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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

June 2011



Meaning in the Language of Flowers:

Be cheerful and rejoice in life
[More about the meaning of flowers](#)

Characteristics:

Sweet woodruff is a ground cover that grows well in shade and filtered light. The plant is a creeping rhizome that grows to about 8 to 10 inches high. It will creep slowly to fill the area in which it is planted. It flowers in May with tiny white flowers in tiny bouquets or bunches and is a blanket of white flowers in spring. The leaves are about 1 to 1 1/2 inches long. The leaves are narrow and rough, and grow in whorls of about 6 leaves. The fresh leaves are not fragrant. The fragrance of sweet woodruff develops when the leaves are drying. Sweet woodruff grows wild in many forested areas of the U.S. as well as the banks of the Black Forest in Germany. It will grow in a shady corner of a garden with very little attention.

Sweet Woodruff

Botanical Name: Galium odoratum

History

Woodruff was a favored strewing herb in medieval times. It was strewn on the floors of churches and used in garlands to decorate statues during festivals in May. Woodruff was a favorite herb used to stuff mattresses and pillows releasing its fresh scent when crushed. Germans traditionally use sweet woodruff to flavor May Wine. They greet the month of May with a Mai Bowle to celebrate the end of winter and the beginning of spring.

In the Garden

Sweet woodruff is a very hardy perennial in our North Coast climate. If you are seeking herbs that can be grown in shade, this is one of the few that prefer shade and can grow as an herbal ground cover in areas with shade or filtered sunlight. It prefers rich, moist soil and will grow very green and lush in these conditions. However, it will grow in any soil type and does not need watering during dry spells. Sweet woodruff goes dormant in very hot, dry summers. When grown in direct sunlight in a dry location, sweet woodruff leaves turn yellowish. Sweet woodruff will spread slowly to cover the ground where it is planted. It is difficult to grow from seed, but is easy to propagate by digging a small section of the many roots. It spreads by underground runners, but it is not as invasive a root system as mint has.

Harvesting

Sweet woodruff can be harvested anytime but, for the best fragrance, you should harvest just before it flowers. Cut the leaves in the whorls and pile them loosely on trays or in a paper bag. Dry in a warm, dimly lit area for about a week. Leaves dry quickly and will then develop the lovely vanilla-like fragrance. This sweet odor of woodruff is due to

Recipes

Sweet Woodruff Dryer Bags

Use this fragrant herb to add fragrance and freshness to your clothes and linens. The heat of the dryer releases the faint fragrance of vanilla.

Ingredients:

1/2 cup fresh or dried sweet woodruff
1/2 cup fresh or dried lemon thyme

Directions:

Tie fresh or dried herbs securely in a small square of cloth or a muslin bag. Put in dryer while clothes and linens are drying. The fresh scent will permeate your clothes.



coumarin, a chemical contained in its leaves. Coumarin is often used as an ingredient in perfumes due to its rich fragrance and also because it is known to be a fixative. A fixative holds or "fixes" scents. So sweet woodruff is useful in making perfumes and cosmetics as well as potpourri.

In the Kitchen

The taste of the sweet woodruff flowers is a combination of lemon and vanilla. It is delicious in cold drinks such as lemonade and iced tea. Some people drink sweet woodruff as a soothing tea. It is a mild sedative and used to calm the nerves.

Medical Uses

In the Middle Ages sweet woodruff was considered a valuable medicine and used for treating wounds as well as indigestion.

Caution: In large amounts it can have a blood thinning effect because the coumarin is an anti-coagulant.

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Spend a lovely day in charming Chagrin Falls



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Reg. Price \$3.75

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Pre de Provence Lotion Lavender

\$11.99
Reg. Price \$13.99

[MORE INFO](#)



Thymes Bar Soap Lavender

\$11.99
Reg. Price \$13.99

[MORE INFO](#)

Recipes

May Wine

The delicious flavor of sweet woodruff is the perfect welcome to spring.

Ingredients:

1 bottle Rhine wine
1 cup flowering sweet woodruff, fresh
1 bottle sparkling water
1/2 cup sugar

Directions:

Pour one cup of wine from the bottle and set aside. Put fresh flowering sweet woodruff into wine bottle and push down with a wooden spoon. Add wine that was set aside to the top and tightly cap bottle. Put wine in refrigerator for at least 24 hours and up to three days. Strain sweet woodruff out of wine. Heat wine with sugar until it is dissolved. Chill the sugared wine.

To make punch add wine infused with sweet woodruff and sugar to sparkling water or ginger ale in a punch bowl. Serve with sliced strawberries on top and fresh sprigs of sweet woodruff.

Sweet Woodruff and Lavender Lemonade

The delicious flavor of lavender and sweet woodruff is very refreshing in lemonade.

Ingredients:

1 can frozen pink lemonade
2 teaspoons organic lavender
1/4 cup fresh sweet woodruff flowers or foliage

Directions:

Measure four cups of water into a sauce pan. Place sweet woodruff and lavender in a square of cheesecloth or a muslin bag and secure tightly. Place herb mixture into water. Heat water just until boiling. Cover and allow herbs to steep in hot water for 15 minutes. Remove herbs and cool the liquid.

Use this liquid to reconstitute the frozen lemonade. Serve with a fresh lavender stem.



Sweet Woodruff Drawer Liners

This mixture will keep drawers smelling fresh and clean and repel insects.

Ingredients:

2 cups dried sweet woodruff
2 cups of any of the following dried herbs in any combination:
rosemary, thyme, southernwood, santolina, rose geraniums, bay leaves

Directions:

Fill an old pillowcase with these herbs. Turn the end of the pillow case over and pin with safety pins so contents stay inside pillow case. Lay pillow case flat in the bottom of a drawer or trunk and evenly distribute herbs throughout the pillow case. Put clothes and linens on top of pillow case.

- Tuesday, June 28 1:00 pm to 3:00 pm**
Healing Heart Workshop

This workshop will be beneficial in so many ways. You will learn techniques to heal your heart, release damaging attachments and strengthen bonds. You will also learn to clear your aura, release negative emotional history, and recognize energy depletion, and how to restore your heart chakra. There will be hand-outs, demonstrations and techniques on how to do Heart Healing. Bonus - After completion of the class you will receive a detailed 40 page workbook via email. Light refreshments will be available.

Nancy Barnes a Holistic Health Practitioner will be hosting this workshop. It will be presented by her associate Mary Ann Reiger, a Reiki Master and intuitive who developed workshops based on her fifteen years of spiritual healing work. Nancy will have a special offer for Healing Gift Sets. Cost is only \$20 per person; this is a merchant class. Reservations Please through Nancy Barnes at 440-557-5118
- Wednesday, June 29 1:00 pm to 3:00 pm**
Lavender Bottle and Lavender Basket

Class will make a lavender bottle by forming the fresh lavender stems around the flower. The lavender basket is made by forming the stems to surround the flowers them extending to make the handle and weaving the basket with ribbon. Fee: \$20 including all materials; Maximum 8; Minimum 3; late registration accepted. Class taught by merchant Lynette Trolli
- 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!!!!
- Saturday, July 2, 10:30 am to 12:00 pm**
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: "Indigo Dying". 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.

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.



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for June's Craft: "Believe" Fairy's Room and Body Spray

Just follow our simple step-by-step do-it-yourself directions to make your own craft any day of the week. All materials are set up in our classroom. You can make your own herb craft in just a few minutes. Learn how to use herbs to make natural products to improve your health and home.

Complete directions are provided.

All supplies are included for this one low price.

Fee: \$5.00 each.

No reservations are required

[LEARN MORE](#) 

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

Reservations please.

- **Saturday, July 2 1:00 pm to 3:00 pm**
Craft Class: Make a Shell Fan
A Shell Fan is an open fan with shells glued on using your own creativity. A Victorian treasure recreated!
Fee: \$20 including all materials.
Maximum 8, Minimum 3,
Registrations by June 30; No late reservations.
Class taught by merchant Lynette Trolli.

- **Wednesday, July 13**
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 am to 12 noon. 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, July 13
Prune lavender and sage, trim thyme garden, dry herbs for tea, basil culture
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

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

If you are interested in attending this class on Friday, July 15, please call. Kathleen will teach on Friday and Saturday, if there is enough interest.

• **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 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 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: 6:00 pm - 7:00 pm. The menu will include great foods to cook using the summer bounty: Chilled Cucumber Soup, Green Bean and Walnut Salad, and Mushroom Risotto.

Prepared and served in the upstairs classroom

- **Beverage Tasting** 4:00 pm to 6:00 pm with The Lounging Gourmet featuring Floral Elixirs for cocktails, teas, and sodas.

- **Herbal Treasure Hunt**. Complete the quiz and win a prize!!

- **Basil Lemonade. Hibiscus Punch.**

- **Tea Leaf Readings** with Lynette in the loft from 4:00 pm to 8:00 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 the Village Herb Shop
For more information call Chagrin Falls Chamber of Commerce 440-247-6607

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.

**==> Every Sunday 9:00 am to 1:00 pm June through October:
Chagrin Falls Farmers Market in the center of town near the gazebo**



Chagrin Falls Shop Hours

Monday through Saturday: 10 am - 5 pm

Sundays:

January through March: Closed on Sundays

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

September: Closed on Sundays

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


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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