



February 2024 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



Rainbow of Hope, Willamette Valley Lavender, Canby, OR.

February 2024

We hope you enjoy our *New* newsletter format! We moved all of the educational articles and recipes to the top so that you can find them easily. And once our new website is live, we will have links to posts and articles so that you can easily read more information and find:

- in-depth articles about growing and using lavender, as well as
- profiles of LNW farmers and business owners, and
- LNW members' farms, products, and events.

Stay tuned and have a wonderful month.

Dried Herbal Tea Blends with Lavender

by Chris Mulder and Pam Baker

Herbal Tea Garden Part 2

(See Part 1 in the
January 2024
LNW newsletter)

*Chris Mulder
Barn Owl Nursery*



PC: blackgold.com

One result of finding your favorite tea ingredients is that you can now plan for your own herbal tea garden! Try planting a few herbs near the lavender in your garden, or plant medium to large containers of different herbs where you can harvest them easily when you want them.

You and the bees will appreciate the addition of colorful flowers that bloom at different times throughout the spring and summer months. The fragrant herb foliage and flowers will complement your lavender flowers and



PC: *Old Farmers Almanac, Maria Shanty*

Once you become familiar with the individual aroma and taste of different dried culinary lavender buds (*Lavandula angustifolia*) cultivars, you can begin experimenting with two-herb and multi-herb tea combinations by adding different herbs, fruits, and spices with the lavender. Steeping a herb or herbal blend in boiling water is called an infusion, or tisane in French.

Culinary lavender buds also mix well with real tea leaves (*Camellia sinensis*), for delicious hot and cold teas. Using the infusion process, you can create your own teas with caffeine, and herbal tea blends without caffeine, to enjoy different scent and flavor combinations in hot and cold beverages. (Keep in mind that medicinal teas are usually stronger than teas drunk for pleasure. There are various methods used to release the herbs' healing properties and the herbs are usually steeped longer and diluted before drinking.)

Two-herb blends are an easy and inexpensive way to begin experimenting. To start, choose an herb that you like or one that is known to blend well with culinary lavender. Then use a ratio of equal parts culinary lavender buds with your chosen herb, using 1 teaspoon of your blend per 8 oz. of water. Once you find a two-herb blend you like, try it as a hot tea and a cold tea, noting the different tastes that emerge and which you prefer. You can also experiment with your tea's strength as well. If the tea is too weak, you can steep it a little longer. And if it is too strong, just dilute it with fresh plain water, or adjust the amount of herb and lavender to your own taste. When you discover a blend and brewing method that you like, be sure to write down the recipe with the exact amount of each ingredient you used so that you can replicate your tea.

To create your own herbal tea apothecary, start with some of the ingredients that are growing in your own garden and then purchase some of the dried ingredients of the plants that you don't grow. Store all dried ingredients in labeled air-tight jars in a cool, dark place. If purchasing tea ingredients, be sure to purchase only organically grown herbs from a reputable seller.

To get you started, here are a few two-herb blends that you can experiment with and adjust to your taste.

can be dried and enjoyed in teas and other culinary creations, and in lavender crafts. They will provide you with a bountiful harvest of foliage and flowers to add to hot and cold beverages and meals, and supply you with a variety of ingredients to make herbal gifts to share with your family and friends throughout the year.

Herbs for Lavender-Herb Tea Blends and Other Beverages

- Bee Balm leaves
- Borage flowers
- Calendula flower petals
- Catnip leaves
- Feverfew leaves
- Hops flowers
- Linden flowers
- Lovage leaves
- Marjoram leaves
- Olive leaves
- Stevia leaves (for sweetness without calories)!
- Sweet Cicely leaves
- Sweet Woodruff leaves & flowers
- Wintergreen leaves
- Yerba Buena leaves

Other ingredients to blend with lavender for teas, beverages, and to garnish culinary creations

Add a splash of different flavored simple syrups or a little honey to sweeten your creations and add additional flavor to any hot or iced tea or beverage.

- Fruit juices: apple, apricot, blackberry, blueberry, cherry, cranberry, grape, lemon, lime, orange, peach, pear, pomegranate,

Two-Herb Dried Tea Blends

Blend together, equal amounts of dried, finely crushed herb leaves with whole, dried culinary lavender buds and stir well.

Measure 1 heaping teaspoon of your blend and infuse in 8 ounces (1 cup) of hot water.

Steep for 3 to 10 minutes.

Strain out the herbs and taste.

- Anise Hyssop leaves (mild licorice flavor), with Lavender buds
- Basil leaves (Cinnamon, Lemon or Tulsi), with Lavender buds
- Berry leaves (Blackberry, Raspberry, or Strawberry), with Lavender buds
- Chamomile flowers (German or Roman), with Lavender buds
- Lemon Balm leaves, with Lavender buds
- Lemon Grass (cut leaves), with Lavender buds
- Lemon Verbena leaves, with Lavender buds
- Mint leaves (Apple mint, Orange mint, Pineapple mint, Peppermint, or Spearmint), with Lavender buds
- Rosemary leaves, with Lavender buds
- Rose petals or Rose hips, with Lavender buds
- Sage, Fruit scented leaves (Honey Melon, Pineapple, or Tangerine Sage), with Lavender buds
- Sage leaves, Common (*Garden, Golden, Purple or Tricolor*), with Lavender buds
- Scented geranium leaves (*Pelargonium - Rose, Lemon or Mint*), with Lavender buds
- Thyme leaves (*English, French, or Lemon*), with Lavender buds

As you use different herbs with different lavender buds, you will begin to recognize the special qualities that each lavender cultivar has to offer and how each lavender interacts with other herbs to create a unique scent and flavor together. Sometimes one stands out, and at other times, the two become a harmonious blend.

Three Herb Dried Tea Blends

When you find the herb and lavender you like the best together, then experiment further by adding small amounts of one more herb, or perhaps a small amount of one spice or fruit peel.

Below are a few three-herb blends that work well together.

Try the following combinations of herbs in slightly different proportions to help create your own unique blend. If using seeds and spices, use them in their whole form, and in smaller amounts to start with, and taste your tea after each addition.

- Apple mint leaves, Chamomile flowers, with Lavender buds
- Anise Hyssop leaves, Orange mint leaves, with Lavender buds
- Basil leaves, Lemon Balm leaves, Spearmint

- raspberry, strawberry, pineapple, plum, raspberry
- Fruit peels: lemon, lime, orange
- Honey - try different types
- Roots: fennel, ginger, licorice
- Seeds: anise, cardamom, coriander, fennel, nutmeg
- Spices: allspice, cinnamon, cloves, nutmeg, peppercorns
- Tea or Tea substitute: black, chai, green, rooibos, white



PC: highcountrygarden.com

Plant Lavender with other Flowering Perennials In Your Garden

Plan a garden for an extended bloom season that will provide you with a beautiful source of mixed fresh and dried bouquets. Plant a perennial garden that will add contrasting and complementary flowers for beauty and purpose to supply you with colorful and fragrant ingredients to add to your lavender bouquets, wreaths, and crafts!

To see a few garden plans

- leaves, with Lavender buds
- Hibiscus flowers, Rose hips, with Lavender buds
- Lemon Grass leaves, Peppermint leaves, with Lavender buds
- Lemon Verbena leaves, Rose petals, with Lavender buds
- Lemon Verbena leaves, Rose hips, with Lavender buds
- Spearmint leaves, Sage leaves, with Lavender buds



PC: beautifulnious.co.uk

Relaxing Herbal Bath or Shower Tea from:
*Rosemary Gladstar's
 Herbal Recipes for Vibrant Health*

Another way that herbal teas can be used is for the bath. Here's one recipe for a bath or shower tea, (or for a facial steam, see recipe on right), but there are many herbal combinations to experiment with.

Ingredients

- 2 parts chamomile flowers
- 2 parts lavender buds
- 2 parts rose petals
- 1 part comfrey leaves

Mix dried herbs together, and place a large handful or two, in a large muslin bag, handkerchief, or cheesecloth. Tie the bag tightly with a long string, then attach the bag onto the nozzle of the tub. Turn the water on hot and let it pour through the herbal bath bag, turning the tub water into a strong herbal infusion (bath tea). Run enough cold water into the tub to bring the water to the desired temperature.

For a shower, tie the herbal bag onto the shower head. When the bag is soaked through, remove it from the shower head and use it as your washcloth. You could also tie the herbs securely into a large washcloth.

Note: Make sure the herbs are tied securely in cloth so

and tips to help you choose lavenders and perennials that can be grown together in your USDA growing zone, check out **High Country Gardens** website.



PC: apothecarycompany.com

Herbal Facial Steam

(for dry to normal skin)

from *Rosemary*

*Gladstar's Herbal Recipes for
 Vibrant Health*

Ingredients

- 2 parts calendula petals
- 2 parts chamomile flowers
- 2 parts rose petals
- 2 parts lavender buds

Combine dried herbs, adjusting the amounts to suit you. Store herb water in an airtight glass bottle. For a facial steam, bring 2 to 3 quarts of water to a boil, cover, and let simmer for 2 minutes. Remove the pot from the heat source and place it on a heat proof surface at a level that will enable you to comfortably sit and place your face over the pot. Leaning over the pot, drape a large, thick towel over your head and the pot, capturing the steaming herb water. It will get very hot under the towel. To regulate the heat, raise or lower your head or lift a corner of the towel to let in a little cool air occasionally. Steam face for

LNW Member Announcements and Events

New LNW Website!

After months of hard work, we are happy to announce that our lovely NEW LNW Website goes live this month! Watch your in-boxes for an announcement coming soon.

LNW Quarterly Member Meeting Saturday, April 13th

Spring In-Person Meetings will be held in four locations, with farm tours in each region:

Western & Southern Oregon - Mulino, OR.

Central & Eastern Oregon - Bend, OR.

Western Washington - Auburn, WA.

Eastern Washington, Idaho, & Montana - Eastern WA.

Watch for emails with more details and a registration form for each regional meeting.

Congratulations to LNW Member Ricardo Besel

Ricardo is the recipient of the USLGA 2024 Lift Award for his work in creating and manufacturing two outstanding Besel Lavender Processors for lavender buds. To read more, click the USLGA link. uslavender.org

Northwest Lavender Products

There are several places on the *New Lavender Northwest* website where you can get information about our members' lavender farms and businesses in Oregon, Washington, Idaho and Montana.

- **Find a Members' Farm** and the products and services they offer, from our Professional members' profiles on the LNW website.
- To see what events they are offering or attending this year, check the **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 websites.**

Attention All LNW Members: We Need You!

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 work group meetings.

Become a Member

Have you thought about being a member of Lavender Northwest?

Visit our website for more information: lavender-nw.org

Stay Connected!

Check out our online **brochure!**

Follow us on **Facebook** and **Instagram**

Do you have a recipe or photo you'd like to share? Please send it our way. We'd love to include them in the newsletter!

Contact: **Pam Baker**

And finally, Dear Readers...

**"One of the most delightful things about a garden
is the anticipation it provides."**

~W.E. Johns



Lavender Northwest

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