



April 2024 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



PC: Pam Baker

April 2024

There are actually 11 seasons

winter
 fool's spring
 second winter
 spring of deception
 third winter ← We are here.
 mud season
 actual spring
 summer
 false fall
 second summer
 actual fall

Welcome Spring!

After an unusually warm few weeks, here we are in the middle of "third winter" (at least according to this chart!) Many of us took advantage of the sunny warm days -- starting our gardens, beginning clean-up in our fields -- and

Early Blooming Lavenders

Chris Mulder
Barn Owl Nursery



PC: Hortmag.com

'Primavera'

Lavandula stoechas
 'Anouk Deluxe 1225'

Height: 16-18 inches
Width: 14-16 inches
Flower Color: Deep purple flowers topped with dark burgundy bracts.
USDA Zones: 7a - 9a
Hardiness: 15 degrees F

Unlike other *L. stoechas* cultivars, this new Spanish lavender variety, 'Primavera', will flower longer in the spring and summer months, and even into early fall in the Pacific NW. It is suitable to grow in large containers, or plant in the garden to add bright, showy long blooming flowers over a

throwing out our backs from all of the weeding. And now the rain returns to water the seeds and grow the weeds and allow our backs to heal. But summer is peaking around the corner, along with the return of sunny warm days to keep us busy, so let's enjoy these rainy days while we can!

Have a wonderful month!

Lemon Lavender Bundtlettes (or Loaf)

Recipe by Mary Wenrich

From her book: ***I Can't Believe It's Gluten Free***



PC: Mary Wenrich

Mary Wenrich is a McMinnville, OR. baker, who turned her experience with her own gluten-free bakery into a new gluten-free cookbook. Of course you can make these bundtlettes with regular flour as well, but the gluten-free version is absolutely delicious! You can find her cookbook, ***I Can't Believe It's Gluten Free***, on Amazon.

Ingredients

Cake:

- 1 cup granulated sugar
- 2/3 cup plain yogurt
- 1/2 cup canola or vegetable oil
- 1/4 cup lemon juice
- 2 Tablespoons lemon zest
- 2 large eggs
- 1/2 teaspoon vanilla extract
- 1 1/2 cups gluten-free 1-1 flour
- 1/2 teaspoon salt
- 1 1/2 teaspoons baking powder

long period of time. 'Primavera' was bred to withstand hot, humid climates and to flower longer than some of the other *L. stoechas* cultivars that are available.

Reasons to Grow Spanish Lavenders (*Lavandula stoechas*)

Spanish lavenders usually start blooming in April in the Pacific NW. There are several good reasons to consider growing this species of lavender. They are fast growing lavenders that will bloom the first year and produce many flowers early in the season. The flowers encourage beneficial pollinators to visit your garden more often in the spring, summer and fall. The flowers are especially attractive to different types of bees and will be blooming before and after other lavender species have faded. Fortunately, they are not usually attractive to deer and rabbits!

The unique barrel-shaped flowering spikes have long, prominent showy bracts on top. There are many cultivars available, with flowers and bracts in different shades of purple, as well as blue, pink, and white. The flowering spikes and bracts add interest and striking color combinations that contrast nicely with other flowers in a mixed perennial, drought tolerant garden.

Spanish lavender plants are welcome fragrant floral gifts to give, especially when they are blooming around Easter and Mother's Day. They can be planted in different containers and placed outside on a sunny deck or patio to enjoy while entertaining and dining outside in the summer. The

Glaze:

- 2 cups powdered sugar
- 3 Tablespoons lavender simple syrup
- 1 Tablespoon lemon juice
- Toppings (optional)
- 1 Tablespoon lemon zest
- 2 Tablespoons dried culinary lavender buds

Directions

Preheat oven to 350 degrees

In a medium bowl or bowl of a stand mixer fitted with a whisk attachment, add sugar, yogurt, oil, lemon juice, lemon zest, eggs, and vanilla extract. Mix until combined.

Add flour, salt, and baking powder. Whisk until nearly smooth and only small lumps remain. It should be close to pancake batter in consistency.

For Bundtlettes:

Generously grease nine bundtlette wells. (Most pans are six, so you will need two pans for this.)

Pour batter into the greased wells. They should be about $\frac{2}{3}$ full, but just even the batter out as best you can between the nine wells.

Bake for 25-30 min, or until they get golden around the edges and begin to pull away from the pan.

Allow to cool for 10 minutes, then invert onto a wire rack to cool completely before glazing. Do not allow to cool completely in the pan or they will stick!

For a Loaf:

Grease a standard loaf pan (8.5" x 4.5")

Pour batter into the pan and smooth out the top with a rubber spatula.

Bake for about 1 hour or until golden on top and a toothpick inserted into the middle comes out clean.

Allow to cool for 10 minutes before turning out onto a wire rack to finish cooling

Glazing

In a small bowl, whisk together the powdered sugar, lavender syrup, and lemon juice. It should be pourable but thick.

For bundtlettes, dip each one upside down into the glaze, then flip back over and return to the wire rack, allowing any excess glaze to run down the sides of the bundtlette. You are basically glazing a donut.

For a loaf, spread the glaze over the top of the loaf, encouraging it to fall over the sides in some spots. Immediately top with lemon zest and dried culinary lavender (optional).

Allow to rest for at least 15 minutes so the glaze can harden before serving or slicing.

plants do not usually need to be watered as often as other potted patio plants.

Like most lavenders, *L. stoechas* cultivars are easy to maintain. With a little pruning and dead-heading, they will hold their shape and produce more flowers.

Spanish lavenders are known to readily self-sow in the wild, and also in gardens that provide a hot, sunny, and dry environment where they will thrive.

Springtime Decor Using Dried Lavender



PC: Pinterest



PC: Pinterest

Storage: Store leftovers in an airtight container at room temperature for up to 3 days, or freeze for up to 2 months. They freeze really well. To thaw, place at room temperature for about 30 minutes.

Asparagus with Lavender, Pine Nuts, and Mozzarella Balls

From The Lavender Cookbook By Sharon Shipley



PC: food52.com

Ingredients

- 2 pounds pencil-thin asparagus
- ¼ cup extra-virgin olive oil
- ¼ teaspoon crushed hot-pepper flakes
- 2 garlic cloves, minced
- ½ cup pine nuts
- 1 teaspoon dried culinary lavender buds, finely ground in a spice grinder
- ½ teaspoon sea salt
- ⅛ teaspoon freshly ground black pepper
- ½ pound fresh bocconcini mozzarella balls, quartered
- 1 tablespoon grated lemon zest
- 1 tablespoon fresh lemon juice

Instructions

Peel the asparagus stalks and trim off the tough ends. Cook in boiling salted water for 3 minutes. Drain and cover with cold water to stop the cooking. Drain and pat dry with paper towels.

Warm the olive oil in a large skillet over medium heat. Add the pepper flakes and garlic; stir for 1 minute. Add the pine nuts, saute for a few minutes, until the nuts just begin to color. Add the asparagus and lavender; saute for about 3 minutes, until just heated through.



PC: Pinterest

Spring Cleaning with Lavender



PC: Pam Baker

Lavender is well known for its antibacterial and antimicrobial properties, so during this cold and flu season, it is the perfect addition to your cleaning regime -- not only does it disinfect but it dispels the winter blahs by transporting you back to sunny summer days. Here are a few ways to use lavender as a cleaner and deodorizer

Lavender All Purpose Cleaner

From The Lavender Lover's Handbook by Sarah Berringer Bader

- 2 tablespoons distilled white vinegar
- 1 teaspoon borax
- Distilled or purified water
- ¼ c liquid castile soap

Season with salt and pepper.

Transfer to a platter and top with the mozzarella; allow the heat from the asparagus to melt the cheese slightly. Sprinkle with lemon zest and drizzle with lemon juice.

Here are a few more recipes for your spring table!

Hazelnut Crusted Salmon

Easy Dark Chocolate Bark

- 10 drops lavender essential oil
- 5 drops of lemon essential oil or 1 tsp lemon juice

Mix the white vinegar and borax together in a 16 ounce spray bottle. Fill the bottle 3/4 full with hot purified or distilled water. Shake well until the borax is dissolved.

Add the liquid castile soap and the essential oils (or the lavender oil and lemon juice) to the solution and shake well. Use as you would any other all-purpose cleaner.

Carpet deodorizer

Area rugs and carpets are breeding grounds for odors and bacteria, so I like to try this little trick for fresh and clean carpets without an expensive call to the rug doctor:

- 8 drops of lavender oil
- 1/2-cup baking soda
- Large mason jar

Combine ingredients and shake well. Sprinkle over the carpet, wait a few minutes, and then vacuum.

Meet the Farmer: Park Place Perennials



Park Place Perennials, located in West Linn, Oregon, grows a wide variety of lavender for essential oils, fresh & dried bouquets, culinary products and handcrafted aromatics. Their lavender and flowers also help their small apiary of honeybees make honey which is also available for sale!

Read more about the Park family and how they became lavender farmers on **Lavender Northwest's website** where you can meet some of our LNW farmers!

LNW Member Announcements and Events

**LNW Spring Quarter Member Meetings
Saturday, April 13th**

**In-Person Meetings will be held in four locations,
with farm tours in each LNW region.**

Western & Southern Oregon - Mulino, OR.

Central & Eastern Oregon - Bend, OR.

Western Washington - Auburn, WA.

Eastern Washington, Idaho, & Montana - Cheney, WA.

**Don't miss this wonderful educational and networking opportunity.
Meet and learn from your fellow LNW members.**

Deadline to register online is April 5th!

Attention LNW Farm Members

Join the 2024 Lavender Festival Paint Out This Summer.

Each year 150+ local artists register for the Lavender Festival Paint Out. They have a few weeks to visit participating farms and complete their Plein Air paintings. Then the Chehalem Cultural Center in Newberg, Oregon will host an exhibition from July 13-14th where the artists' paintings are shown during the Willamette Valley Lavender Festival. This year the artists will be able to paint at different participating farms from June 10 through July 10th.

Note: Artists must follow the special rules that each farm has listed.

If you would like to be a participating farm this year,

Please contact: Katie Spain for more details.

Deadline April 10, 2024

lavenderpaintout@chehalemculturalcenter.org

Find Lavender Northwest Members, Events, and Products

There are several places on the new Lavender Northwest website where you will find information about our members' lavender farms and businesses in Oregon, Washington, Idaho, and Montana.

When you go to the new Lavender Northwest website, you will discover many of the **Outstanding Lavender Resources** in our Pacific Northwest Region and all that our LNW members offer.

You can start your search by clicking [Access Lavender](#) and then going to:

[Find a Member](#) - see LNW Professional Members' Profiles

[Lavender Happenings](#) - see the Events our members attend or offer

[Lavender Marketplace](#) - see Members' Products and Services they offer

You will find our members' websites and their online stores, the farms and stores that are open to the public, farms that offer u-pick lavender, lavender plants, essential oils, and many more local, culinary and fragrant lavender products. Some of our members are wholesale providers, culinary specialists, and product creators!

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 online work group meetings.

This Spring, we really need help transporting LNW products to our regional locations. For details, contact: products@lavender-nw.org

Become a Member

Have you thought about being a member of Lavender Northwest?

[Join Us!](#)

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

Stay Connected!

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...

**"Don't wait for someone to bring you flowers.
Plant your own garden and decorate your own soul".**
~ *Mario Quintana*



Lavender Northwest

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