



KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

JUNE 2009



Scented Leaf Geraniums

Botanical Name: Pelargonium

History:

Scented leaf geraniums were discovered in 1632 in the Cape of Good Hope in South Africa and arrived in England in the late 1600's. The Victorians were enamored with their scent and planted them in greenhouses and next to the porch in their parterre gardens. The story goes that scented were planted along pathways so Victorian skirts would release their fragrance as ladies passed by. Lemon geraniums were often used in finger bowls to clean the hands before and after dinner.

Characteristics:

Scented leaf geraniums, or pelargoniums as they are more properly called, are tender perennials and have a high concentration of essential oils within their cell structures. Their scents are released with the heat of the sun or gentle pressure from fingers. There are about 200 varieties of the scented pelargoniums, including fifty with a rose scent. All varieties are frost sensitive. Many can grow to 10 feet in their native habitat. Scenteds are not grown for their flowers, which are very tiny and sometimes never seen, but instead for their fragrant foliage. Leaves of snowflake and peppermint geraniums can grow to a large five inches and look lovely as a natural doilie under a plate of cookies. The percentage of volatile oils can vary so no two observers may experience the scents in the same way.

Scented Leaf Geraniums in the Garden:

I became infatuated with scented leaf geraniums when I was chairperson of the Fragrant Garden for the Western Reserve Unit of the Herb Society of America at the Cleveland Botanical Gardens. The beautiful tapestry of the leaves with different shapes, subtle colors, and intense fragrance has captured my attention ever since. The sight of the fuzzy peppermint leaf, the crinkly coconut leaf or the fern-like rose leaf is irresistible. The intensity of fragrance is what causes most people to be scented leaf geranium fans. The high concentration of essential oils in the leaves makes them highly scented treats for one's nose. Scents of mint, rose, lemon, nuts, fruits and more will fill the air with fragrance as you touch the leaves. Scented leaf geraniums are the easiest herbs to grow and among the most lovely to view in your garden.

In our north coast climate scented leaf geraniums are grown as annuals and are especially suited to grow in containers. The cramped roots are similar to conditions of growing in the rocks along the coast of Good Hope. They will be highly scented in full sun, but can tolerate filtered light. The peppermint or chocolate peppermint varieties prefer a filtered light and will grow very large in just one summer season. Geraniums require frequent watering in the summer months when temperatures are above 75 degrees. Lack of moisture will result in wilted foliage and yellow leaves.

Their growth slows when temperatures reach ninety degrees.

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

Recipes

Triple Rose Happiness Tea

1/2 cup loose leaf black tea.

Mix in 1 Tablespoon rose buds

Mix in 1 Tablespoon rosemary

Mix in 1 tablespoon dried crushed
rose geranium leaves,

Mix in 1 Tablespoon Hibiscus.

Mix in 1 Tablespoon seedless Rose
Hips.

Mix in 1 Teaspoon whole cloves.

Mix well in cup and pour into jar for
storage

To Brew: Place one level teaspoon into
tea ball or enclosed muslin reusable tea
bag. Place in one cup boiling water.

Cover and steep for 3 to 4 minutes.

Remove tea. Sweeten to taste. Sip and
savor.

Aromatherapy Effects:

Rose petals produce a feeling of
happiness. Rose Geranium is balancing
and comforting. Rosemary increases
memory. Hibiscus and rosehips provide
Vitamin C for immunity. Cloves give a
feeling of contemplation and peace.

Enjoy!



[MORE RECIPES ONLINE](#) 

Rose Geranium Sugar

Delicious in iced or hot tea, desserts and fruits

Make two cups of delicious Rose Geranium sugar using pure Rose Geranium essential oil and Rose Geranium leaves. Use this sugar to flavor hot or iced tea, on fresh fruits and in baking cakes or cookies. Makes a great gift for the tea lover in your life!

[Make this recipe with dried Rose Geranium leaves](#)

[Make this recipe with fresh Rose Geranium leaves](#)

They are most happy when temperatures are 50-60 at night and 65-75 in the day. Fertilization may cause weak spindly growth. When growing scented geraniums in pots, dig in about 1/4 cup of bone meal as a slow soil amendment. Confining the roots in pots promotes flowers. It takes 15 weeks for flower bud tissue to form on the tips, so if you pinch and use your scented geraniums often you will never see the tiny flowers. The stronger and more pungent the scent, like the variety Clorinda which flowers with a big rose colored bloom, the more striking the flower. Conversely, the sweeter the scent, like old fashioned rose, will yield clusters of tiny (1/4 inch) white flowers.

Scented geraniums can grow to 3 or 4 feet high when planted directly in our gardens in Ohio. Harvest the leaves during August. The leaves should be removed from the stems and dried on trays in a single layer in a warm, dry, dim location. The leaves will often turn yellow if a dehydrator is not used, but they will still have intense fragrance when dry.

Scented Geraniums make suitable house plants. Large plants may be difficult to move indoors, but stems are easily rooted. Take a 4 to 6 inch cutting from the tip in August. Remove leaves from half of the stem cutting. Dip the end in Rootone and place in a pot of soil. Keep the pot watered and in filtered light until new growth appears. When temperatures reach 40 degrees, this starter plant can easily be moved indoors to a bright sunny windowsill for the winter. Scented leaf geraniums may get white fly. Treat this with Safer's natural insecticide spray.

One component of their essential oil is a very effective insect repellent. Plant many varieties on your patio where you spend time outdoors and watch the insect population decrease.

Scented Leaf Geraniums in the Kitchen:

Scented Leaf Geraniums have been used for cooking since the early 1800's because their scents mimick certain foods. They are especially tasty in cakes, cookies, teas and custards. Not all scented geraniums have flavors that taste good in foods. The most popular varieties used in cooking are lemon, rose and mint. They are used in sweet dishes, sauces, confections, ices, and desserts. Place a few leaves of rose geranium on the bottom of a cake pan and the delightful flavor and scent will be released into the cake.

Aromatherapy Uses:

The essential oil of rose geranium is a balancing tonic for skin and mind. An ingredient in the essential oil mimics the effect of estrogen and helps to regulate hormonal fluctuations in premenstrual or menopausal women. Victorian women would sprinkle a few drops on a hanky to dispel tension and soothe hot flashes.

“Rose Geranium essential oil is believed to contain phyto, or plant hormones, that can help the human body's hormone system to function properly.” (The Essential Oils Book by Colleen K Dodt, Storey Publishing)

Medicinal Uses:

Anti-depressant, anti-inflammatory, antiseptic, astringent, deodorant, diuretic, fungicidal. It is especially effective for skin inflammation and to increase circulation.

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!

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Receive a FREE Rose Geranium Gardener's Soap

With a \$30.00 purchase.

ONLINE PROMO CODE: ROSESOAP
OR CLIP FOR IN-STORE COUPON

*Expires 7/15/09.
Excludes S/H or sales tax.



Products Featuring Herb of the Month Scented Leaf Geraniums:



[Village Herb Shop Spring Rose Tea](#)

\$7.95

[MORE INFO](#) ▶



[Old Fashioned Rose Tea Cup and Saucer](#)

\$12.95

[MORE INFO](#) ▶



[Aroma Naturals Aromatherapy Candles - Hope](#)

\$2.99 to \$11.95

[MORE INFO](#) ▶



[EO Bath Salts Rose Geranium and Citrus 21.5 Oz.](#)

\$11.99

[MORE INFO](#) ▶

Recipes for Your Senses

Rose Geranium Sachet

Mix one heaping tablespoon of each of the following:

- 1/4 cup Rose Petals
- 1/4 cup Oakmoss
- 1/4 cup Lavender
- 1 Tablespoon Orris Root, cut
- 30 drops Rose Geranium oil essential oil

Mix all ingredients except orris root and essential oil. Put Orris Root in a pile on top of the mixture and drop on the essential oil. Allow to sit for a minute or two and then mix well.

Spoon mixture (keep away from hands) into sachet bag. Add a few whole rose buds if available.

Rose Geranium Balancing Body Spritz

Ingredients:

- 3 1/2 ounces filtered water
 - 1 teaspoon unscented alcohol. (acts as a natural preservative)
 - 15 drops rose geranium essential oil
 - 15 drops grapefruit essential oil
- Apply cap and shake well. Shake before each use. Use on skin especially at pulse points. Keep away from eyes.

[More Recipes for Your Senses](#)





Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for June's Craft:

Summertime Body Oil

Join us for July's Craft:

Layered Herb Salt in Glass Jar

Join us for August's Craft:

Herbal Vinegar

Join us for September's Craft:

Herbal Bath Bag in a Washcloth Scrubber

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](#) 

- June 17, 10:00am - 12:00pm: [Herb Gardening Club](#) - Join our Green Team of herb garden enthusiasts.** Our club will meet once a month every month from April through October. We will work two hours in the herb garden in the front of our shop. Learn to manage your herb garden by working in ours and 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. 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. Garden Club will be held rain or shine. Membership is FREE and there is no charge for participating. Join anytime. Reservations Please. **Work in Gardens: 10:00am - 12:00pm. Mini herb class and lunch 12:00pm — 1:00pm. Please bring a dish to share if you wish.**

Wednesday, July 15: Prune lavender and sage, apply lime to lavender, trim thyme garden, dry herbs for tea, basil culture.

[See complete schedule on our website.](#)

- June 18-19, 1:00pm - 3:00pm: [Fairy Events](#) - Fairy Tea, Fairy Program and Fairy Garden Workshop! All Ages Welcome!** Wear a fairy crown, wave a fairy wand, touch fairy wings and get sprinkled with fairy dust. Taste tiny fairy cakes and sip Fairy Thyme punch ("to drink the tea of thyme enables one to see the fairies") Enjoy the program "Fairy Tales from the Herb Garden" by Kathleen Gips.

Class starts with a program on fairies and fairy lore. You will learn the history and traditions of fairy lore, the fairies' favorite plants and proper fairy etiquette. Learn which herbs to grow to make the fairies happy. Find out about fairy etiquette and how to get the fairies to come to your garden. Learn how to attract the fairies to live in your very own container fairy garden. The Herb Shop Elves will help you create your own Fairy Garden to take home. You will create a tiny moss fairy house, a fairy pond, fence and fairy sea shell bed. Included in your garden will be three fairy plants. All materials and fairy accents will be provided. Plants, soil, container, and additional fairy accents included in fee. (This program will be longer and more structured than the Saturday event).

Reservations required for all seats. Please tell us the number of seats your party needs and also how many gardens will be made. Wear your fairy costume and receive a special prize from the fairies.

Fee: \$30.00 for each garden made.

- June 20, 10:00am - 4:00pm: [Fairy Garden Workshop](#) - Let us teach you to create a garden to attract the wee folk. We will show you how to build a fairy house, pond and miniature landscape. Add herb plants and garden accents to make your own container fairy garden to take home. You will receive a fairy garden kit, container and 3 fresh plants to make your own garden. All materials and plants included. Just bring your imagination. All ages join in the Fairy Fun—wear a fairy crown and be sprinkled with Fairy Dust. Fairy refreshments will be served. This workshop will be on-going in our upstairs classroom. Join us for lots of Fairy Fun.**

Come anytime between 10 and 4 to create your own fairy garden. Making the garden will take about 30 minutes to an hour. Fee: \$25.00 per garden. Advance reservations requested, but call anytime and we will try to accommodate you. Wear your fairy costume and receive a special prize from the fairies.

Have you visited our fairy room at the Herb Shop lately? It is fully stocked with beautiful fairy dolls, figurines, statues, fairy wands, fairy dust, fairy books and everything you need to create your own personal fairy garden. The centerpiece is our magical fairy scape with all its fairy inhabitants like the bunnyfly, fairy pup, and angry gnome. There are garden adornments like wishing wells and fairy tire swings, fairy cottages, walls, bridges, steps, everything to create your own indoor and outdoor fairyscape. We carry collectors series of both the Cicely Mary Barker and Faerie Glen fairies. We have the largest collection of fairy items around. Come in and "Believe".

NEW Would you like to help us create a fairy walk on the east side of the Herb Shop? The fairy house kit will include all items to create a fairy structure on our grounds including a special wall and a name plaque. Your name will be on your creation for all visitors to see and

to delight the fairies. Fee: \$10. Please call for details. Come in anytime to purchase your kit to be part of Village Herb Shop fairyland for all to visit.

- **July is Sale Month at the Village Herb Shop** ANNUAL ATTIC SALE FOR THE MONTH OF JULY! in our upstairs classroom. Big Sale! Help us clean house. New items 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.
Chagrin Falls Second Annual Art Walk: July 9, 10 - We will be featuring our artists from our Merchants loft. Stroll the village to see special artists in each store. Refreshments. Evening hours.
Chagrin Falls Annual Sidewalk Sale: July 23-26 - Shop the town for bargains galore.
- **July 11, 2:30pm: [Adventures in Tea A Loose Leaf Experience](#)** - Hosted by: Paula Hershman, Storehouse Tea Company
Fruity Frozen Teas. Cost \$5.00 - Includes two teas and delicious scones. Space is limited so please RSVP paula@storehouseteacompany.com Or call Paula Hershman 216-406-9139
- **July 25, AM: 10:30 am to 12 noon - PM: 2:00 pm to 3:30 pm: [Tea Tasting Club](#)** - Featuring A Children's Tea Party and Children's Tea.
We will be tasting Republic of Tea's four new Little Citizens Herb teas. Don't be fooled by the name. These teas are delightful for people of all ages, served hot or cold. These are organic decaffeinated flavored rooibos teas or red teas. Learn about these high antioxidant caffeine free teas and bring a young person in your life to taste with you. 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. Fee: \$5 at the door for each seat. Free admission if you bring tea time sandwiches, bread or dessert to share. Reservations Required. Seating is limited. Join us to sip and savor! Next Quarterly tea tasting will be held on October 3, 2009. **Would you like to have a Tea Tasting Party for your group? Ask us!**
- **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. Can't join us on class day? Just give us a call, pay and register for the class. The Village Herb Shop staff will make the products for you. You can pick up the workshop projects already completed with recipes at your convenience. **Class Fee: Originally \$20. Now a Recession Busting \$10!**
- **July 18, 1:30 pm - 3:00pm: [Summer Cooking with Herb Rubs](#)** - Join us for our guest lecturer, Lucille Galland to taste the flavors of summer cooking with herbs and rubs. She will demonstrate how to make a herb vinaigrette for salad, grilled chicken with herb rub and spiced fruit salad. Lucille is a dietician and teaches chef's nutrition. She is a member of the International Culinary Art's and Science Institute Loretta Paginini School. Please join us to learn how to use herbs in your garden. Class will make an herb rub to take home. Class Fee: Originally \$20 now a recession busting \$10. Reservations please.
- **August 15, 10:30 to 12 noon: [At Home Summer Spa with Herbs](#)** - Take care of your face, hands and feet using the herbs in your garden. Learn how to make simple exfoliants like sugar and salt scrubs to remove dry skin. Follow our simple steps using scrubs and body oils for soft, moisturized summer skin. Use our recipe to make a hydrating body mist and healing herbal bath mix. Class will make a chamomile and lavender eye pillow to take home. Class Fee: Originally \$20 now a recession busting \$10



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

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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