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KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

SHOP OUR STORE

SEPTEMBER 2011



Meaning in the Language of Flowers:
Immortality, I declare war against you
[More about the meaning of flowers](#)

Characteristics:

Tansy is a tall perennial growing from the root stock each spring to a height of four to five feet in the summer. It is very hardy in our area and one of the easiest herbs to grow. It has strongly pungent fern-like foliage. The fragrance is said to be a combination of pine, camphor and chrysanthemum. It flowers in flat clusters of 1/4 inch button-like bright yellow flowers. Tansy is a native of Europe and Asia brought to America by the colonists. It is now naturalized in the United States and Canada and can be seen growing in fields and along the road side. Curly Leaf Tansy has denser, more decorative leaves that are often described as lacey. This variety grows small to about two or three feet. Fern leaf tansy does not form flowers in our summers.

Tansy

Botanical Name: Tanacetum vulgare

History:

The name tansy is thought to be from the Greek word for immortality. Tansy was used as an embalming herb and packed in tombs and coffins to preserve the dead. Tansy was used as a strewing herb in public buildings such as churches and court rooms. In medieval times tansy was highly valued as a medicinal herb and prescribed as a tea or compress for many diseases and ailments. Tansy compresses were applied externally for sprains and swelling. In England tansy pudding was a traditional Easter Dish. Tansy is a bitter herb used in the Passover celebration. Tansy was hung in colonial doorways and placed on all windowsills to repel flies and insects. Its leaves were used to cover meats to repel flies.

In the Garden

Tansy is a very easy herb to grow. It grows in any soil, rich or poor. It is drought tolerant and will grow in sun or partial shade. Tansy plants can become very large and will overtake an herb garden. Give it a place all its own that will allow for its large, tall growth. Tansy will spread through its roots and by dropping seeds from the flowers. Gardeners often think tansy is too invasive for their gardens. Fern leaf tansy will stay more in bounds and looks beautiful in herb gardens or flower garden beds.

Harvesting

Tansy can be pruned any time as needed during the growing season. Cut and dry tansy before it falls to the ground and when the flowers are bright yellow. The flowers dry very well to make wreaths and dried arrangements. Tansy is high in potassium so it is a good addition to compost. Dry tansy leaves for moth chasing mixtures and to repel insects. To dry, place stems loosely in a large paper bag and put in a warm dry location for a week or two. Strip from stems. Tansy stores well.

Cautions

The essential oil of tansy is considered **toxic**. Thujone, a component in the essential oil, called is harmful to the

Recipes

Tansy ant repellent bags

Ingredients:

1/4 cup dried tansy
1 tablespoon dried lemongrass,
snipped small

Directions:

Put ingredients in squares of cloth or small muslin bags. Put on windowsills, ledges, corners or cabinets where ants are seen. Ants are naturally repelled by the scent of tansy and will not go near it. Squeeze the bag every month or so to release more tansy scent.

Pet Deodorizing and Insect Chasing Pillow

Ingredients:

Pillow size is 6" by 12"
1/2 cup peppermint, dried and crushed
1 tablespoon pennyroyal, dried
A few lavender flowers, dried
1 tablespoon thyme, dried

Directions:

Combine all botanicals and mix. Place one to two cups fiberfill into pillow. Add botanicals and push ingredients around to make pillow flat. Place in pets bed or sleeping area to absorb odors and repel insects.



central nervous system and causes damage and seizures. Tansy is not recommended for food or medicinal use today.

In the Kitchen

In times past tansy was used in cooking, but it **is not recommended today**. In the 1600's tansy was stir fried with orange juice and sugar, and served as a condiment to meats. It was added to omelets and used with fish, meats, cookies and cakes. "Tansies" were puddings flavored with the fresh herb and served at Lent. Chartreuse is flavored with tansy, but today the thujone-free extract is used.

Medicinal Uses

Medicinal or internal use of tansy is not recommended today. In ancient times flowers were used for medicine and as a general cure-all for any illness. Thujone, the toxic component in the essential oil of tansy, kills intestinal worms and heals skin conditions. Tansy was prized in times past for these two ailments.

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:



[Apple Spice and Cinnamon Room Spray](#)

\$4.99
Reg. Price \$8.99

[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

Moth Chaser Potpourri

Ingredients:

- 4 C. dried moth repellent herbs: tansy, santolina, southernwood, wormwood in any combination or choose herbs from list.
- 1/2 C. dried lavender foliage
- 1/2 C. bay leaves, crushed
- 1/4 C. mixed spices slightly crushed
- 1/2 C. cedar chips
- 1/4 C. cut orris root or cellulose fiber
- 2 teaspoons Moth Chaser Oil (available at the Village Herb shop or make your own blend.) Moth chaser oil is combination of lavender, cinnamon, lemongrass and patchouli oils (Note: combine oils before adding to orris root or cellulose fiber.)

Directions:

Blend all ingredients together. Store in airtight container for about two weeks to allow fragrances to blend. Tie in cloth squares, put in small muslin bags or tie in old hankies. Tuck in trunks and drawers, hang from hangers and put in closet corners. Put in suitcases, lockers and trunks. Put under car seat. Refresh with a few drops of oil once yearly or crush spices to release more scent.

Insect Chasing Herbs:

- Balsam Bay Bayberry Cedar Costmary Eucalyptus Feverfew Lavender (flowers and foliage) Lemongrass Patchouli Peppermint Pine Pennyroyal Rosemary Rue Sage Santolina Scented Geraniums Southernwood Spearmint Tansy Thyme Woodruff Wormwood

All spices also discourage moths: cinnamon, allspice, cloves, anise, coriander, nutmeg



Our Upcoming Classes and Events

[VIEW ALL](#) ▶



- **September 1 to 30**
Village Herb Shop 17 Year Anniversary
Join us to Celebrate for the entire month of September

- Pick your own discount of the day every day you come in to shop.
- Win prizes and discounts!
- **17% off all VHS purchases every Wednesday.**
- Events every Saturday. Help us celebrate.
- Discount bundles on your favorite products!

Preview of the Month: Details to follow! Save the dates!

September 3: Susan Albert Book Club

September 9: Individual Facial Care Instruction and Make-Up Application by Esthetician, Jan Cellura

September 10: Horseradish Program and Herbal Buffet featuring Horseradish

September 17: Edible Flower Program and Book Signing by Eat Your Roses author Denise Schreiber

September 24: Mediterranean Cooking with Chef Lucille

September 23-30: Redeem Cool Fall Dollars

- **August 1 to September 22**
Earn Cool Fall Dollars every time you shop!

Earn one Cool Fall Dollar for each \$10 you spend at the Village Herb Shop. These dollars can be redeemed for any full priced merchandise up to fifty percent off the original price. Spend them on all of you favorite products!!!

Collect lots of dollars and redeem them the last week in September. Redemption begins September 23!!!!

- **September 1:**

Registration begins for December 2, 2011 **Holiday High Tea.**
\$22 per reservation. Payment required at time of reservation.
Seatings at 11:00 am, 1:00 pm or 3:00 pm.
See website for details or call 440-247-5029

- **Wednesday, September 7, 3:30 pm to 5:00 pm**

- **Stories and Craft Classes for Little People**

Children from 4 years to ? are invited to join us to hear a story followed by a craft class relating to the book we have read. Hosted by Carolyn - Created for You merchant in the Village Herb Shop loft. After school snacks will be provided and we will have a story and a craft for young readers and artists!

Fee: \$12.50 per child. Class size is a maximum of 8 children. Register by end of day on Monday by calling Carolyn Parent at 440-248-2166 or Village Herb shop at 440-247-5029.

Won't you please alert me to any food allergies? Bring an item from my booth to me the day of the class and receive 20% off.

- **Friday, September 9, 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.

Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for September's Craft:
Sinus Relief Spray

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](#)



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 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.**
Fee: No Charge

September 10, Saturday 11 am to 1 pm
Horseradish Program and Herbal Buffet Party

Our herbal buffets are very popular events at the Village Herb Shop. All who attended have been asking for the annual potluck, so here it is. Please join us for delicious food and learn about growing and using Horseradish, the 2011 Herb of the Year. Learn how horseradish can be easily grown and how to use it in the kitchen. Program will be presented by Kathleen Gips. We will have the Hoseradish 2011 Herb of the Year book available for purchase.

Fee: \$10 each. Bring any food dish made with hoseradish 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 hoseradish 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!!!**

Tuesdays - September - 13th, 20th, 27th, 1:00 PM - 3:00 pm
Practical (Kundalini) Reiki Classes

Special Offer - \$100. for the complete series of three classes.

All classes will be at the Village Herb Shop 17 East Orange Street, Chagrin Falls

Reiki Training - This is a very natural, simple and strong healing modality that is easy to learn and practice. This healing method will enable you to immediately access Reiki for self healing and healing others. There are no symbols to learn, no specific hand positions and attunements are easy to pass on to others. You will also learn distance healing, clearing negative energy in a room, healing relationships and more. You will learn all 3 levels in the 3 classes. After completing the 3 levels, you will also be able to teach others. Everything you need is included: Reiki Master Training, 3 Attunements, the basic Kundalini Reiki book and a Certificate of Completion. You may purchase the New Practical Reiki Book for **\$15**.

Instructor: Nancy Barnes - Reiki Master/Teacher.

Contact Nancy at 440-557-5118 to reserve your spot.

Prepay for the course by September 10th, get a free Reiki Music CD
Sign up a friend and get a \$10 Gift Certificate

Wednesday, September 14

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 10:00 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, September 14

Growing and using Stevia, the no calorie natural sweetener. Edible flowers. Taking cuttings and "over winter" herbs; bringing in rosemary and rosemary culture; bringing bay indoors and bay culture

Wednesday, October 12

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

Guest Author and Book Signing

Saturday, September 17, 1:00 pm

Eat Your Roses, Edible Flower Program by Denise Schreiber

Denise will talk about how she got started with edible flowers and show a digital photo show of edible plants. She will cover how to grow and use edible flowers. Refreshments will include recipes from her new book Eat Your Roses. Book sale and book signing will follow the talk.

Fee: \$15 including a packet of edible flowers, edible flower refreshments and program.

Reservations please.

Denise is the greenhouse manager for Allegheny County Parks in Pittsburgh, Pa., Mrs. Know it All of The Organic Gardeners on KDKA radio, The "Ask the Expert" columnist for Pennsylvania Gardener magazine, columnist for the North Hills Monthly Magazine, Freelance writer for the Pittsburgh Post Gazette, Occasional blogger for Christian Science Monitor online.

September 24, Saturday 11 am to 1 pm

Village Herb Shop 17th Anniversary Party

Mediterranean Cooking with the Summer Herb Harvest with Chef Lucille

Featuring Mediterranean Cooking. Another herbal cooking lesson with our favorite chef! Lucille will show us how to prepare delicious, healthy foods using the herbal harvest. Taste her herbal creations and take home a tin of Mediterranean Herbs.

Class Fee: \$15 including take home Mediterranean seasoning and mini meal.

Reservations Please.

Support the local food bank: Receive a discount on all Village Herb Shop Gourmet Product line with a donation of canned food!

Thursday, September 23 through Thursday, September, 30

Redeem Cool Fall Dollars

Customers have earned one Cool Fall Dollar for each \$10 you spent at the Village Herb Shop since August 1. These dollars can be redeemed for any full priced merchandise up to fifty percent off the original price. Spend them on all of your favorite products!!!

Spend your cool fall dollars!! Redeem them this last full week in September. Redemption begins September 23!!!

Friday, September 30, 11:00 am to 12:00 pm

Fall Spice 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.

• **October**

Fall and Holiday Product and Vintage Halloween 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 October: Caldrea natural cleaning products for the holidays, Feeling Better Bags, Sinus Relief bags, Ecco Bella unscented lotion, loose leaf teas, 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, hot chocolate, Orange Halloween Hot Chocolate mix and of course our Vintage Halloween! Come see what all the excitement is about. Village Herb Shop is the Queen of Halloween!!

Saturday, October 1, 10:30 am to 12 noon

Susan Albert Herbal Mysteries Book Club Meeting

Join us to discuss a book in the China Bayles Mystery series. The book for discussion will be: Bleeding Hearts. 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 a 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.

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

• **Wednesday, Wednesday, October 12**

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 10:00 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- 12:00 pm

Mini herb class and lunch 12:00 pm - 1:00 pm

Monthly Herb Garden Focus

Wednesday, October 12: Prepare the herb garden for winter. Fall clean-up, organic mulching.

- **Saturday, October 15, 1:00 pm to 2:30 pm Guest Lecturer
Introduction To Naturopathic Medicine and How It Relates to Herbs
by Rhondalynn Smith Brustoski, ND**

Join us for a learning experience about using herbs in Naturopathic medicine. Therapies and programs are tailored to each individual which permit restoration of homeostasis in all systems of the body, mind & spirit by promoting high level health and wellness, providing prevention and maintaining cure. Dr. Brustoski believes it is vital to create a long term healing therapeutic relationship with each person so that she may offer the deepest and most comprehensive levels of care to unveil the underlying cause(s) of signs and symptoms rather than simply manage symptoms.

Rhondalynn Smith Brustoski, ND earned her Doctorate in Naturopathic Medicine at Bastyr University, the nation's premier academic institution for science-based natural medicine located in Seattle, WA. Her desire at her practice, Nature Cure Health and Wellness in Chagrin Falls, OH is to transform the paradigm of medicine to offer a preventive and curative approach to health care which includes one's entire being - mentally, emotionally, physically and spiritually. She utilizes natural therapies that support, promote and encourage the body's natural inherent healing process, such as optimal lifestyle choices, biotherapeutic drainage, crainosacral therapy, counseling, hydrotherapy, homeopathy and botanical medicine. She grew up in northeast OH and is excited to be back to provide natural medicine to the community and beyond.

Free: Reservations Please

- **Saturday, October 22
Village Herb Shop Tea Tasting Club**

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.

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 21, 2011**

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

- **Saturday, October 29, 11:00 am to 12:00 pm
Halloween 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.

- ***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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