



KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

MAY 2009



Meaning in the Language of Flowers:
Glory, reward of merit
[More about the meaning of flowers](#)

Characteristics:

Bay is a tender perennial plant and can be grown for many years in a container. Bay is a tree that can grow from 25 to 50 feet in temperate climates, but can be pruned and controlled to manageable size in a pot. Bay leaves are about three inches long, dark green, shiny, firm, leathery and oblong with a point on the end. Their scent is pungent.

Recipes

Beef Barley Soup with Bay

This was my Dad's signature soup

- 1/2 pound of lean ground beef
 - 1/2 cup minced onion
 - Pinch of garlic salt
 - 7 cups water
 - 1 small can tomatoes
 - 1/2 cup barley
 - 1/2 cup sliced celery
 - 1/2 cup sliced carrots
 - 2 beef bouillon cubes
 - 1/2 teaspoon dried basil
 - 3 dried bay leaves
- Brown ground beef in large kettle with the onion. Mix in other ingredients and simmer, covered for two to three hours. Remove bay leaves before serving.

Bay Laurel

Botanical Name: Laurus nobilis

History:

The ancient Greeks and Romans crowned athletes, scholars and poets with a wreath of bay to symbolize accomplishment and merit.

Bay in the Garden:

Here in our north coast climate bay laurel is grown as a container plant. It can be placed outside in a filtered sun spot when temperatures reach above 40 degrees. The bay can be moved indoors and grown as a houseplant in the winter months. It does not require as much sun as other herbs so wintering over is easy inside. When it is grown as a container plant the white tiny flowers are rarely seen. In our climate full sun will burn the leaves. Bay must be watered daily in our summers or the new leaves will wilt quickly.

Bay was my very first herb plant. I ordered it from Merry Gardens in Camden, Maine in 1972. It is still a treasured herb in my garden and has made many herb vinegars, moth chasing mixes, bouquet garni, and bath herb mixes. To grow bay year round in a pot wait until temperatures are consistently about 40 degrees at night before you bring the pot out for the summer. Place your bay pot in a filtered sun location. Water daily once temperatures are above 75 degrees. Fertilize the pot by digging in about two tablespoons of Plantone and adding about a quart of new soil in the top of the pot.

Bay plants that have been indoors will get scale. Each spring when I bring my bay outside, I give it a bath with Safer's brand soap, covering all the leaves and stems. I wash each bay leaf top and bottom including the stems with my fingers. This gentle action removes the black debris on the leaves and the stickiness from the scale as well as the scale itself. This cleaning is followed with a hosing of the entire plant including the underside of the leaves. Hosing the bay leaves and stems daily with a firm water stream will keep the scale off the leaves and stems for the summer months outside.

Bay in the Kitchen:

Fresh bay grown in a container can be used year round to flavor soups and stews. A fresh bouquet garni is the perfect flavoring for a pot roast. Bay is one herb that retains its unique sweet pungent aroma and flavor after the leaves have been dried. The heat of the cooking liquid releases its delicious flavor.

Bouquet garni is simply a bunch of fresh herbs tied together, most often with a leaf of bay surrounding the small bunch. It is usually tied with butcher twine and a loop is left to remove it from the dish after the flavors have imparted to the food and before serving. The leaves of bay are very hard and should always be removed before serving the food. Bay is a traditional flavor for baked beans and pickling spices. Use bay leaves between vegetables and meats when making your next shish kabob on the grill.



[MORE RECIPES ONLINE](#) ▶

Bread Pudding with Bay

4 cups milk
 2 fresh bay leaves or 3 dried bay leaves
 5 cups dry bread or crusts, broken in pieces
 3 eggs
 2 cups sugar
 2 teaspoons vanilla
 3 tablespoons butter
 1 cup golden raisins

Heat milk until hot (do not boil and do not scald) with bay leaves in milk. Cover milk and let stand with the bay leaves for 15 minutes. Remove bay leaves and discard. Soak the bread in the milk, when milk has sufficiently cooled crush with hands until well mixed. Add eggs, sugar, vanilla and raisins. Stir well. Melt butter in a 13 by 9 inch glass baking dish. Pour mixture into dish. Bake at 375 degrees until very firm about 30 to 40 minutes. Let cool and then cut into squares. Heat for 15 seconds in microwave before serving. Garnish with whipped cream.

Note: always be sure you are purchasing the laurus nobilis plant and NOT the mountain laurel or California bay. These are not the traditional bay and have a medicinal flavor.

Medicinal Uses:

Bay essential oil properties: astringent, digestive, stimulant, diaphoretic, diuretic. The essential oil of bay is not currently available in the marketplace so effects are obtained from the plant itself.

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 On orders of \$50 or more

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 bread dipping oils for
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*Expires 8/15/09. Excludes S/H or sales tax.

\$8.95
value



Products Featuring Herb of the Month Bay Laurel:



[VHS Herbal Moth Chasing Closet Spray](#)

\$7.95

[MORE INFO](#) ▶



[Pre de Provence Soap - Pomme Poire - Green Apple](#)

\$1.25 to \$6.95

[MORE INFO](#) ▶



[Smooth and Spicy Barbecue Sauce](#)

\$5.95

[MORE INFO](#) ▶



[Forget-Me-Not Tea Cup and Saucer](#)

\$12.95

[MORE INFO](#) ▶

Recipes for Your Senses

Moth Chasing Closet Mix

Bay leaves repel insects due to the component eucalyptol in the essential oil.

Bay Bath Mix

Ingredients:
1/4 cup peppermint



So a bay leaf in a canister of flour will keep the insects away. It will also repels insects from woolens and from the pantry.

12 dried bay leaves broken into small pieces
1/4 cup peppermint
1/4 cup balsam
1/4 cup calendula petals
1 tablespoon orris root
15 drops bayberry fragrance oil
15 drops balsam essential oil
OR 30 drops of Village Herb Shop Moth Chasing Oil

Mix all dry botanical ingredients together except orris root and oils. Place orris root in a pile on top of the botanicals and carefully drop the oils on the orris root soaking as many of the kernels as possible with the oil. Allow to sit for 10 minutes and then mix all together well. Store in a glass jar until needed for the closet. Put into squares of cloth and hang in closets or place in trunks or suitcases. It is even an effective deodorizer to stuff into your shoes.

1/4 cup lavender
1/4 cup chamomile

1/4 cup broken or snipped bay leaves, dried

Mix together all dried ingredients and put two tablespoons in a muslin bag. Add to bath water while filling the tub. This combination is antiseptic and soothing to sore muscles and skin irritations. Soak in the tub for 20 minutes or more for soothing therapeutic effect.

Our Upcoming Classes and Events

[VIEW ALL](#) ▶

- **May 20, 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.** Wednesday, June 17: Herb harvesting and drying techniques, organic rose cultivation, drying roses, harvesting lavender, composting techniques. [See complete schedule on our website.](#)
- **May: Herb Plants Arrive every Thursday.** We have over one hundred unusual and unique varieties of organic vegetables, organic herbs and miniatures. Call for special herb plant requests and availability.
- **June 4, 10:30 am to 12:30 pm: Fiber to Felt Class - Kristi Lavell, Instructor** Hone your felting skills while learning to felt a small bag using a resist in this installment of Kristi's Fiber to Felt class series. Reservations: Please call Kristi directly at 440-759-3040 to sign up for this class. Class Fee: \$25 includes wool supplies.
- **June 6, 2:30pm: Adventures in Tea A Loose Leaf Experience - Hosted by: Paula Hershman, Storehouse Tea Company** Botanical Blends. 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
- **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



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for May's Craft:

Scented Reed Sticks Room Fragrance Kit

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

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](#) ▶

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 boots 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 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. 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](#)** - 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 Fee: Originally \$20 now a recession busting \$10. Reservations please.



Chagrin Falls Shop Hours

Monday through Saturday: 10 am - 5 pm

Contact Village Herb Shop

17 East Orange Street, Chagrin Falls, OH 44022
Phone: 440-247-5029 Toll Free: 800-836-9120

Sundays:

Memorial Day

Sunday & Monday: **CLOSED**

January through March: Closed on Sundays

April through August: 12 noon - 4 pm

September: Closed on Sundays

October through December: 12 noon - 4 pm

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