It is good in any seasoning blend and can be used to season beverages, desserts, meats, and fruits. Thyme goes well with carrots and onions, especially with meats, in soups and stews . Thyme is also good with fish and cheese.

Aromatherapy Uses:

Thyme essential oil must be used with extreme caution. The ingredients of thymol and carvacrol in the essential oil are very potent and should never be applied to the skin at full strength. This oil should never be taken internally and never be used by pregnant or nursing mothers. Thyme plants and foliage are very safe and can be used in aromatherapy, teas and cooking.

Medicinal Uses:

Thyme is a strong antibacterial herb. You can make a thyme tea by brewing one teaspoon of dried leaves or one tablespoon of fresh leaves in one cup of hot water. This is said to reduce gas, calm nerves, and soothe coughs and sore throats. My favorite tea for winter time colds is a good one to use with the onset of illness. The recipe on the left is my favorite tea for winter time colds. It is a good one to use at the onset of illness.

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Products Featuring Herb of the Month Thyme:



[Thyme](#)

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[Village Herb Shop Magical Fairy Dust](#)

\$2.95 - \$10.95



[Herb Seasoning for Fish](#)

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Recipes for Your Senses

Cold Thyme Bath Herbs

2 tablespoons thyme
 2 tablespoons spearmint
 2 tablespoons peppermint
 2 tablespoons eucalyptus

Mix all ingredients together. Place two tablespoons of mix in a muslin bag or square of cloth and tie securely. Infuse herbs in tub water. Soak for 20 minutes for optimal effect to relieve cold symptoms.

Insect Chasing Mix

6 bay leaves, broken
 1/2 cup thyme
 1/2 cup lemongrass, cut in 1/4 inch pieces
 1/2 cup mint, crushed
 1/2 cup rose geraniums, crushed

Mix all ingredients together. For added scent add 1 tablespoon oak moss in a pile on top of the mixture. To the oak moss add 10 drops lemongrass essential oil and ten drops of peppermint essential oil. Mix well. Enclose this mixture in squares of fabric or put in open bowls in your closets. This mixture will repel insects and refresh the air while absorbing odors.

Outdoor tip: grow these herbs near your patio dining and relaxing area to reduce insects during outdoor entertaining.



Our Upcoming Classes and Events

[VIEW ALL](#) ▶

- **Jan 24: [Tea Tasting Club Featuring Red "Be Well" Teas](#)** - Learn about teas and taste a variety of teas such as red, green, black and herbal. Enjoy tea time desserts with friends! Reservations Required. Next Quarterly Tea Tasting will be held on April 25, 2009. **Would you like to have a Tea Tasting Party for your group? Ask us!** Seating is limited to 35. Two tea tasting seatings: AM: 10:30 am to 12 noon & PM: 2:00 pm to 3:30 pm.
- **Jan 31: [Rosemary Party](#)** - 11 am to 12 noon with food tasting to follow. Enjoy a program all about rosemary. Learn history, culture, harvesting and aromatherapy benefits. Taste Rosemary Wassail and Rosemary bread. Fresh rosemary plants will be available if supply will last. Join us to inhale the irresistible fragrance of rosemary and be energized and awakened in the new year. Fee: \$10 each. Bring any food to share made with rosemary and get in FREE. Reservations please. Please indicate if you will be bringing food at the time of registration.
- **Feb 7: [Adventures in Tea - A Loose Leaf Experience](#)** - Presented by Paula of Storehouse Teas. 10:00 am to 11:30 am featuring Oolong Teas. Reservations please. \$5 per person.
- **Feb 14: [NEW! Grandmother's Herbs and Simples](#)** - Special FREE program to Celebrate our 15th Anniversary. Join us for an entertaining program by Grandmother, Herb Lady of 1700 as portrayed by Kathleen Gips. Learn the history of herbs and take a tour of Grandmother's Garden in colonial times. Learn about her herbs and simples, and gain tips for using herbs from your garden. 1pm to 2 pm. Reservations please.
- **Feb 18: [Fun with Fiber: first in a series by Kristi Lavell](#)** - Wet Felting: Class will make one felted item to take home. Fee: \$25 including materials. Please call instructor Kristi Lavell at 440- 759-3040 to make reservations or sign up in the Merchant's Loft. 1-2:30pm



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for January's Craft:

Refreshing, Rejuvenating Facial Mist

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

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.**

- **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: \$20
- **Mar 7: [Seed Starting Class](#)** - Instructor: Jamie Binkerhoff, Hemlock Landscapes
Join us to learn how to create an herb and vegetable garden started from seeds. Jamie is a horticulture expert who will guide you through seed planting, germination, potting material and seed care. This beginners class will plant seeds in a pot to take home. They will also take home a seed kit to plant another pot at home. Learn how to save money by using seeds to start your herb and vegetable gardens this spring.
- **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. Class fee: \$20
- **[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, handmade jewelry, custom hand-painted glassware windows and tabletop items, jams and butters, hand knit apparel, delicious caramel chocolate apples and more to come. Merchandise is always changing as new creations are added to their displays. Our new merchants will also be offering special classes and events. Check their booths for sign up sheets and join the new excitement at the Village Herb Shop's Merchants Loft.
- **Mar 28: [Meet the Merchants Day](#)**
11 am Tasting: Tea, Jam and Caramel Apples
2 pm Demonstrations: Fiber Art, Jewelry Making, Painting, Bees and Honey
Do you have a talent or craft that would fit in our Merchant's Loft? Please see Kathleen for details.
- **Apr 20: [Susan Wittig Albert: An Evening with the Author of the China Bayles Mysteries](#)** - Mystery Author returns for a special herb program and book signing. She will be introducing her newest book: Nightshade. We will be selling tickets at the shop beginning January 1. Ticket price will include Susan's Program, Book Signing and Sale, and a Rosemary Tea Party. Ticket Price: \$10 each. Pick up your tickets at the shop or purchase by mail or phone.



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

October through December: 12 noon - 4 pm

Holiday Hours

Contact Village Herb Shop

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