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KATHLEEN GIPS'

**VILLAGE HERB SHOP**

**HERB OF THE MONTH NEWSLETTER**

**SHOP OUR STORE**

November 2010



**Meaning in the Language of Flowers:**  
Gladness

[More about the meaning of flowers](#)

#### **Characteristics:**

Myrrh is an East African tree. It also grows in Southern Arabia along the Arabian trail as does frankincense. The resin of this plant is used medicinally. Myrrh has a scent that is very long lasting, sharp, and like balsam. Myrrh is often an ingredient in strong floral or exotic perfumes. The gum resin of the myrrh tree is antiseptic and aromatic.

*Recipes*

#### **Frankincense and Myrrh Room Spray**

Refresh the air with the scents of the

## **Myrrh**

**Botanical Name:** Commiphora myrrha

#### **History:**

Myrrh is often mentioned in the Bible and was held in high esteem by kings. It was so greatly valued that it was one of the three gifts presented to infant Jesus by the three Wise Men. Myrrh was often used in religious ceremonies as an incense. It was a key ingredient for embalming in ancient times.

Frankincense and Myrrh, valued like gold, were mentioned repeatedly in the Old Testament, in instructions to Moses about making incense and anointing oil, and in the Song of Solomon. It was also used as an aromatic for perfumes, funerals, and insect repellents.

#### **Myrrh in the Garden**

Myrrh is a large shrub (or small tree) indigenous to Northeast Africa. Both myrrh and frankincense grow as small trees or shrubs; they are of the botanical family Burseraceae. Their natural growing range is limited, but has been extended by cultivation, and current supplies are adequate to meet worldwide demand. Today, most of the internationally-traded myrrh and frankincense are produced in the southern Arabian peninsula (Oman, Yemen) and in northeast Africa (Somalia).

#### **Harvesting Myrrh**

Most resin (whether myrrh or frankincense) is obtained by tapping: making deliberate incisions with a specially designed tool or ordinary axe. about 2

season.

**Recipe:** Mix eight ounces of distilled water with one tablespoon of unscented vodka and 60 drops of frankincense and myrrh fragrance oil.

**Directions:** Spray to freshen air. Repeat as desired. Shake to mix before each use. Keep away from eyes and lacquered finishes. Keep out of reach of children and pets.

### Easy Myrrh Incense

Place a small amount of myrrh on a metal lid. Light with a match and let flame burn in a safe area for about 15 seconds. Blow out flame and the myrrh resin will continue to smolder for a few minutes. This will scent the air with the aroma of myrrh. Re-light and repeat this to produce more smoke.



especially designed tool of primary use, about 2 inches long, into the bark of the tree. The milky liquid that exudes hardens on exposure to air into droplets or "tears," which are then easily detached by the collector about two weeks later. New tappings are made at the same place as old ones after removing hardened resin from the previous cut. The resin is stored for about 12 weeks to harden. The only processing undertaken after collection is sorting and grading of the resin globules, usually done by the local merchant to whom it is sold rather than the collector. Myrrh resin looks like golden brown cinders when dried. Holding a small piece in your hand releases the mystical scent.

### Uses of Myrrh

Tincture of myrrh is deodorant and disinfecting. It can be used as a mouthwash. Despite its bitter and unpleasant taste, myrrh has been used as a toothpaste. Myrrh is used in crèmes and ointments for aging skin, eczema, and irritated skin. It promotes healing and reduces inflammation. It is used to treat athlete's foot and ringworm. It has been used in the treatment of arthritis and rheumatism. Myrrh contains high amounts of tannins so it helps with indigestion.

At VillageHerbShop.com you'll enjoy  
**FREE SHIPPING**

**On orders of \$75 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:



VHS  
Simmering Spices

\$3.99  
Reg. Price \$4.99

[MORE INFO](#) ▶

Crowd Pleaser Hot Dip

\$24.00  
Reg. Price \$31.00

[MORE INFO](#) ▶

VHS  
Sweet Harvest Tea

\$5.99  
Reg. Price \$7.99

[MORE INFO](#) ▶

VHS Poultry Seasoning

\$4.99  
Reg. Price \$5.99

[MORE INFO](#) ▶

## Recipes

### *Frankincense and Myrrh Ornaments*

**Ingredients:**

1 tablespoon frankincense  
1 tablespoon myrrh  
1 tablespoon cinnamon chips or cloves

**Directions:**

Mix together all ingredients. Cut a circle of fabric about 6 inches in diameter. Tie the mixture in the cloth with gold ribbons or place in an organza bag and hang from the Christmas tree near the lights. The warmth of the light will release the magical fragrance.

### *Three Kings Incense*

**Yield:** 3/4 cup

**Ingredients:**

2 tablespoons frankincense  
2 tablespoons myrrh  
1 teaspoon cloves  
10 drops of patchouli fragrance or essential oil  
10 drops of sandalwood fragrance or essential oil

**Directions:**

Grind frankincense, myrrh and cloves to a coarse powder in a mortar and pestle. Mix dry ingredients well. Add oils drop by drop, mixing well after each addition. Store in a glass jar with a tight lid away from heat and light for 2 weeks for the fragrances to blend and cure. Shake every few days to

### *Holiday Potpourri*

**Ingredients:**

1 cup bayberry leaves  
1 cup bay leaves  
1 cup arbor vitae dried  
1 cup whole rosehips  
1 cup cinnamon sticks  
1 cup rosemary  
1/4 cup myrrh  
1 tablespoon cut orris root (fixative)  
60 drops frankincense and myrrh fragrance oil  
30 drops bayberry essential oil

**Directions:**

Place dry botanicals into large bowl and mix. Place cellulose fiber on top of botanicals. DO NOT MIX. Carefully drop essential oils on top of fixative. Keep fragrance oils away from skin as they can cause irritation if allowed to come in direct contact with skin. Allow oils to soak into fixative for about 10 minutes. Then mix all well. Store mixture in a glass jar for about a week.

**Uses:**

Place in bowls or baskets. Use to fragrance the air with the scents of the season. Keep away from children and pets due to the essential oils in this mix. Keep away from furniture finish due to the essential oils in this mix.



### *St. Matthew 2:11*

*...they presented unto Him gifts: gold, frankincense, and myrrh.*

mix.

Sprinkle this incense over a cube of incense charcoal and burn.

## Our Upcoming Classes and Events

[VIEW ALL](#) 

### Fall and Holiday Product Arriving Daily!!!

We will be changing displays to reflect the changing seasons. New products will be brought to our shelves every day in the month of November: Hot Chocolate, Chai, Holiday Scone mixes, Seasonal Teas, Holiday Soaps, Caldrea natural cleaning products for the holidays, Feeling Better Bags, Sinus Relief bags, Ecco Bella unscented lotion, Pumpkin Spice loose leaf tea, Hot Apple Cider tea, hot dips, tea breads, Texas General square candles, Bayberry candles, catnip bags, potpourri, fall wreaths, new teas for fall, tabletop, apple butter, pumpkin butter, Frasier Fir by the Thymes, honey mustard, Come see what all the excitement is about.

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Reservations now being accepted for our Annual Victorian High Tea (December 3)  
See tea details under Victorian High Tea, December 3

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### Wassail Weekends

#### November Saturdays

**Great Selection, Great Service, Great Prices**

**The Herb Shop will have a Holiday Open House every Saturday in**

**November** featuring Wassail and refreshments. We bring new Holiday items to our shelves every week. Join us for a different product selection bundle with special prices each Saturday. We offer unique products in many categories: foods, teas, tea accessories, herbal books, seasonal decor and gifts, home fragrance, perfume, jewelry, natural home keeping, bath and body, aromatherapy, natural makeup and facial care, garden items, fairy products, linens, botanicals, vintage and our popular Merchants Loft with locally hand-made items. We will show you how to use herbal scents to entertain, refresh and relax.

Bring your friends and relatives. Shop the Village Herb Shop for unique gifts and personal service. Free gift wrap with every purchase. Free custom gift baskets. Personal shoppers. Kid friendly. Safe hometown shopping. Shop with us and meet your neighbors. Find out why all our customers love the Village Herb Shop. Experience hometown local shopping with the Village Herb Shop. We love our customers. Shop locally and see the difference!  
Support your local stores  We are a locally owned store with a friendly local staff.

### Santa's Herbal Workshop - Make Your Own Herb Crafts

#### November 1 through December 24

Come anytime:

**Monday through Saturday 10:00 am to 5:00 pm;**

**Sunday 12:00 pm to 4:00 pm**

Our Santa's Herbal Workshop Do-it-yourself Herb Crafts will be set up in our own upstairs classroom every day. Participate in one or all at only \$5 each. Each craft will take you about 10 minutes to make each craft. This is a great mother/child activity. Make gifts for your family, friends, office, and neighbors. Easy! Fun! Learn about herbs. Make your own holiday gifts following our step by step directions.



## Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for November's Craft:  
**Chocolate Mint Black Tea**

Join us for December's Craft:  
**Lavender Sachet Sleep Pillow**

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](#) 

Recipes included for you to take home. Gift Bags available.

**Crafts will be set up from November 1 through Christmas** while supply lasts.

**2010 Santa's Herbal Workshop crafts will include:**

Evergreen Room Spray

Peppermint Stick All Purpose Counter Top Cleaner

Rosemary Bread

Dilly Salt in Shaker Container

Tension Relief Roll On

Lavender Bath Salts

Lavender Rose Powder Puff

Lavender Camomile Eye Pillow

**Note:** Crafts will not be available during the Herbal Wreath Class **Friday, November 19 and Saturday, November 20**

**November 11, Thursday 10:00 am - 8:00 pm**

**Customer Appreciation Holiday Party**

*Special Shopping Values and Events Just for You*

**Shopping Specials**

- Free gift to the first 15 people through our doors
- Spend \$20 or more and receive a free gift at the cash register while supplies last
- Green Grow Light Special Discounts Announced Every Hour. Special prices on selected products announced on the half hour.
- Gift Baskets Awarded every hour. Sign up when you come in. Give us your name and phone number and winner will be announced every hour. No need to be present to win. We will call all winners!

**Programs and Events**

- 6:00 pm to 7:00 pm: Program on Holiday Appetizers by our favorite chef, Lucille Galland. Sample delicious herbal ideas for holiday entertaining. Join us for this delicious mini-meal in our upstairs classroom.
- 4:00 pm to 7:00 pm: Free neck aromatherapy massage by Faith, masseuse, in our upstairs classroom. Sign up on our massage clipboard and feel free to shop in the store and enjoy the refreshments. We will page you when it is your turn for a massage.
- Try an herbal comfort wrap while you wait for your massage and experience tension relief and healing comfort.

**Refreshments...**

- Enjoy hot herbal soups on the buffet table in the upstairs classroom 4-8.
- Herbal bread and Herb Cheese spread served upstairs 4-8
- Enjoy a cup of hot Wassail
- Loose leaf tea tasting on our botanical room table. Taste the teas of the season

**Fresh Herbal Wreath Class**

**November 19, Friday**

**November 20, Saturday**

***This class has become an Herb Shop tradition. Join us to start the Holiday Season.***

The class will make a fresh herbal wreath centerpiece for the holidays. Fragrant fresh herbs and greens fill a circular frame of oasis to create a living wreath. This

attractive wreath will stay fresh and grace your table from Thanksgiving to Christmas with minimal care. This is always a popular class so sign up early and join us for herbal friendship, learning and fun. All fresh herbs, greens and supplies are included. If you have extra herb cuttings from your garden bring six inch cuttings (optional).

Reservations Required. Class size limited to 25 per session.

Payment required at time of registration.

Please bring sharp scissors and a pizza pan or large tray to carry the fresh wreath home on.

**Workshop Fee: \$35.00 PREPAID** including all materials for a 18 inch finished size fresh herb and evergreen wreath.

Workshop Times:

**Friday Morning, November 19:**

**10:30 am to 12:30 pm**

**Friday Afternoon, November 19:**

**1:30 pm to 3:30 pm**

**Saturday Morning, November 20:**

**10:30 am to 12:30 pm**

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**Closed Thanksgiving Day, Thursday, November 25**  
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• **December, Saturdays:**

**Hot Chocolate Weekends**

**Great Selection, Great Service, Great Prices**

**The Herb Shop will have a Holiday Open House every Saturday in December**

featuring Bellagio Hot Chocolate and Sipping Chocolate and chocolate refreshments.

We bring new Holiday items to our shelves every week. Join us for a different product selection bundle with special prices each Saturday. We offer unique products in many categories: foods, teas, tea accessories, herbal books, seasonal decor and gifts, home fragrance, perfume, jewelry, natural home keeping, bath and body, aromatherapy, natural makeup and facial care, garden items, fairy products, linens, botanicals, vintage and our popular Merchants Loft with locally hand-made items. We will show you how to use herbal scents to entertain, refresh and relax. Bring your friends and relatives. Shop the Village Herb Shop for unique gifts and personal service. Free gift wrap with every purchase. Free custom gift baskets. Personal shoppers. Kid friendly. Safe hometown shopping. Shop with us and meet your neighbors. Find out why all our customers love the Village Herb Shop. Experience hometown local shopping with the Village Herb Shop. We love our customers. Shop locally and see the difference!

Support your local stores ☐ We are a locally owned store with a friendly local staff.

• **15th Annual Victorian High Tea**

**December 3, Friday**

**Three seatings offered: 11:00 am, 1pm and 3pm**

**Join us for our annual formal tea featuring herbal and edible flower tea time sandwiches, breads, desserts, teas and punch. This is the Village Herb Shop's most popular event. Invite your friends to begin the Holiday Season.**

**Limited Seating of 37 at each seating. Reservations Required.**

**Reservations accepted after September 1**

*Reservations accepted after September 1.  
Victorian High Tea Tickets: \$21.00 each.*

*Payment is required at time of registration. Payment may be made by phone with Visa/MC or Discover. Or you may visit the shop and make your reservation and payment in person. Make your reservations early, especially if you will be attending with a group. Seating is limited. Cancellations policy: Refunds will be given if seats can be filled.*

*(This tea will be held at our off site location in Kathleen's Victorian Home in the Village of Chagrin Falls. High Tea Etiquette Program will be shared at each seating. Map, address, and directions will be sent with your ticket. Tickets and map will be mailed to you two weeks prior to the tea.)*

*Celebrate the season and join us for tea!*

### **Herbal Gift Basket Class**

**December 11, Saturday 10:30 am to 12:30 pm**

Chocolate Aromatherapy Bath and Body Gift Basket

Great basket to give or get! Learn the great skin care properties of chocolate. Join us to make great chocolate bath and body products. Class will make Lavender Chocolate Milk Bath, Chocolate Walnut Body Polish, Mocha Facial Mask, Chocolate Orange Lip Balm and Chocolate Peppermint Foot Scrub. Delicious chocolate body care from head to toe!!! Recipes are included so you can make more baskets for holiday gifts. Class will fill, wrap, and tie gift basket. Make additional baskets for \$20.00 each. Reserve materials to make extra baskets with your registration. Holiday refreshments. Payment required at time of registration. All materials, containers and labels included.

**Workshop Fee: \$25.00** for first basket; **\$20 each** for additional baskets  
**PREPAID**

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**Open Christmas Eve, December 24, 10 am to 3 pm**

**Closed Christmas Day, December 25**

**Closed New Year's Day, January 1**

**Closed Sundays January, February, March**  
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### **Tea Tasting Club**

**January 22, 2011 Saturday** Learn about tea, taste tea and have a tea party.

- 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 make 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 Quarterly tea tasting will be held in April, 2011**

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

- **Sage Program and Herbal Buffet Party**

**January 29, 2011 Saturday 11:00 am to 1:00 pm**

Our herbal buffets are very popular events at the Village Herb Shop. All who attended have been asking for another potluck, so here it is. Please join us for delicious food and learn about growing and using sage. Learn how to grow and use sage. Program will be presented by Kathleen Gips.

**Fee: \$10 each.** Bring any food dish made with dill to share with the class and get in FREE.

**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 sage 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!!!!

- **Village Herb Shop Merchants Loft**

**Open every day during Herb Shop hours**

Visit our upstairs loft to find unique items handmade by local artisans. Find handmade fabric bags and totes, antique slate boxes, custom embroidered baby items, sports collectables, aprons made from vintage fabrics, heirloom vintage collection, handmade jewelry, jams, fruit butters and pepper jelly, hand knit Alpaca apparel and yarns, clay fairy furniture and unique creations, vintage look hand-crafted treasures, home-made granola, health related items and more to come. Merchandise is always changing and our new merchants will also be offering special classes and events. Join the excitement in the Village Herb Shop Merchant Loft. Support local merchants and buy USA.

Are you a crafter? Have you always wanted your own business? Do you have a great product that needs more exposure??? Do you teach classes and need a space?? If the answer is yes, consider renting a display in our loft. We have over 11,000 customers per year!

Currently there are about 2 or 3 spots available. See Kathleen now to assure placement for the holiday season. Stop in to ask for our renters guide sheet with pricing and requirements.

If you have a talent or craft that would fit in our Merchants Loft, please see Kathleen for details.

- **Reflexology Sessions**

Mary Landies, Reflexology Clinician, will be available to do sessions at the Village Herb Shop on Tuesday, Wednesday and Thursday from 12:00 pm - 4:00 pm.

Please call Mary directly to schedule your appointment. Other days and hours are also available by appointment. Treat your feet to a relaxing, healing reflexology treatment. Call Mary at 440-279-3202 for details and to schedule your session.

Mary is very skilled in soothing your feet and you will enjoy her caring treatment of your feet.

**Fee: \$30 for 30 minutes** for a full session. Mini sessions are available on your lunch hour.

**Reservations are required** during the following hours:

Reservations are required during the following hours:

Reflexology Hours:

**Tuesdays 12:00 pm - 4:00 pm**

**Wednesdays 12:00 pm - 4:00 pm**

**Thursdays 12:00 pm - 4:00 pm**

### **Reflexology Sessions - Specials - November and December**

Mary Landies, Reflexology Clinician, is offering reflexology **specials for the holidays. Buy one session and get one session at half price, - a unique gift for a friend!!!** Appointments are available Monday through Saturday at the

Village Herb Shop. Treat your feet to a relaxing, healing reflexology treatment.

Please call Mary directly at 440-279-3202 for details and to schedule your session.

Mary is very skilled in soothing your feet and you will enjoy her caring treatment.

**Fee: \$30 for 30 minutes** for a full session. **Half price (\$15) for a friend!**

### **Tea Leaf Readings**

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.**

### **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](https://www.facebook.com/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.*

### **Note:**

**Open Sundays November and December 12:00 pm to 4:00 pm**

**Closed Thanksgiving Day, Thursday, November 25**

**Open Christmas Eve, December 24, 10 am to 3 pm**

**Closed Christmas Day, December 25**

**Closed New Year's Day, January 1**

**Closed Sundays January, February, March**



### **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

### **Contact Village Herb Shop**

17 East Orange Street, Chagrin Falls, OH 44022

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

September: Closed on Sundays  
October through December: 12:00pm - 4:00pm

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If you prefer to unsubscribe via postal mail, write to: Village Herb Shop, 17 East Orange Street, Chagrin Falls, OH 44022

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