



January 2024 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



Snowy Field at Lake Holm Lavender, Auburn, WA.

January 2024

Happy New Year!

If prioritizing self-care was one of your New Year's resolutions, we hope that this issue will provide some new ideas for using lavender to support that goal!

Lavender can be used in so many ways for your self-care, from lavender oil for relaxation and to soothe dry skin, to beautiful dried lavender bouquets and fragrant sachets in your home.

But there's another way to use culinary lavender buds that perhaps you hadn't thought of: lavender tea, either by itself or combined with other teas and herbs.

So we thought we would explore that a bit in this issue. And with cold weather and viruses going around this season, along with the stresses of our world, a nice cup of tea might be just the perfect way to soothe your body and mind, and unwind!

Stay warm and healthy this winter
and have a wonderful January!

Featured Lavenders for an Herbal Tea Garden Part 1

*Chris Mulder
Barn Owl Nursery*



PC: edenbrothers.com

Choosing Lavenders to Grow and Use for Tea

Dried culinary lavender buds can be infused alone in hot water to make fragrant and soothing hot and cold teas.

Different *Lavandula angustifolia* cultivars are the best lavender buds (calyces) to use for teas and there are many different cultivars available to that will add their own unique aroma and taste.

You may want to experiment by using single cultivars or a blend of several different cultivars to make your own unique, lavender tea blends.

LNW Member Announcements

Save the Date

Lavender NW Member

Video Meeting

February 1, 2024

Learn more about our

New Lavender NW website and our member meeting plans for 2024!

Mark Your Calendars

LNW Quarterly Member Meetings

April 13, Saturday

In-person meetings in four locations with farm tours in each region

August 22, Thursday evening

Video Meeting - Recap of Lavender Season

October 4-6, Friday-Sunday

In-person conference, meeting, and farm tours in Central Oregon

LNW Community Workgroup

Video Meeting

Thursday, January 18, 6:00-7:00 pm

LNW Branding Workgroup

Video Meeting

Thursday, January 18, 7:00-8:00 pm

Attention All LNW members:

Volunteers are needed to help in LNW work groups. Please email info@lavender-nw.org to volunteer. We will contact you with more information and a link to join the monthly online video meetings.

Call for Photo Submissions!

We need current photos of your farm, different lavender close-ups, and field or garden photos of your lavender throughout the year for our LNW photo library. Please send your photos to pbaker@littlilavenderfarm.com

Local NW Lavender Products

There are several places on Lavender Northwest's website where you can get information about local NW lavender farmers:

- **Find a Member or Farm** from the list of Professional members on the LNW website.
- To see what events are coming up, check Lavender Northwest's **Events Page**.

You will find LNW members at farmers' markets and at booths at special events throughout the seasons. **In addition, many LNW farmers sell their lavender products online from their**

Brewing by infusion:

Most herb teas made from buds, petals, or flowers are prepared by infusion. Infusion allows the oils in those parts of the herb to be released gently. If the herbs are boiled, the oils will evaporate and be lost, along with any vitamins they contain.

A general rule to follow when infusing lavender tea:

Use 1 teaspoon of dried culinary lavender buds to 1 (8 oz.) cup of boiling water

Place dried lavender buds in a ceramic, china, or glass mug or pot, either loose or in an infuser. Pour boiling water over the buds and allow the mixture to **steep for 3 to 5 minutes**, or until the delicate scent and flavor are released. Then strain and serve hot, or cool the tea and serve chilled or iced. Add honey or sugar to sweeten, of desired.

Lavender & Herb Tea Blends

There are many different dried herb flowers, leaves and seeds, as well as spices and black, green, and white teas that combine well with lavender. They are dried and can be blended to make some of the most popular tea blends that are sold on the market today. The amount and strength of the lavender that is used in tea blends varies greatly. Some lavender-based teas are used to make unique, non-alcoholic beverages and some alcoholic spirits and mixed drinks.

To decide which lavenders you want to grow and use in teas comes down to personal preference and a willingness to experiment by infusing and tasting several different lavender teas. Winter is a perfect time to start! Be sure to take notes about each one you try.

Lavender in the News

Tea Time!

Photo and article by Pam Baker,
[Little Lavender Farm](#)



We all know that lavender has wonderful culinary uses, but it can also be used as a delicious tea, either by itself or mixed with other beneficial herbs. Here's a little information about lavender and a few other easily accessible botanicals you can grow that make lovely beneficial teas.

Lavender

Let's start first with dried culinary lavender buds (*L. angustifolia cultivars*), since they can be mixed with many other herbs for a unique and personalized tea blend.

According to [medicinenet](#), drinking lavender tea:

- Helps with anxiety and depression
- Helps improve sleep
- Reduces menstrual discomfort
- Has antibacterial effects
- Reduces heart rate and blood pressure
- Has antioxidant effects

Rose hip tea

Here's a botanical that you can find in your garden right now. There is a little preparation involved, since you need to cut the rose hips in half and scrape out the little hairs inside. But once you've done that, there are many benefits.

According to [Healthline](#), rose hips tea

- Boosts your immune system,
- Aids in weight loss,

Companion Planting Lavender with Herbs

House Digest has some new articles about planting lavender with other herbs that like the same growing conditions and are drought-tolerant plants. These articles discuss some of the plants to grow near lavender "to help the plants survive and thrive in your garden."

"The Earthy Herb You'll Want To Plant Next To Lavender In The Garden"

"Why Rosemary & Lavender Belong Together in the Garden"

"Why Thyme & Lavender are Natural Companions in the Garden"

"The Beautiful Flowering Plant You Should Grow Near Lavender in Your Garden"

The perfect articles to read on a cold winter day while you relax and sip your favorite beverage and plan your spring garden!

Important News for LNW Members Making Dried Culinary Value-added Products

A new and improved [Oregon Farm Direct Marketing Law \(SB507\)](#) was passed last year. This is good news for LNW members who produce dried herbal blends with their own lavender, like teas and culinary blends like herbes de Provence, to sell as value-added products directly to consumers. Be on the lookout for educational workshops on the new law early this year. Check the OSU Small Farms website for additional information and details about OSU workshops.

<https://smallfarms.oregonstate.edu>

Lavender Spiced Herbal Tea

- Reduces joint pain,
- Supports healthy-looking skin
- Protects against heart disease
- Protects against type 2 diabetes

Lemongrass Tea

This is a new one for me, and one I will have fun experimenting with this winter, since I have a small bunch growing in our greenhouse.

According to [Medical News Today](#), Lemongrass tea

- Relieves anxiety
- Lowers cholesterol
- Prevents infection
- Boosts oral health
- Relieves pain
- Boosts red blood cell levels
- Relieves bloating

Olive leaf

One tea you might not have thought of is olive leaf. If you have an olive tree, this is something you can harvest year-round, even in winter.

According to [Healthline](#), olive leaf tea

- Protects digestive system
- Protects the central nervous system
- Inhibits microorganism growth
- Reduces the risk of cancer
- Reduces the risk of inflammation
- Reduces pain stimuli
- Prevents oxidation or cell damage

Those are just a few of the tea ingredients you can grow in your own garden. And part of the fun is growing, experimenting, and creating your own unique botanical tea blends.

Be sure to research the effects and safety of each botanical you use.

A Few Snowy LNW Fields



Willamette Valley Lavender, Canby, OR.

*Recipe by Chris Mulder,
Barn Owl Nursery*



PC: Arogya Holistic Healing

Ingredients

- 1/4 cup dried culinary lavender buds
- 1/4 cup dried lemon balm leaves, cut into pieces
- 1/4 cup dried rosemary leaves, whole
- 1/4 cup dried spearmint leaves, cut into pieces
- 1/4 cup whole cloves

Instructions

Combine all ingredients in a large mixing bowl.

Store in a glass or stainless steel container with tight lid in a cool, dark place.

Scoop a slightly heaping teaspoon of tea into infuser.

Pour 8 ounces of boiling water over tea in a mug.

Steep for 3-5 minutes, discard tea leaves.

Optional: Add lavender honey to sweeten, if desired.

Blueberry Lavender Chamomile Mocktail

Adapted from recipe by
orchidsandsweettea.com



Lavender Vale Farms, McMinnville, OR.



Down by the River Lavender, WA



Bald Butte Lavender Farm, WA



PC: orchidsandsweettea

Ingredients

- 1 cup filtered water
- 1 teaspoon dried chamomile flowers
- 1 teaspoon dried culinary lavender buds
- 2 cups organic blueberry juice
- ¼ cup Agave syrup (or honey)
- 2 Tbsps. freshly-squeezed lemon juice
- Crushed Ice
- Fresh blueberries (or frozen)
- Sliced Lemons
- Optional: fresh rosemary sprigs for garnish

Instructions

In a saucepan over medium-high heat, add the water and bring to a boil for 1-2 minutes. Remove the water from heat and add the dried chamomile and lavender in a tea diffuser. Let steep in hot water for 5-6 minutes. Once fully steeped, remove herbs and let cool completely.

In a bowl, add the blueberry juice, chamomile-lavender tea, Agave or honey, and lemon juice, stirring together until combined.

ASSEMBLY: Add crushed ice to

glass(es). Add the mocktail mixture until $\frac{3}{4}$ filled, followed by fresh blueberries and lemon wedges. For additional garnish, add fresh rosemary sprigs, if desired. Repeat for every serving.

Sip and Enjoy!

Lake Holm Lavender: A Tranquil Journey from Urban Bustle to Lavender Farm

Auburn, Washington



Nestled in Washington's Lake Holm area, **Lake Holm Lavender** farm stands as a testament to the dreams and aspirations of its owners, Jackie and Andrew Szarka. Their journey from the bustling city life of Seattle to the serene countryside started in 2017 when they decided to purchase and cultivate five acres of unworked land.

Jackie was raised gardening and always envisioned having her own nursery. The vision unfolded, guided by the belief that lavender was the perfect choice - beautiful, drought-hardy, and deer/rabbit-resistant. By

the fall of 2020, the farm had its first 1,000 aromatic lavender plants. Today, the

landscape is a welcoming sight with the hues of nearly 3,000 lavender plants, weaving a fragrant tapestry that includes cultivars like 'Grosso', 'Royal Velvet', and 'Melissa'.

Jackie, a retired clinical psychologist, with a background in PTSD treatment for veterans, transitioned from urban life to lavender farming. Her husband Andrew, is a longshoreman with talents ranging from heavy equipment operation to photography, music, and baking. Andrew's diverse skills also extend to coaching MMA in the martial arts gym that he runs at their farm.

Together, the couple is transforming Lake Holm Lavender farm into a stunning field of lavender that combines elements of healing, creativity, and fitness. Jackie humorously suggests that harvesting should be incorporated into MMA training.

The fruits of their labor manifest in the form of Jackie's favorite product, dried lavender bundles and sachets, crafted from their harvests. These beautiful bundles and other artisanal products find a home at local farmers' markets, a strategic outlet chosen due to community covenants that restrict public access to the farm. Jackie initially focused on the allure of cut stems but has since recognized the demand for value-added products. Although they have launched their online shop to extend their reach to a broader audience, Jackie and Andrew derive profound joy from their interactions with visitors at local markets.

The path of Lake Holm Lavender has not been traversed alone. The couple acknowledges the pivotal role played by the many members of Lavender Northwest and their farm mentor, **Victor Gonzalez**, in Sequim, WA. which has helped shape their trajectory. Jackie expresses her gratitude, "He helped us establish our farm and continues to guide and support us every step of the way; none of this would have happened without his knowledge and generosity."

Thank you Jackie and Andrew for sharing your story and making this article possible. It is a pleasure to read how your transition from the busy city life to the tranquility of the countryside has unfolded. As a final note, Jackie makes this statement "I feel so fortunate to have found **Lavender Northwest** and am very grateful for every person here. I'm really looking forward to being a part of the growth and development of the organization and to enjoying many lavender years together!"

Connect with Lake Holm Lavender:

- Website address: <https://lakeholmlavender.com>
- Facebook: LakeHolmLavender
- Telephone: 253-500-2116

Call for Action:

Would you like to see your farm featured in this newsletter? Contact Mike & Sandra Mitchell today at willamettevalleylavender@gmail.com or call/text at (503) 860-8346 / (503) 705-7731. LNW is always looking for member farms, regardless of size or experience, who are willing to share their journey with lavender.

About Lavender Northwest

*Check out our online **brochure!***

Lavender Northwest is an organization created for the purpose of showcasing and promoting lavender grown in the Pacific Northwest.

Become a Member

Have you thought about being a member of Lavender Northwest?

Did you know that you don't have to be a lavender grower to

It draws upon established regional expertise in lavender cultivation, preparation of primary lavender products, and incorporation of lavender into value-added products.

Through collaborative promotional opportunities, as well as focused educational efforts, *Lavender Northwest* intends to serve its members by offering extended reach to potential consumers, by expanding technical and business knowledge, and by providing support for interested individuals and developing lavender businesses.

Dedicated to the interests of regional lavender growers and product-makers, the organization is structured as a non-profit corporation, and evolved through the cooperation of its progenitors, the *Oregon Lavender Association (OLA)* and the *Washington Lavender Association (WLA)*.

Stay Connected!

Check out our website for more information on lavender and its many uses! Be sure to follow us on **Facebook** and **Instagram** for more ideas!

Be part of the conversation!

Do you have a lavender-related recipe, growing tip, photo, or experience that you'd like to share? Please contact **Pam Baker** at **pbaker@littlilavenderfarm.com**

be a member!

Great things are happening at our meetings. Video and In-person meetings include many educational and networking opportunities. Visit different farms in our NW region. See distillation and equipment demonstrations and take part in hands-on and knowledge sharing activities while learning and sharing knowledge with other LNW members.

Being entirely member driven, our association asks for an active membership.

There are two levels of membership: **Professional** and **Associate**.

The **Professional** level is for those with direct ties to lavender grown in the Pacific Northwest, either as a grower, primary product supplier (plants, bundles, buds, oils, etc.), or as a product developer featuring Northwest-Grown lavender.

A n **Associate** level supports the efforts of Lavender Northwest to promote awareness and expansion of regional lavender growers and product developers and may have a potential business interest involving Northwest-Grown lavender.

New members enroll on the website **Lavender-NW.org**

And finally, Dear Readers...

"To plant a garden is to believe in tomorrow." ~Audrey Hepburn





Lavender Northwest

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