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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

NOVEMBER 2011



Meaning in the Language of Flowers:
no meaning
[More about the meaning of flowers](#)

Characteristics:
Ginger refers to the gnarly rhizomes or root of the ginger plant. The root is a thick stem of the plant with green fan-like shoots of foliage and attractive flowers. These roots have a skin of pale beige and vary in size and shape.

Recipes

Ginger Lemon Mint Herb Tea

Great to sip in the garden!

Combine:

1/2 cup lemon balm
1/2 cup spearmint
2 tablespoons lemon peel, dried
1 tablespoon ginger root, cut and sifted, dried

Directions:

Mix all ingredients together and store in a cool, dark place away from heat and light. Keep tea tightly covered.

Brewing Directions:

Ginger

Botanical Name: Zingiber officinale

History:

Ginger is native to Southeast Asia. Ginger is one of the first oriental spices known in Europe. There are records of its use as both a culinary and medicinal herb in medieval and Tudor times in England. Gingerbread was a very popular treat sold by traveling vendors known as Gingerbread Men. For medicinal uses ginger was known as a cure-all and carried on the body to prevent the plague.

In the Garden

Fresh ginger root can be grown in your garden during the summer and transferred to the windowsill in the winter. Ginger is a perennial plant hardy to Zone 10. It can be grown by planting a root from the grocery store sideways in a pot with the root partially exposed. Plant shoots will appear in about two weeks. Bring your ginger plant in to a sunny, warm window when temperatures outside reach about 45 degrees. Keep warm and well watered.

Harvesting

Harvest the root when the leaves turn yellow. The root can be harvested about 6 months after planting and then a portion of the root can be replanted.

In the Kitchen

Dried ginger root is sold cut into small pieces. It has a biting flavor, and is tough and fibrous. This form of ginger is suitable for teas and bath preparations. Preserved ginger root has been boiled and preserved in a sugar syrup and sold in jars. Candied ginger is boiled and then usually crystallized or sugared. This can be eaten as a sweet or added to cakes, cookies, or tea. Candied ginger is soft, spicy and sweet.

Fresh ginger root is available at your local grocery store if you do not grow your own. Ginger has a clean, fresh and spicy flavor. The fresh root is used by peeling it and grating or slicing for use in culinary dishes.

When the root is dried, the ginger is more pungent. Use powdered ginger sparingly in the kitchen since it is spicy

Measure one teaspoon of tea per cup.
Place 1 teaspoon loose tea in a tea ball or tea infuser. Pour boiling water in cup and steep covered for 3 minutes.
Remove tea ball. Sweeten to taste. Sip and savor.
This tea is perfect for treating a cold, upset stomach. It can also be used as a tub tea when you have a cold, or to stimulate better circulation.

Ginger Citrus Sea Salt Seasoning

Combine:

1/2 cup sea salt, finely ground
2 teaspoons finely ground orange peel
2 teaspoons finely ground lemon peel
2 teaspoons powdered ginger

Directions:

Mix all ingredients together and store in a cool, dark place away from heat and light. Keep tightly covered.

To Use:

Use as a seasoning for meat and vegetables.



hot. In the East, from India to Indonesia, ginger appears in nearly every dish. In the West ginger is mostly used in sweets, cakes and cookies. Preserved ginger is eaten as a candy or chopped for cakes and cookies. It is a perfect accompaniment to a cup of tea. Ginger is good with seafood, duck, pork and in marinades along with citrus, garlic, soy sauce, and onions.

When selecting a fresh ginger root look for one that is heavy and has firm flesh. Ginger root can be kept in a damp towel in the refrigerator for two weeks. You can also put it in the freezer and grate it as needed.

Fresh and dried ginger have different flavors and cannot be substituted for one another in a recipe.

Here is a tip for peeling ginger root: Using a regular table spoon, place the tip of the spoon on the ginger root and drag it down the root as if you were using a vegetable peeler. The spoon can be held either bowl up or down.

This will scrape off just the skin and very little of the ginger will be removed. Leave the skin on the rest of the root for later use.

Medicinal Uses

Ginger is warming and increases perspiration. It is a stimulant to digestion, circulation, respiration and the nervous system. Ginger is used for its anti-inflammatory properties on arthritic patients or gardeners with over-used joints. Ginger relieves nausea and helps calm an upset stomach. It is especially useful to ease nausea for pregnant mothers and persons going through chemotherapy. It relieves carsickness, seasickness, and morning sickness. It helps digestion by breaking down proteins. It contains more than 12 anti-oxidants. Ginger is antiseptic and antibacterial. Ginger can be chewed, taken as a tea, as a bath preparation, and in capsules.

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:



[VHS White Tea Perfume](#)

\$7.99
Reg. Price \$12.99

[MORE INFO](#) ▶



[Apple Cinnamon Butter](#)

\$4.99
Reg. Price \$6.99

[MORE INFO](#) ▶



[Pumpkin Pecan Butter](#)

\$4.99
Reg. Price \$6.99

[MORE INFO](#) ▶



[Simmering Spices](#)

\$3.50
Reg. Price \$4.99

[MORE INFO](#) ▶

Recipes

Chocolate Ginger Cookies

Ingredients:

2 cups plus two tablespoons of all purpose flour
3/4 cup cocoa powder, unsweetened
1 teaspoon baking soda
1/2 teaspoon salt
1 1/4 cup (2-1/2 sticks) butter, softened
2 cups sugar
2 large eggs
1 tablespoon candied ginger, cut in very small pieces
Sugar for rolling

Directions:

Sift flour, cocoa powder, baking soda and salt together in a mixing bowl. Beat butter, eggs, and sugar until light and fluffy. Fold in candied ginger.
Add flour mixture and mix until combined. Chill dough in refrigerator for one hour. Roll into 1/2 inch balls and roll balls into sugar. Place on baking sheet and bake 10-15 minutes at 350 degrees. Makes 3 1/2 dozen cookies.



Carrot Ginger Soup

Ingredients:

3 pounds fresh carrots, very orange, not baby carrots
3 cups vegetable or chicken broth
1 small onion, chopped and sauté in olive oil
1 tablespoon freshly grated ginger root
1/2 teaspoon freshly grated nutmeg
1/2 cup cream or plain yogurt

Directions:

Combine carrots chopped in circles in 3 cups broth with onion, ginger and nutmeg. Simmer one hour. Remove 1/2 cup of carrots from pot and put aside. Blend the rest of the soup in blender until smooth. Add cream or yogurt and blend. Top soup with 1/2 cup of reserved carrots. Garnish with parsley or edible flowers. Serve cold or hot.

Summer Rolls

Ingredients:

1 package of summer roll wrappers - follow directions on package before assembling
1 package of matchstick carrots
1 red pepper sliced thin
1 jar pickled ginger
1 cup snow peas
1 bottle of Village Herb Shop Apricot Ginger Teriyaki Glaze for dipping

Directions:

Assemble ingredients in order given in the middle of roll. Reserve glaze for dipping. Roll tight and cut on the diagonal. Serve with dipping sauce.

Recipes courtesy of Heather Randolph

Our Upcoming Classes and Events

[VIEW ALL](#) 

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**November Saturdays
Wassail Weekends**

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. We will offer unique seasonal bundles with special prices each Saturday. We have special products in many categories: foods, teas, tea accessories, candles, seasonal décor and gifts, home fragrance, perfume, jewelry, natural home keeping, bath and body, aromatherapy, natural makeup and facial care, garden items, fairy products, linens, and our popular bulk botanicals. Visit our Merchants Loft featuring vendors with locally hand-made items.

We will have demonstrations every Saturday of 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.

• **November 1 through December 24
Santa's Herbal Workshop - Make Your Own Herb Crafts**

Come anytime:

Mon through Sat 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. We will have eight to ten crafts for you to choose from including culinary, fragrance, bath and body and



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

Join us for November's Craft:

White Cheddar and Cracked Peppercorn Cooking and Dipping Oil Kit

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](#) 

tea crafts. Participate in one or all at only \$5 each. Each craft will take about 10 minutes to make. 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. Recipes included for you to take home. Gift Bags available. Crafts will be set up from November 1 through Christmas while supply lasts. Santa's Herbal Workshop Booklets available for \$4.99 each.

2011 Santa's Herbal Workshop crafts will include:

Savory Bean Soup Kit in a Jar
Ginger Citrus Salt
Horseradish Bacon Dip Mix
Peppermint Rose Herb Tea
Lemon Ginger Sugar
Gingerbread Scone Mix
Peppermint Rose Sachet in Vinatage Lace Doilie
Peppermint Rose Room and Linen Spray

Annual Holiday Open House with Special Events for Four Days

Our theme will be Ginger and Gingerbread

The store will be decorated with Gingerbread Men and we will feature Ginger Refreshments.

Thursday, November 10, 10:00 am to 8:00 pm

Customer Appreciation Holiday Party

Special Shopping Values and Events Just for You

Shopping Specials...

- Free gift to the first 10 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 one 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 featuring custom gourmet products made especially for Village Herb Shop. Sample tasty easy and quick ideas for Holiday entertaining. Join us for this mini-meal including barbecued wings, pulled pork, shrimp, pasta salad, bruschetta, salsa, and more in our upstairs classroom.
- 4:00 pm to 7:00 pm Free neck aromatherapy massage by Faith, massotherapist, 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
4:00 pm to 8:00 pm.
- Herbal bread and Herb Cheese spread served upstairs
4:00 pm to 8:00 pm
- Enjoy a cup of hot Wassail
Holiday tea tasting on our botanical room table. Taste the teas of the season.

Friday, November 11, 10:30 am to 12:00 pm

Aromatherapy with Ginger Essential Oil

Learn the properties of Ginger essential oil to ease anxiety and renew vitality. Learn how to use ginger to ease muscle soreness and to relieve indigestion. Ginger essential oil is comforting, warming and strengthening. Join us to learn how to use ginger essential oil. Class will take home: ginger and spearmint bath salts, ginger and sweet orange massage oil, ginger room spray and a ginger tea. All materials provided. **Class fee \$20.**

Reservations Please.

Friday, November 11 12:30 pm

Reiki Healing - Reiki Attunement - Chakra Balancing

Nancy Barnes Presents:

12:30 pm to 1:00 pm Reiki Healing: Experience Reiki during a mini session

1:15 pm to 1:55 pm Beginner Reiki Class: Learn about Reiki in this class, includes booklet

2:00 pm to 2:15 pm Reiki Attunement: Be empowered with the ability to use Reiki, you will also receive a certificate

2:50 pm to 3:30 pm Energetic Chakra Balancing: Clear and Balance your Chakra in 10 minutes

Reiki Healing: Experience Reiki or share Reiki
Attend One or Attend All. Bring a friend. **FREE**

Contact Nancy: 440 557 5118 to register for the class.

Saturday, November 12,

10:30 am to 12:30 pm and 1:30 pm to 3:30 pm

New Annual Seasonal Event

Gingerbread Tea Party and Workshop

Join us for a four course Gingerbread Tea. We will be serving Mango Ginger Black Tea, Ginger Green Tea and Gingerbread Punch along with a full tea menu of soup, tea sandwiches, scone and desserts. Class portion will begin after tea with a short program on Ginger and a ginger workshop. Each participant will make Gingerbread Tea and a Gingerbread Mix to take home.

Fee: \$25 per person including complete tea service and workshop.

Class size limited to **24**.

Advance registration required. Advance payment required.

Sunday, November 13, 1:00 pm to 3:00 pm

Gingerbread House Workshop: Hosted by Sugar Me Desserterie

Among the many Christmas holiday traditions, one of the classics is the gingerbread house. Fun to make. Fun to look at. Fun to eat. Have you ever wanted to make a gingerbread house? It's easy, and Sugar Me Desserterie can help. In one fun filled class, we will equip you with the knowledge and skills necessary to create a 'cookie cottage' of your own! Sugar Me Desserterie will demonstrate the complete assembly of one house at the beginning of the class. Then, you will receive an assembled gingerbread house of your own to decorate. We will provide the decorator icing, candies, instruction and the support you need to complete your house. A bakery box will be provided to take your creation home in. Also included in the class fee is a recipe, pattern and complete instructions to bake and assemble your own house at home.

Class Fee is \$40.00 per gingerbread house. **Registration is required. Prepayment is required.**

Each class is limited to **10** guests.

Children under 12 years must be accompanied by an adult.

Friday, November 18, 11:00 am to 3:00 pm - by appointment.

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

Many of our customers have discovered and fallen in love with Ecco Bella, the new line of Cosmetics and Skin Care Products that we introduced at the Village Herb Shop last fall. We researched the available products looking for the highest quality, most natural products that are preservative free, non-animal tested, and can be applied to all skin types including the most sensitive skin. And, they are a great value compared to all those expensive, less natural commercial brands.

Ecco Bella natural and organic anti-aging skin care helps slow

down the signs of aging with trillions of nutrient filled Vitamin Cells. It is Doctor-approved, anti-aging, natural and organic skin care that is preservative-free for sensitive skin.

Ecco Bella cosmetics are made from earth minerals infused with flower waxes. These are gluten-free, preservative-free cosmetics* perfect for sensitive skin. This make-up glides on and lasts longer.

Esthetician Jan Cellura has been demonstrating these products in individual half hour sessions, helping our customers learn how to take care of problem skin and keep their faces radiant. She will help you select the right make-up shades, and show how to properly apply foundation, blush, eye liner and lip color. This is a free service for our Herb Shop customers and there is no charge or obligation for these sessions. Sign up now to take advantage of Jans extensive knowledge and get a close look at some products that we believe are really special.

Reservations Please: Forty five minute Individual Sessions are by Appointment and are limited to the time available.

Fee: \$10 fee prepaid with \$10 credit given to any purchase of Ecco Bella

Friday, November 18 and Saturday November 19

Fresh Herbal Wreath Class

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).

Class size limited to 24 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.

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

If we have enough interest we will hold a class on Saturday afternoon also. Please inquire.

● **Monday, November 21, 11:00 am to 12:00 pm**

Thanksgiving Cupcake Decorating Class by Vicki Jones

Learn to decorate cupcakes with instruction from the professional cake decorators of Vicki J Cakes. Attendees will decorate six cupcakes and take them home. All materials and supplies are included. Bring an apron and a spreading knife.

This is a great mother and child class.

Fee: \$10 per six cupcakes

Reservations please.

Note:

Closed Thanksgiving Day, Thursday, November 24

● **December Saturdays**

Chocolate Weekends

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. We will offer unique seasonal bundles with special prices each Saturday. We offer special products in many

categories: foods, teas, tea accessories, candles, seasonal décor and gifts, home fragrance, perfume, jewelry, natural home keeping, bath and body, aromatherapy, natural makeup and facial care, garden items, fairy products, linens, and our so popular bulk botanicals. Visit our Merchants Loft featuring vendors with locally hand-made items.

We will show you how to use herbal scents to entertain, refresh and relax. Demonstrations every Saturday.

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.

- **December 1 to December 24**
Earn Icy Cold Dollars

Collect one Icy Cold Dollar for every \$10 you spend between Dec. 1 and Dec. 24. Each dollar is worth \$1 off regular or sale priced items, up to 50% off regular price. Redeem from Dec. 26 to Dec. 31 ONLY
Valid on Village Herb Shop merchandise only. Cannot be combined with any other discounts. In store redemption ONLY.
(Merchants in loft are NOT participating in earning or redeeming Icy Cold Dollars)

- **December 2, Friday,**
Three seatings offered: 11:00 am, 1:00 pm and 3:00 pm
17th Annual
Victorian High Tea

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 Shops most popular event. Invite your friends to begin the Holiday Season.

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

Victorian High Tea Tickets: \$22.00 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 Kathleens 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!***

Note:

NO Susan Albert Herbal Mysteries Book Club Meeting in December.

- **Friday, December 9, 10:30 am to 12:30 pm**
Saturday, December 10, 10:30 am to 12:30 pm
Herbal Gift Basket Class: A Taste of ITALY Gift Basket

Great basket to give or get! Learn the herbs used in great Italian cooking: garlic, oregano, parsley, marjoram, rosemary and more. Class will make Pasta Seasoning, Herb Seasoning for Pizza, Pasta Soup Mix

with Italian Herbs, Herbal Bread Dipping Mix, Italian Salad Dressing Mix. 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. Payment required at time of registration. All materials, baskets and labels included.

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

- **Friday, December 16 11:00 am to 3:00 pm - by appointment
Individual Facial Care Instruction and Make-Up Application by
Esthetician, Jan Cellura**

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Reservations Please: Forty five minute Individual Sessions are by Appointment and are limited to the time available.

Fee: \$10 fee prepaid with \$10 credit given to any purchase of Ecco Bella

- **Saturday, December 17, 11 am to 12 noon
Christmas Tree Cake Decorating Class by Vicki Jones**

Decorate your own Christmas Tree Cake with instruction from the professional cake decorators of Vicki J Cakes. Attendees will decorate six cupcakes and take them home. All materials and supplies are included. Bring an apron and a spreading knife.

This is a great mother and child class.

Fee: \$10 per Christmas Tree Cake

Reservations please.

Note:

Redeem Icy Cold Dollars December 26 through December 31, 2010
Remember to bring in the Icy Cold Dollars you have earned by shopping in the Village Herb Shop during the month of December.

You earned \$1 for every \$10 you spent in December. You can use the Icy Cold Dollars on all Village Herb Shop merchandise to up to 50% off the retail price of each item!! This is our annual promotion and reward to our customers for shopping at the Village Herb Shop. Happy shopping!!

Holiday Hours:

Christmas Eve, December 24: Open until 3:00 pm

Closed Christmas Day, December 25
New Year's Eve, January 31: Open until 3:00 pm
Closed New Year's Day, January 1

- ***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



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
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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