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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

JANUARY 2012



Meaning in the Language of Flowers:

Tea has no meaning.

[More about the meaning of flowers](#)

Characteristics:

The tea plant is an evergreen that can grow to over 40 feet tall. It is usually trimmed to about 4 or 5 feet to allow for constant cultivation of the top three terminal leaves. The tea plant has hard green leathery leaves. Its flowers, which bloom in spring, are white and very fragrant. *Camellia sinensis* is hardy to Zone 8

Tea

Botanical Name: *Camellia sinensis*

History:

Tea has been part of the culture of China for over 3,000 years. It has been used medicinally throughout the ages and valued as a beverage across the world.

In the Garden

Tea plants prefer light well-drained soil. They are not hardy in colder climates, but tolerate temperatures down to about 22 degrees. In our North Coast climate tea plants must be grown indoors in the winter in a well-lighted, warm location. A tea plant can be grown outside in a pot on your deck in the warmer months and brought in to a bright window in the winter. The *Camellia sinensis* plant is a small shrub about 1-2 meters in height, though it will grow taller if you don't prune it. In the fall, your tea shrub will flower with small white blossoms that have a sweet scent. When planted in a pot, *Camellia sinensis* likes well-drained and sandy soil that is on the acidic side. If you are going to grow your tea in a container, add some sphagnum moss to the potting mix. You'll need some patience, too. Your plant should be around 3 years old before you can start harvesting leaves.

Harvesting

Growing tea is only one step in making tea as a beverage. Once your tea plant is growing over three years, you can harvest and process your tea leaves. Only the very young or top three terminal leaves are used. These contain the most essential oils and therefore the most flavor. The leaves can be used fresh in tea infusions or dried for later use. You can make black, green or oolong tea from your plant.

Green Tea

- Pick the top three leaves and leaf buds.
- Blot the leaves dry, and let them dry in the shade for a few hours.
- Steam the leaves (like you would vegetables) on your stove for about a minute.
- For a different flavor, try heating them to dry in a skillet

Recipes

Songbird Green Tea

This is the Village Herb Shop's most popular tea!

Drink this tea and watch your energy level soar.

Aromatherapy and Health Benefits from the ingredients of Village Herb Shop Songbird Tea:

Young Hyson green tea: high anti-

oxidant levels

Lemon balm: calming and soothing

Lemongrass: energizing and uplifting

Spearmint: a natural energy booster

Rosehips: a good source of vitamin C to boost the immune system

Rosemary: increases oxygenation to the brain, boosts brain activity

Lemon peel: increases immunity from disease

Orange peel: produces a sense of happiness

Calendula petals: healing to skin cells

Rosebuds: increases happiness with the release of endorphins

Organic lavender flowers: reduces stress with relaxation of large muscles.

Directions:

Start with 1 cup of green tea.

Add 1/4 cup of each of the following herbs except the lavender. (Add only 1 teaspoon organic lavender flowers to the blend.) Mix well and store in an air tight container away from heat and light. A glass jar or tin is best.

To Brew: Measure one level teaspoon into a tea infuser. Steep in one cup of hot water for two minutes. Sweeten to taste, sip and savor. Watch your energy level rise!

Hint: Heat the water just to boiling to avoid burning delicate green tea leaves.

Tip: Drink one quart of green tea each day for optimum anti-oxidant benefits.

Stress Relief Green Tea

Bath Salts

A tea to help you unwind and relax.

Promotes sleep with relaxation and calming effect.

Ingredients:

2 tablespoons green tea

1/3 cup Epsom salts

1/3 cup baking soda

1/3 cup sea salt

1 teaspoon organic lavender, dried

30 drops grapefruit essential oil

Directions:

Grind tea and lavender flowers with a mortar and pestle until finely ground.

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

Add one to two tablespoons to bath

for 2 minutes instead of steaming. Stir constantly while cooking.

- Spread the leaves on a baking sheet and dry them in the oven at 250 degrees for 20 minutes.

- Store the dried tea leaves in an air-tight container.

Black Tea

- Pick the top three leaves and leaf buds.

- Roll the leaves between your hands and crush them until the leaves start to darken.

- Spread leaves on a tray, and leave them in a cool location away from light for 3 days.

- Spread thinly on a baking sheet and dry them in the oven at 250 degrees for about 15 to 20 minutes.

- Store in an air-tight container.

Oolong Tea

- Pluck the very youngest leaves and leaf buds.

- Spread them out on a towel under the sun and let them wilt for about 45 minutes.

- Bring your leaves inside and let them sit at room temperature for a few hours.

- Make sure to stir the leaves every hour.

- The edges of the leaves will start to turn red as they begin to dry.

- Spread the leaves on a baking sheet and dry in the oven at 250 degrees for 20 minutes.

- Store the dried tea leaves in an air-tight container.

Mix your teas with roses or calendula flowers, herbs like lemon verbena, mint and rose geranium, and fruit peels for a lovely summer tea straight from your garden.

Culinary uses

Tea leaves infused in hot water are the world's second most popular beverage after water. Green tea is made from the steamed and dried leaves. Black tea is made from leaves that have been allowed to ferment for 72 hours and then fired over gentle heat to dry.

Medicinal Uses

Tea is rich in polyphenols. These important anti-oxidants help protect body tissues from damage due to heart disease, strokes and cancer. Tea is an aromatic and astringent herb that stimulates the nervous system. It is a diuretic and is also bactericidal. Research has shown tea to have many health benefits including prevention of heart disease, help in weight reduction, lowering blood pressure, and reducing tooth decay. Four cups of green tea per day is said to be the therapeutic amount to drink.

water.



At VillageHerbShop.com you'll enjoy

FREE SHIPPING

On orders of \$100 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:



[Night of the Iguana Chocolate Chai](#)

\$6.99
Reg. Price \$7.99

[MORE INFO](#)



[Bohemian Raspberry Green Tea](#)

\$6.99
Reg. Price \$7.99

[MORE INFO](#)



[White Chocolate Mousse Tea](#)

\$6.99
Reg. Price \$7.99

[MORE INFO](#)



[Versailles Lavender Earl Grey](#)

\$6.99
Reg. Price \$7.99

[MORE INFO](#)



Recipes

Tub Tea

A blend of green tea, herbs, and citrus peel to soothe and heal your skin including: chamomile, roses, rosemary, lemongrass, mint, calendula, lavender, sage, citrus peel.

Ingredients

1/2 cup green tea
2 tablespoons of each of the following: chamomile, roses, rosemary, lemongrass,

Ginger Lemon Tea

Perfect for an upset stomach or relieve of cold symptoms

Ingredients:

1/2 cup black tea
1/2 cup lemon balm
2 tablespoons lemon peel, dried
1 tablespoon dried ginger root, cut and sifted

Directions: Mix all ingredients together and store in a cool, dark place away from heat and light. Keep tea tightly covered.



peppermint, calendula, lavender, sage and lemon peel

Directions:

Mix all ingredients together well. Place two tablespoons of tub tea mixture into a large muslin bag or heat seal into a large tea bag. Seal herbs securely so they will not be loose in the tub. (loose herbs will clog the drain).

To use: Place sachet into tub while drawing water. Soak in warm tub water to soothe irritated skin, relax muscles and calm the senses.

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 minutes. Remove tea ball. Sweeten to taste. Sip and savor. This tea is perfect for treating a cold or an upset stomach, and can even be used as a tub tea when you have a cold or to stimulate better circulation.

Our Upcoming Classes and Events

[VIEW ALL](#) 

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Happy New Year! New Ideas and New Products Arriving Daily

We have planned our buying to delight our customers. We plan to have new products arrive throughout the month, every month of the year. Our 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 shipments of fragrant square candles, loose leaf teas, fairy furniture, rubs and seasonings, seasoned sea salts, mortar and pestles, all natural bug spray, natural deodorants, sleep masks, glycerin soaps, and tea pots. New products will continue to arrive throughout the year. Come in often to see what's new. We will always have unique products and special gifts. You can expect great prices, great service, and the best product selection around!!!

- **Herb Craft of the Month: Available Daily**

You Can Learn a New Herb Craft Every Month
Every month at the Herb Shop we feature a new Do-It-Yourself Herb Craft of the Month - Make your own craft any day of the week. Just follow our simple step-by-step do-it-yourself directions. All materials are set up in our classroom. You can make your own herb craft in just a few minutes. All supplies are included for this one low price. Learn how to use herbs to make natural products to improve your health and home. No reservations are required. Complete directions provided. Look for our craft table in our upstairs classroom. Previous monthly crafts will be available while supplies last. Call for availability or check the website. Fee: \$5.00 each.

Make your craft any time on any day we are open.

2012 Monthly Craft Schedule:

Join us for January Craft: *Ginger Peppermint Body and Bath Oil*

Join us for February Craft: *Romantic Bath Crystals*

Join us for March Craft: *Aching Muscles Bath Salts with Ginger Essential Oil*

Join us for April's Craft: *Peppermint Rose Herb Tea*

Join us for May's Craft: *Triple Rose Potpourri*

Join us for June's Craft: *Fairy Dust Glitter Gel*

Join us for July's Craft: *U. S. of A. Steak Rub Mix*



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for January's Craft:

Ginger Peppermint Body and Bath Oil

Follow our simple step-by-step do-it-yourself instructions 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](#) 

Join us for August's Craft: *Lemon Ginger Sugar*
Join us for September's Craft: *Rise and Shine Breakfast Tea*
Join us October's Craft: *Ginger Citrus Sea Salt Seasoning*
Join us November's Craft: *Rose Mint All Purpose Cleaner*
Join us December's Craft: *Gingerbread Scone Mix*

Herb Craft of the Month Booklets Vol. 1 (2005), Vol. 2 (2006), Vol. 3 (2007), Vol. 4 (2008), Vol. 5 (2009), and Vol 6 (2010) for \$4.99 each including recipes and complete directions for all herb crafts in each year. Collect all six volumes! We also have Santa's Herbal Workshop Recipes for 2010 at **\$4.95 per booklet**

Remember: The Herb Shop carries all your herb craft needs. Don't have what you need? Ask us!

Herb Craft of the Month by Mail: Call to request your herb of the month craft mailed to you. Our helpful staff will make the craft for you and send you the recipe to make more. Please call with payment of \$10 including shipping!

Santa's Herbal Workshop is featured every November and December. Come in to make gifts for family and friends, office and gift exchanges. This is great for children to make their own gifts. It will be open daily beginning in November for you to make your own herb crafts. Ten crafts will be available. Make as many as you wish!

Saturday, January 7, 10:30 am to 12:00 pm
Susan Albert Herbal Mysteries Book Club Meeting

Join us to discuss the second book in the China Bayles Mystery series. The book for discussion will be: "Nightshade". 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 Heather Randolph.

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

Bring a dish to share from recipes in the book or any herbal dish to get in FREE.

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

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

Reservations Please.

Friday, January 20, Friday, February 17 and Friday, March 16
11:00 am to 3:00 pm, by appointment

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

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.

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: \$10 fee prepaid with \$10 credit given to any purchase of Ecco Bella

Saturday, January 21

Village Herb Shop Tea Tasting Club

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.

Teas featured in January are:

Raspberry Rose Hibiscus, tea bag

Chocolate Banana, tea bag

Romeo and Juliet Pressed Heart Black Tea

Anthony and Cleopatra Pressed Heart Green Tea

Ginger Green Tea, loose leaf

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

Two tea tasting seatings

AM: 10:30 am to 12:00 pm

PM: 1:00 pm to 2:30 pm (NEW TIME)

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

Next tea tasting: April 21, 2012

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

January 28, 2012, Saturday 11:00 am to 1:00 pm

Mint Program and Herbal Buffet Party

Our herbal buffets are very popular events at the Village Herb Shop. This is our so popular herbal potluck. Please join us for delicious food and learn about growing and using mint. Program will be presented by Kathleen Gips.

Fee: \$15 each, prepaid. Bring any food dish made with mint to share with the class and receive a \$10 Village Herb Shop giftcard!

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 mint 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!!!!

Saturday, February 4, 10:30 am to 12:00 pm

Susan Albert Herbal Mysteries Book Club Meeting

Join us to discuss the next book in the China Bayles Mystery series. The book for discussion will be: "Wormwood". 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 reading group guide or find it on line at Aboutyme.com. Look for recipe suggestions on line from the author here also.

Bring a dish to share from recipes in the book or any herbal dish to get in FREE.

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

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

Reservations Please.

Saturday, February 11, 10:30 am to 12:00 pm and 1:00 pm to 2:30 pm

**Quarterly Themed Tea Party
Lavender Valentine's Day Tea Party and Workshop**

Join us for a three course Lavender Tea. We will be serving a different tea for your sipping pleasure with each course. Courses will be soup and scone, savories and desserts. Class portion will begin after tea with a short program on Lavender and a Lavender workshop. Each participant will make a lavender sugar to take home.

See our website for full menu.

Fee: \$25 per person including complete tea service and workshop.

Includes unlimited tea, gratuity and all materials.

Class size limited to 24.

Advance registration required. Advance payment required.

Friday, February 17 and Friday, March 16

11:00 am to 3:00 pm, by appointment

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

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

Fee: \$10 fee prepaid with \$10 credit given with any purchase of Ecco Bella

Friday February 24, 10:30 am to 12:00 pm

Saturday, February 25, 10:30 am to 12:00 pm

**Winter Seminar and Workshop
Green Tea for Health and Fitness**

A sip by sip approach to better health

Program: Herbs and green tea are a naturally healthy combination. Learn the latest about the health benefits derived from drinking green tea daily. Join us for an in-depth look at green tea: growing conditions, processing, brewing and health benefits. Green tea has been proven to increase longevity, decrease cancer risk, promote youth, improve skin cell health to decrease wrinkles, and enhance memory! Class will sip a variety of green teas while learning all about green tea. Learn to brew green tea without bitterness. There are hundreds of kinds the green tea, so choose the best one for you for the new year! Learn to be healthy sip by sip! See how you can **Drink four cups of green tea daily to get maximum health benefits!**

Class will make three herb flavored green teas to take home. Handout and recipes included. All supplies and materials included.

Advance Reservations.

Seminar Fee: \$25.00. Prepaid

This is HOT TEA MONTH at Village Herb Shop.

This class will be FREE to Herb Club Members only.

Mention you are a current Herb Club Member when you make your reservation. Bring a friend to tea class!

Friday, March 9, 10:30 am to 12:00 pm

Saturday, March 10, 10:30 am to 12:00 pm

De-Stress with Herbs Using Aromatherapy Basics

Learn how to use natural herbal scents to reduce stress, calm your mind and change your mood.

You will learn...

definition of an essential oil

mind and body effect of essential oils

psychology of scents

how to use essential oils

quickest way to get results with essential oils

how to make massage oils and salt scrubs
skin care with essential oils
aromatherapy diffusion techniques
how to relax muscles and ease tension
how to promote happiness and feel better
and more

Class will make two aromatherapy sprays to take home, one to calm and relax, and one to energize and awaken.

Class will make two aromatherapy pulse point roll-on applicators to take home, one for increased focus and memory and one to aid sleep.

Class Fee: \$25. Prepaid. All materials and recipes included.

- **Friday, March 16 11:00 am to 3:00 pm, by appointment**
Individual Facial Care Instruction and Make-Up Application

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

Fee: \$10 fee prepaid with \$10 credit given with any purchase of Ecco Bella

- **Friday, March 23, 10:30 am to 12:00 pm**
Saturday, March 24, 10:30 am to 12:00 pm
Garden Seminar

Herb Gardening Design and Basics

You can learn how to design, plant, cultivate, maintain, prune and harvest your herb garden

This program is suitable for beginners who are just starting their first herb garden as well as experienced herb gardeners facing overgrowth and pruning challenges in their established gardens. Learn about herb garden lay out and plant placement, garden ornaments, organic composting, fragrance gardening and theme gardens. Gain ideas from the Herb Shop's thirteen display gardens. We will show you our favorite garden tools and organic fertilizers. The hand-out includes a month by month herb garden care guide. Bring your herb gardening questions or challenges for a personalized answer. Plant a pot of herb seeds to take home!!!

Seminar Fee: \$25.00 Prepaid. Advance registration required.

This class will be **FREE** to any one who participated in our Herb Gardening Monthly meetings in the herb garden last year. This is a thank you to those hard workers who helped to keep the herb gardens looking so neat and cultivated last year. Just mention you were an herb garden worker in 2011 when you register to get a FREE seat in this class.

Hundreds of varieties of organically grown common and unusual herbs available Mid-April. Looking for a special herb plant? Call us with your requests and we will order it for you from our local organic herb farm.

- ***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: 10:00 am - 5:00 pm

Sundays:

January through March: Closed on Sundays

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



17 East Orange Street, Chagrin Falls, OH 44022

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

If you do not wish to receive any further emails please send an email to villageherbshopremove@gocobalt.com
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