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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

JULY 2011



Meaning in the Language of Flowers:
Festivity
[More about the meaning of flowers](#)

Characteristics:
There are two types of Parsley: Curly and Italian, which has a flat leaf. It is categorized as a biennial and is very hardy in our North Coast climate. It prefers rich, moist and well drained soil. It grows well with an addition of 1 tablespoon of Plantone soil enhancer each month during the rapid growing season. It is slow to start from seed and the seeds need to be soaked overnight to hasten germination. It can grow in full to partial sun. Parsley does not like to be transplanted due to its long tap root.

Recipes

Lemon Dill Dip Mix

Ingredients:

4 tablespoons dried dill
4 tablespoons dried parsley
2 teaspoon granulated lemon peel
1 teaspoon ground lemon pepper

Directions:

Mix all ingredients together to make dill dip mix.

Parsley

Botanical Name: Petroselinum crispum (curly) ,
Petroselinum crispum var neopolitanum (flat leaf)

History:

The Greeks favored parsley and used it to crown champions, to decorate tombs, and as a medicine. It was the Romans who first used it with food. Parsley consumption was thought to prevent drunkenness.

In the Garden

Parsley grows in a round leafy mound of soft curly leaves. It grows about 2 feet in height and about 12 inches wide. The leaves of Italian parsley are divided and those of curly parsley are feathery and curly. The leaves have a strong fragrance. Parsley has a long taproot that resembles a small parsnip. Parsley blooms quickly in the second summer. When it blooms the leaves become bitter and rather untasty. I have found that parsley is best grown as an annual and plant it yearly near my basil. There, with the extra feeding given to the basil, it grows lush and stays green even under the snow!

Harvesting

Parsley must be dried quickly to avoid the loss of the green chlorophyll in the leaves. To dry and keep the green color, remove all leaves from the stems and dry them quickly in a warm, dim, dry location. I use the top of my refrigerator and put the leaves in a single layer on a basket-type tray to facilitate air circulation and the drying process. Parsley will turn yellow if you hang it in bunches to dry. Parsley ice cubes are handy to use in cooking. Place about two cups of parsley leaves in a blender with one to two cups of water. Blenderize and freeze the blend in ice cube trays for use during the winter months. Parsley can actually be harvested fresh even under a snow cover if temperatures have remained about 30 degrees.

In the Kitchen

The taste of the parsley is welcome addition to most dishes from the kitchen. It is valuable, not just as a garnish for the plate, but as an aid to digestion and a great source

Lemon Dill Dip

Ingredients:

- 1 cup sour cream
- 1 cup mayonnaise
- 1 Tablespoon Lemon Dill Dip Mix

Directions:

Mix all ingredients together and chill overnight.



of chlorophyll. Add it to a variety of foods including breads, butters, eggs, vegetables, pasta, potatoes and meats.

Medicinal Uses

Parsley has been used in times past as a diuretic, carminative, and expectorant. Chewing the fresh leaf of parsley freshens the breath and promotes healthy skin. An infusion or tea of parsley will soothe an upset stomach. Parsley consumed with a meal aids in digestion by stimulating the appetite and increasing blood flow to the digestive organs. Folk medicine recommended that parsley leaves be rubbed on insect bites for immediate relief of pain and swelling. The leaf reduces inflammation by blocking histamine. Parsley is often used in weight reducing teas due to its diuretic effect.

At VillageHerbShop.com you'll enjoy

FREE SHIPPING

On orders of \$50 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:



[Thymes Eucalyptus body lotion](#)

\$11.50
Reg. Price \$22.99

[MORE INFO](#) ▶



[Lavender Essential Oil](#)

\$3.95
Reg. Price \$7.99

[MORE INFO](#) ▶



[Parsley Party Dip](#)

\$2.99
Reg. Price \$6.99

[MORE INFO](#) ▶



[Parsley](#)

\$1.50
Reg. Price \$2.99

[MORE INFO](#) ▶

Recipes

Natural Herb Seasoned Sea Salt All Purpose Seasoning

Ingredients:

- 2 Tablespoons dried Basil
- 2 Tablespoons dried Dill
- 1 Tablespoon dried Savory
- 1 Tablespoon dried Parsley
- 1 teaspoon granulated Lemon Peel
- 1 teaspoon granulated Onion
- 1/2 cup fine grind Sea Salt

Layered Parsley Salt

Directions:

In a wide mouth jar, layer fresh finely snipped parsley with fine grind sea salt. Start and end with salt. Salt layers should be about 1/2 inch in width and parsley layer should be about 1/4 inch thick. Layer until jar is full with the first and last layers salt. LEAVE UNCOVERED until parsley is thoroughly dried (about 2 weeks). The salt will act as a desiccant and dry the parsley while absorbing the flavor. This makes a welcome hostess gift.



Directions:

Mix all ingredients together in a bowl and spoon into a one cup container.

Yield:

1 cup seasoned salt

To Use:

Use to season meats and vegetables, potatoes and salads. This is a delicious all purpose seasoning. Use as you would salt, and decrease your salt intake while increasing the flavor of foods with herbs.

Note: Substitute your favorite herbs for the herbs called for in this herb salt seasoning. Make lots of jars because it will become a family favorite! By substituting herbs for some of the salt, this mixture adds flavor to foods and decreases salt intake. For a salt free mix, sea salt may be deleted from the recipe. Always use sea salt to make this recipe for the added natural minerals it provides to your diet.

Parsley Chive Butter

Serve with fresh sweet corn, potatoes or bread

Ingredients:

2 tablespoons finely chopped fresh Parsley
2 tablespoons finely chopped fresh Chives
8 tablespoons (1 stick) Butter
1 teaspoon Lemon Juice

Directions:

Combine all ingredients and refrigerate overnight

Our Upcoming Classes and Events

[VIEW ALL](#) ▶

- July 1-31 Annual Attic Sale at the Village Herb Shop**
We will be cleaning the shop all month and giving the customers so many bargains!
 This is our biggest and ONLY sale of the year!
 Shop our classroom for bargains galore!
 New sale items and treasures added every day!
 Attic Sale Includes: Excess products, one-of a kind gifts, craft items, displays, over-stock, seasonal items, bulk botanicals, and lots of herb shop stuff.
Join us for our once a year BIG sale. This is our ONLY sale of the year!!!!
- Friday, July 15 10:30 am to 12:00 pm**
Saturday, July 16 10:30 am to 12:00 pm
Herb Profile: Ginger
 Learn all about the root ginger. The medicinal benefits, how to cook with it and even how to grow it in the summer months in your garden. Taste crystallized ginger and ginger tea. Experience the flavors of ginger in some of our favorite recipes. Make Gardener's Ginger Tea and Citrus Ginger Salt to take home.
Class Fee: \$15. Reservations please
This class will be repeated for two days.
- Saturday, July 23**
Village Herb Shop Tea Tasting Club
 Learn about tea, taste tea and have a tea party. Enjoy a short lesson on one aspect of tea. We will demonstrate proper brewing techniques and tips on serving tea. You will taste a variety of teas: red, green, black, and



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

Join us for July's Craft:
Horseradish Barbecue Herb Rub

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.**

[LEARN MORE](#) ▶

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 12:00 pm

PM: 2:00 pm to 3:30 pm

Reservations Required.

Seating is limited. Join us to sip and savor!

Next tea tasting: October 22

• **Saturday, July 23, 11:00 am to 4:00 pm:**

Tea Leaf Reading

Lynette Trolli, Psychic Reader and Clairvoyant, will be scheduling tea leaf readings at the Village Herb Shop. Please call Lynette at 216-481-3588 to schedule your personal tea leaf reading. Lynette is very popular among our customers and this should be an interesting and fun addition to our store. **Fee: \$20** for 20 minutes.

Please call for your reservation.

• **Thursday, July 28, 4:00 pm - 8:00 pm**

Herbal Mystery Garden Party

- Dessert Tasting with Teresa Cszima and Sugar Me Bakery.
- Mini Meal with Chef Lucille cooking with herbal seasonings from Urban Accents: 6– 8 pm. The Menu will include great foods to cook using the summer bounty. Prepared and served in the upstairs classroom.
- Herbal Treasure Hunt. Complete the quiz and win a prize!!
- Basil Lemonade and Hibiscus Punch.
- Tea Leaf Readings with Lynette in the loft from 4 pm to 8 pm. Sign up when you come or call in advance. Twenty minutes for \$20
- Reflexology in the garden. Treat your feet with Reflexologist, Nancy Barnes. Fifteen minutes for \$10. Sign up in the herb garden.

Join us for herbal fellowship and learning! This is our annual *bring a friend* night. Bring a NEW friend to visit the Village Herb Shop and both of you will receive a \$5 gift card!!!!

AND >>> If you are an Herb Club Member and your friend joins the herb club on our party night, you get **one year free!**

Reservations please. FREE!

• **Thursday, July 28 through Saturday, July 30**

Chagrin Falls Village Annual Sidewalk Sale

Bargains all over town!!! - Including at the Village Herb Shop. For more information call Chagrin Falls Chamber of Commerce. 440-247-6607

• **August 1 to September 22**

Earn Cool Fall Dollars every time you shop!

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 for up to fifty percent off the original price. Spend them on all of your favorite products during the last week in September!!!

• **August 1**

Fall Product Arrives!!!

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.

- **August 4, Thursday 5:00 pm to 9:00 pm**
Village Herb Shop

.....gifts for fragrance and beauty, home and garden.....

is participating in Your Hometown Chagrin Falls

First Thursday Stroll, Dine and Shop Event

Village Herb Shop will sponsor a Summer Iced Tea Tasting featuring iced green tea, flavored black tea, red tea and herbal tea. Buy delicious teas to enjoy in the warm summer months. Our loose leaf tea bar features over 50 different teas. Learn how to make tea from fresh herbs. Demonstrations and tasting will be held throughout the evening. **Free event!**

Local artisans who rent space in our upstairs loft will be in their booths to talk about their crafts. Find a locally made treasure for a special and unique gift.

Village Herb Shop is located at 17 East Orange Street in the Stepnorth complex. Lots of Free parking in covered lot behind our store off East Cottage Street.

Open Monday through Friday 10:00 am to 5:00 pm

Open first Thursdays of the month 10:00 am to 9:00 pm.

440-247-5029

- **Saturday, August 6, 10:30 am to 12 noon**
Susan Albert Herbal Mysteries Book Club Meeting

Join us to discuss the eleventh book in the China Bayles Mystery series. The book for discussion will be: "Dilly of a 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 an Indigo Dying 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. Bring your favorite herbal dish to share. This month we will be sharing our herbal harvest: bring any herbs from your garden that you would like to share.

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!!! **Reservations please.**

- **Wednesday, August 10**
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 10:00 am to 12:00 pm.

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 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.

Herb Gardening Club Benefits

Round Robin herb tips exchange

Herb Garden Knowledge

Free fresh cut herbs from the garden

Plant exchange among members

Herb Gardening Calendar

Herbal Tips and Recipes Every Month

Practical (Kundalini) Reiki Classes

Saturdays, August 13th, 20th, and 27th 2:00 - 4:00 PM

Special Offer: \$100 for the complete course

All classes will be at the Village Herb Shop 17 East Orange Street, Chagrin Falls

Reiki Training - This is a very natural, simple and strong healing modality that is easy to learn and practice. This healing method will enable you to immediately access Reiki for self healing and healing others. There are no symbols to learn, no specific hand positions, and attunements are easy to pass on to others. You will also learn distance healing, clearing negative energy in a room, healing relationships and more. You will learn all 3 levels in the 3 classes. After completing the 3 levels, you will also be able to teach others.

Everything you need is included: Reiki Master Training, 3 Attunements, the basic Kundalini Reiki book and a Certificate of Completion. You may purchase the New Practical Reiki Book for \$15.

Instructor: Nancy Barnes - Reiki Master/Teacher

Contact Nancy at 440-557-5118 to reserve your spot.

Prepay for the course by August 10th and get a free Reiki Music CD

Sign up a friend and get a \$10 Gift Certificate

SPECIAL OFFER

Spend \$25 on any products, services or classes/workshops from NB get any \$10 healing bracelet FREE.

NB's merchandise is located upstairs at VHS toward the front of the store. Look for the sign Holistic Health of Chagrin Falls.

Saturday, August 27 10:30 am to 12:00 pm

Herb Profile: Tansy

Learn all about the herb Tansy including history, growing tips and uses.

This herb repels ants and flies and is a tall feathery addition to the herb garden. Learn how to get rid of ants naturally and how to keep flies off your picnic foods with tansy. Workshop will make three items to take home: tansy ant repellent bags; pet pillow for the pet's bed; closet mix to

keep closets fresh and to repel insects.

Class Fee: \$15. All materials included.

If you are interested in attending this class on Friday, August 26, please call. Kathleen will teach on Friday and Saturday if there is enough interest.

- **September 1 to 30**

 - **Village Herb Shop 17th Year Anniversary**

 - **Join us to Celebrate for the entire month of September**

 - Pick a discount or special sale offer every time you shop all month!!!

 - Events every Saturday!

 - Special discounts featured every day!

 - **Preview of the Month:** Details to follow! Save the dates!

 - **September 3:** Susan Albert Book Club

 - **September 9:** Individual Facial Care Instruction and Make-Up Application by Esthetician, Jan Cellura

 - **September 10:** Horseradish Program and Herbal Buffet featuring Horseradish

 - **September 17:** Edible Flower Program and Book Signing by Eat Your Roses author Denise Schreiber

 - **September 24:** Summer Harvest Cooking with Chef Lucille

 - **September 23-30:** Redeem Cool Fall Dollars

- **Practical (Kundalini) Reiki Classes**

 - **Tuesdays, September 13th, 20th, and 27th 1:00 - 3:00 PM**

 - **Special Offer: \$100** for the complete course

 - All classes will be at the Village Herb Shop 17 East Orange Street, Chagrin Falls

 - **Reiki Training** - This is a very natural, simple and strong healing modality that is easy to learn and practice. This healing method will enable you to immediately access Reiki for self healing and healing others. There are no symbols to learn, no specific hand positions, and attunements are easy to pass on to others. You will also learn distance healing, clearing negative energy in a room, healing relationships and more. You will learn all 3 levels in the 3 classes. After completing the 3 levels, you will also be able to teach others.

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- **Every Sunday 9:00 am to 1:00 pm June through October:**

 - **Chagrin Falls Farmers Market** in the center of town near the gazebo.

- **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 August: 12:00 pm - 4:00 pm

September: Closed on Sundays

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

Contact Village Herb Shop

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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