



## April/May 2024 Newsletter

### Lavender Northwest Invites You To Enjoy Lavender All Year Round!



PC: Pam Baker

### April/May 2024

April and May are the months that many farmers see their lavender plants wake up from their winter slumber, growing new leaves and transforming from grey to vibrant green. This is also when farmers take stock to see how their plants fared during the winter and how many, if any, replacement plants will be needed.

So as you can see, this is when lavender farms start to get very busy. Weeding, replacing plants, pruning, and repairing fill our days as we get ready for the main event -- just a few short months away.

And just a friendly reminder -- Mother's Day is coming up May 12th and most moms love lavender! So be sure to check our members' booths at events and farmer's markets and their websites for lovely lavender gifts.

Have a wonderful spring!

### Early Blooming Spanish Lavenders *Lavandula stoechas* cultivars

Chris Mulder  
*Barn Owl Nursery*



PC: [mullerseeds.com](http://mullerseeds.com)

*Lavandula stoechas* cultivars are commonly called Spanish lavenders in the United States. They are the first lavenders to bloom in April and May in the Pacific Northwest.

This *lavandula* species originally came from lavenders that crossed and propagated from seed growing in the wild in Spain, Portugal, France, and other Mediterranean

# Herbes de Provence Frittata

Recipe/ photo by Pam Baker, *Little Lavender Farm*



## Ingredients

- 6 large eggs, enough to cover the ingredients
- 1/4 cup heavy cream (or milk if no cream)
- 1 teaspoon salt
- 4 slices bacon, chopped
- 2 small Yukon gold potatoes, peeled and thinly sliced
- 1/4 teaspoon ground black pepper
- 2 cups baby spinach
- 2 cloves garlic, minced
- 2 teaspoons herbes de Provence
- 1 cup shredded cheese, such as Gruyère, Fontina, or cheddar.

## Instructions

1. Heat the oven to 400°F.
2. Whisk the eggs and cream together. Whisk the eggs, cream, and 1/2 teaspoon salt together in a small bowl; set aside.
3. Cook the bacon. Place the bacon in a cold 10- to 12-inch nonstick oven-safe frying pan or cast iron skillet, then turn the heat to medium-high. Cook the bacon, stirring occasionally, until crisp, 8 to 10 minutes. Remove the bacon with a slotted spoon to a paper towel-lined plate and pour off all but 2 tablespoons of the fat. (If omitting the bacon, heat 2 tablespoons oil in the skillet, then proceed with adding the potatoes).
4. Sauté the potatoes in bacon fat. Return the pan to medium-heat, add the potatoes and sprinkle with the pepper and the remaining 1/2 teaspoon salt. Cook, stirring occasionally, until tender and lightly browned, 4 to 6 minutes.

countries.

*L. stoechas* has at least 50 recognized hybrid cultivars that are grown primarily for ornamental purposes.

Spanish lavenders are prized for their ornamental uses, especially in containers. The plants grow fast and the flowers bloom earlier and longer than most other lavenders.

The large flower heads are topped with two very distinctive long bracts that resemble butterfly wings. There are a variety of flower colors ranging from very dark purple to light purple with reddish tones, and there are several striking mixed blue, pink and white flowering cultivars available in our region.

Many of the *L. stoechas* cultivars have been discovered, propagated, and introduced by plant breeders in Australia, New Zealand, and other parts of Europe, and more recently in the United States.

Over the years, there have been several unique *L. stoechas* cultivars that have been introduced in our region by Andy and Melissa Van Hevelingen, of Van Hevelingen Herb Nursery in Newberg, Oregon. They include:

*Lavandula stoechas*

- 'Cottage Rose'
- 'Ivory Crown'
- 'Portuguese Giant'
- 'Purple Flame'

For more information about these PNW **originating *L. stoechas*** cultivars, please visit the LNW website.

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**Introducing LNW's  
Informational Brochure  
Lavender**

5. Wilt the spinach with the garlic and herbes de Provence. Pile the spinach into the pan with the garlic and herbes de Provence, and cook, stirring, for 30 seconds to 1 minute or until the spinach wilts. Chop the bacon and add back to the pan and stir to evenly distribute.
6. Add the cheese. Spread the vegetables into an even layer, flattening with a spatula. Sprinkle the cheese on top and let it just start to melt.
7. Pour the egg mixture over the vegetables and cheese. Tilt the pan to make sure the eggs settle evenly over all the vegetables. Cook for a minute or two until you see the eggs at the edges of the pan beginning to set.
8. Bake the frittata for 8 to 10 minutes until the eggs are set. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another few minutes; if the eggs are set, pull the frittata from the oven. For a browned, crispy top, broil for a minute or two at the end of cooking.

For a sweet treat this Mother's Day, try **Lavender Scented Tapioca Custard**. You'll find this and other recipes on the LNW website.

## Lavender Northwest Regional Meetings



Last weekend LNW members met in their regions for a chance to meet other lavender lovers and growers and learn more about this amazing plant.

At the **Western Oregon** meeting, participants toured Willamette Valley Lavender Farm and then had a hands-on culinary bud smelling and tasting experience led by Chris Mulder and Michael Lemmers at RavenCroft lavender farm.

## Care & Applications

Do you want to learn more about lavender species and cultivars? Lavender Northwest has created a brochure that is available at some local LNW members' farms, farmstands, shops, and booths. Here's a small excerpt:

There are 3 different species of lavender (*Lavandula*) common to the Pacific Northwest.

*Lavandula angustifolia* (synonyms: "English" or "true" lavender) The flowers bloom early in the summer, and the buds are used for both culinary and craft products.

*Lavandula x intermedia* (synonyms: "lavandin" or "French" lavender) The flowers generally bloom in early to mid-summer, 2-3 weeks after the *Lavandula angustifolias*. Their long stalks and buds are preferred for many craft products.

*Lavandula stoechas* (also called "Spanish" or "butterfly" lavender) This fast-growing species is primarily grown in containers and in drought tolerant gardens and landscapes. The unique, whimsical flowers bloom in a wide range of colors, which make these cultivars a springtime attraction, and herald the upcoming summer lavender season.

The brochure has helpful information about the planting and care of lavender, as well as some of the uses. We hope you enjoy this informational brochure.

## Farms Waking Up

At the **Western Washington** meeting, participants toured Lake Holm Lavender Farm and enjoyed two education sessions: lavender chemistry and test and product labeling regulations.



*Down by the River Lavender  
PC: Beth Hammerberg*

At the **Eastern Washington, Northern Idaho, and Montana** meeting, participants toured Reka's Acres Lavender Farm and learned about lavender simple syrup and culinary bud complexities and standards.

At the **Central/Eastern Oregon and Southern Idaho** meeting, participants toured Terrebonne Lavender Farm and discussed the future directions of the lavender industry.

It's easy to see why participants wished they could be in two or three places at once! So many interesting topics and beautiful farms to see.

Our next in-person LNW meeting will be a larger gathering of all NW regional members. It will take place the weekend of **Oct. 4-6 in Central Oregon**. We hope you will join us!



*Lavender Vale Farms  
PC: Holly Flowers*

### **Featured Farmer: Knapp Family Lavender Ranch**



*Lake Holm Lavender  
PC: Jackie Szarka*

A few years back, Navy veterans Rick and Paula Knapp were looking to move out of suburbia and discovered a lovely 15-acre property just 35 miles north of Spokane. With an established lavender field nestled in the woods above Chain Lake north of Elk, Washington, the farm was exactly what they were looking for. After making the decision to purchase the property, and assuming their son and daughter-in-law would think they were “off their rocker with this hair-brained idea,” the Knapps were surprised to learn that their son and daughter-in-law shared the dream of owning a lavender farm.

**Read more...**



*Barn Owl Nursery  
PC: Ed Mulder*

## **LNW Member Announcements and Events**

**SAVE THE DATES!**

**AUGUST 22**

**LNW Video Member Meeting  
Lavender Season Recap and Discussion**

**OCTOBER 4 - 6**

**NW Regional Lavender Conference and LNW Member Meeting**

### **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 on their farm

**Lavender Marketplace** - see Members' Products and the 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](mailto:info@lavender-nw.org) to volunteer.

We will contact you with more information and a link to join the online work group meetings.

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**Become a Member**  
**Have you thought about being a member of Lavender Northwest?**  
**[Join Us!](#)**

Visit our website for more information: [lavender-nw.org](http://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...

**"A garden must combine the poetic and mysterious  
with a feeling of serenity and joy."**

*~ Luis Barragan*



Lavender Northwest

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