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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

OCTOBER 2010



Meaning in the Language of Flowers:
Interest, spiciness, "The truth may be bitter"

[More about the meaning of flowers](#)

Characteristics:

There are two types of savory. One is an annual grown from seed and the other is a hardy perennial. They both have a strong, biting pepper-like flavor. Many cooks say it tastes like thyme, but I think the flavor of savory is stronger. Winter savory is an evergreen shrub that stays green even in the snow. It grows to about a foot tall and has glossy, bright green, pointed, tiny leaves. When it flowers in late August the flowers are very light pink or white. Summer savory has a lighter bouquet of flavor and grows to about 18 inches tall. It has large narrow, dark green leaves and

Savory

Botanical Name: *Satureja montana* (winter), *Satureja hortensis* (summer)

History

Savory is native to the Mediterranean and was known and used by the Greeks and Romans. Throughout the centuries savory has had the reputation for regulating the sex drive. The Egyptians used it in popular love potions. Later, the French and English used savory to increase or decrease love.

Savory in the Garden

Summer savory is grown as an annual plant and is easily started directly from seed in the garden in early April. Winter savory grows as an attractive perennial shrub in the herb garden. Savory is happy in soil that is not rich, and in well-drained areas. It grows well spilling over stone, or near gravel or stone pathways. Savory responds well to frequent clippings throughout the growing season. Summer and winter savory are easy to harvest and to dry. Winter savory dries very well and retains all of its peppery flavor upon drying. Summer savory is best used fresh.

Harvesting Savory

Harvest savory just before flowering. Remove leaves from stems and dry in a warm, dim location until leaves are completely dry. Store whole leaves in airtight containers away from heat and light.

Savory in the Kitchen

light purple flow ers.

Recipes

Natural Herb Seasoned Sea Salt All Purpose Seasoning

Ingredients:

- 2 Tablespoons dried Basil
- 2 Tablespoons dried Dill
- 1 Tablespoon dried Savory
- 1 Tablespoon dried Parsley
- 1 teaspoon granulated Lemon Peel
- 1 teaspoon granulated Onion
- 1/2 cup fine grind Sea Salt

Directions:

Mix all ingredients together in a bowl and spoon into a one cup container.

Yield: 1 cup seasoned salt

To Use: Use to season meats and vegetables, potatoes, and salads. This is a delicious all purpose seasoning. Use as you would salt, and decrease your salt intake while increasing the flavor of foods with herbs.



The flavor of savory is biting and peppery. For the best flavor retention add this herb just before cooking is done. Since its leaves have such a strong flavor, savory is often used as a salt substitute. Savory has been used for centuries to flavor soups, stuffings, meats, and stews. Its strong flavor is good with strong flavored meats like beef and game. Its German name Bohnenkraut is due to savory's affinity with beans, both fresh and dried. Savory is a natural addition to any dish with beans. Summer savory is best with fresh beans, while winter savory is best with dried beans. Savory also combines well with potatoes, cabbage, and fish. My favorite way to use savory is as a dip for fresh bread. Mince fresh winter savory and mix it with olive oil. Delicious!!!

Other Uses of Savory

Savory is considered mainly a culinary herb but, in times past, savory tea was used for colic and to decrease gas. Crushed savory leaves bring rapid relief to the pain of bee stings in the garden.

Savory essential oil is not used for aromatherapy, but it is used in perfumes and food products.

At VillageHerbShop.com you will enjoy

FREE SHIPPING

On orders of \$75 or more

Shop our online store today for popular products and our own VHS branded products!

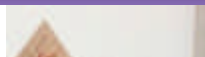
[SHOP ONLINE](#) 

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:





[Flu Buster Special](#)

\$14.99

Reg. Price \$20.97

[MORE INFO](#) ▶



[Crowd Pleaser Hot Dip](#)

\$24.00

Reg. Price \$31.00

[MORE INFO](#) ▶



[EO Rose Geranium and Citrus Lotion](#)

\$8.99

Reg. Price \$10.99

[MORE INFO](#) ▶



[Headaid Relief 2 Bag Pack](#)

\$4.99

Reg. Price \$6.99

[MORE INFO](#) ▶

Recipes

Layered Seasoned Salt

Layer fresh finely snipped herbs w ith fine grind sea salt in a w ide mouth jar. Start and end w ith salt. Salt layers should be about 1/2 inch in w idth and herb layer should be about 1/4 inch thick. Layer until jar is full w ith the first and last layers salt.

LEAVE UNCOVERED until all herbs are thoroughly dried (about 2 w eeks). The salt w ill act as a desiccant and dry the herbs w hile absorbing their flavors. This makes a w elcome hostess gift.

Herb Bouquet Rub Mix for: Fish-Beef-Pork Chicken-Turkey

Yield: 3/4 cup

Ingredients:

1 teaspoon granulated lemon peel
1 teaspoon black pepper
1 tablespoon granulated onion
1 tablespoon powdered rosemary
1 tablespoon rubbed sage
1/3 cup sage leaf
1/3 cup savory

Herbs de Provence

Ingredients:

2 tablespoons marjoram
2 tablespoons savory
2 tablespoons thyme
2 tablespoons basil
1 teaspoon fennel seed
1 teaspoon ground rosemary
1/2 teaspoon organic lavender flowers

Directions: Mix all dry ingredients together.

Herbs de Provence Dip

1 cup sour cream
1 cup mayonnaise
1 tablespoon Herbs de Provence Mix
Mix all ingredients together and chill overnight.

Herbs de Provence Cheese

8 ounces cream cheese
4 ounces margarine or butter
1 tablespoon Herbs de Provence Mix
Soften butter and cheese and add herb mix. Mix and chill overnight. Serve w ith crackers or vegetable sticks.

Herbs de Provence Dressing

1/2 cup olive oil
1/4 cup red wine vinegar
1 teaspoon Herbs de Provence mix
1 teaspoon sugar
Wisk ingredients together and toss w ith salad greens.



Combine the ingredients and stir until well blended. Place in a glass jar and seal. Makes one cup of mix.

Directions for use:

Sprinkle and rub the mix according to taste preferences on both sides of fish, beef, pork, chicken or turkey before grilling, broiling, baking or frying. A general guide for use is 1/2 to one teaspoon per serving.

Our Upcoming Classes and Events

[VIEW ALL](#) ▶

Fall Product Arrives!!!

We will be changing displays to reflect the changing seasons. New products will be added to our shelves every day in the month of October: potpourri, candles, fall wreaths, new teas for the season, tabletop items, apple butter, pumpkin butter, Frasier Fir by the Thymes, and of course our Vintage Halloween! Come see what all the excitement is about.

Herb Gardening Group October 13

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 **10:00 am to 12:00 pm**. 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, October 13: Last Garden Work Day for the Season!!!

Begins again in April 2011

Prepare the herb garden for winter. Fall clean-up, organic mulching.

Herb Gardening Group Benefits

Herb Garden Knowledge and Learning from fellow herb gardeners. Free fresh cut herbs from the garden. Plant exchange among members. More . . .



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Recent months' crafts:

Lavender Shortbread
(still available)

All-Natural Automatic Dishwasher Soap
(still available)

Layered Lemon Dill Herb Salt in Decorative Jar
(still available)

Cinnamon Peppermint Car Deodorizing Spray
(still available)

Join us for October's Craft:
Sleep Easy Aromatherapy Roll-on

Join us for November's Craft:
Chocolate Mint BlackTea

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

Reservations now being accepted for our Annual Victorian High Tea on December 3.

See tea details under Victorian High Tea, December 3.

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](#) ►

- **Reflexology Sessions Special
October through 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!

- **Bee Program by Beecology
October 9, Saturday, 11:00 am**

Learn about bees, honey and the great natural products that this local company has created. Owners, David and Amy will give a lecture about the life cycle of bees and enlighten people about why they should care about bees, tell them about bees and their agriculture. They will talk about the decline of the bee population and why this is happening, and what you can do to help the bees. Free samples will be given out to the audience. Village Herb Shop will have Beecology products and local honey for sale at this event and in the store.

Free

Reservations Please.

- **The Aroma Apothecary: Clinical blending techniques and topics
Friday, October 15, 9:00 am to 3:00 pm**

Advanced Topics in Aromatherapy - hands-on aromatic workshop leading to a Certificate in Advanced Aromatherapy Knowledge.

Class is presented by Raizel Michelow, MA, education, certified aromatherapist. Co-Director Scientific Skincare Institute.

Course descriptions

Continue your journey through the aromatic pathway with this three part workshop/Aroma Clinic. You will gain the knowledge to unlock the balancing physical and wellness potential of essential oils for yourself and others

Fee: \$150.00 includes all materials, hand-outs and two products per class to take home. Six hours are required for certification.

Reservations please.

Continuing Education Units for estheticians pending.

For more information please call the instructor at 440-289-8247.

Course includes two hours on each of the following topics:

Aromatherapy Advanced Learning Laboratory.

- Profiles of 10 Essential Oils.
- Three blending techniques - dynamic, chemical, and morphologic.
- Pathways into the body; methods of application; essential oil safety and contra-indications will be covered.
- How to conduct an aromatherapy consultation.
- Includes design of two products to take home.

Aromatherapy in Health and Wellness: Focus on stress and stress related disorders.

- Explores the nature of stress.
- Learn how essential oils are applied and used for migraines, headaches, insomnia, tension hormonal imbalances and stress related pain.
- You will design two products to take home.

Aromatherapy for the Health and Beauty of the Skin

- Introduction to the epidermis and dermis.
- Use of essential oils to treat skin conditions such as acne, rosacea, psoriasis, eczema, dehydrated skin, teen skin.
- You will design two products to take home.

Village Herb Shop Tea Tasting Club

October 23, Saturday

Learn about tea, taste tea and have a tea party. 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.

Teas for October will feature fine loose leaf green and black teas: *Monk's Blend, Lemon Green, Tea of Good Tidings, Comfort and Joy.*

Fee: \$5 at the door for each seat. Free admission if you prepare or bake 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: January 22, 2011

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

Tea Leaf Reading Today: Lynette will be offering tea leaf readings on this tea tasting day from 11:00 am to 4:00 pm. Please sign up in advance at the Village Herb Shop or register when you come in that day. She will be set up in our loft area. 20 minutes for \$20.

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: 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 upstairs classroom every day. Participate in one or all at only \$5 each. Each craft will take you 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.

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**

- **Susan Albert Herbal Mysteries Book Club Meeting**
November 6, 10:30 am to 12:00 pm

Join us to discuss the third book in the China Bayles Mystery series. The book for discussion this month will be: [Hangman's Root](#). Re-read your copy, get it at your library, or come in to the Herb Shop to purchase one. These herbal mysteries are easy reading and fun to read. China Bayles owns and operates an herb shop in Texas. There is lots of herb information in each book!!
this book discussion will be led by Lynette Trolli with Heather Randolph assisting.
Stop in to the Herb Shop for a [Hangman's Root](#) reading group guide or find it on line at Aboutthyme.com. Also look for recipe suggestions on line from the author.
Bring a dish to share from recipes in the book, or one that contains thyme in it, to get in FREE.
Fee: \$5 for book discussion and thyme food tasting or get in FREE if you bring food to share.
Featuring: favors from Susan and a signed copy book raffle.
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.
Join the fun!!!
Reservations Please.

- **Individual Facial Care Instruction and Make-Up Application**
by Esthetician, Jan Cellura
November 6, 11:00 am to 3:00 pm

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

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.

*Foundation and mascara require mild preservatives.

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 Jan's 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.

● **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: Free 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, 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 4-8.
- 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.

Each class member 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

Closed Thanksgiving Day, Thursday, November 25

- **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: 11am, 1pm and 3pm

Join us for our annual formal tea featuring herbal and edible flower tea time

Join us for our annual formal tea featuring herbal and cable flower tea and 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.

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**

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.

Note:

Open Sundays October through December 12:00 pm to 4:00 pm.

Closed Thanksgiving Day, Thursday, November 25.



Chagrin Falls Shop Hours

Monday through Saturday:

10 am - 5 pm

Sundays:

January through March:

April through August:

September:

October through December:

Closed on Sundays

12:00pm - 4:00pm

Closed on Sundays

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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