

Visit our website

December 2021 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



PC: Little Lavender Farm



PC: Burpee.com

December 2021

Happy Holidays to you and yours!

During the month of December, we tend to focus on the more commonly celebrated holidays, but there is something else to celebrate during this time as well: Winter Solstice on December 21. According to *The Smudging and Blessing Book* (see below for more on this), Winter Solstice is "the great festival of the family. It celebrates the people who form our circle." What a lovely way to celebrate this month that includes so many family gatherings, both with the family we are born with and the family we have chosen.

This time can also be a time of great stress and busyness as we work hard to find just the right gifts for our loved ones – so in this issue, we are including recipes to help alleviate your stress, and which can also be given as thoughtful gifts.

If you'd rather buy your lavender gifts we can help you with that too! Our farmers create many wonderful lavender products, sure to delight the lavender lover in your life! Because there are so many lavender farms and products to choose from the easiest way to see what is available is to visit our website, lavender-nw.org. Browse through the [Destinations](#) page and check out where you can find local lavender products on our members' websites.

Or you can also visit one of the year-round lavender gift shops below:

Lavender Gift Shops Open Year-round

Durant at Red Ridge Farms, 5550 NE Breyman Orchard Rd, Dayton, OR, *Daily, 10am - 4pm*

Evening Light Lavender, 5552 S. Wallbridge Rd, Deer Park, WA
Tues-Sat, 11 am - 6 pm

J Bell Cellars, 124 Purple Ln, Zillah, WA.
Thurs-Sun, 11 am - 5 pm

Lavender Wind, 15 Cleveland St., #284, Coupeville, WA *Mon-Sat, 10 am - 5 pm, Sun, Noon - 5 pm*

Little Lavender Shop, 108 S College St, Newberg, OR. *Hours: Wed-Sun, 11 am - 6 pm*

Pelindaba Lavender-Ashland, 30 N. Main Street, Ashland, OR. *Daily, 11 am - 5 pm*

Pelindaba Lavender-Edmonds, 102 1/2 21st Ave, N. Edmonds, WA, *Mon-Sat, 11 am - 5 pm, Sun, 12-4 pm*

Pelindaba Lavender-Friday Harbor, 45 Hawthorne Ln, Friday Harbor, WA. *Daily, 9:30 am - 5 pm*

Featured Lavender

'Forever Blue' (Lavandula angustifolia)

Flower Color: Dark Blue-Purple
Plant Height: 14-24 inches
Stem Length: 10-12 inches

'Forever Blue' got its name because this cultivar starts blooming early in June and will continue to bloom throughout the summer into early fall. The flowers make beautiful fresh cut and dried bouquets and hold their deep blue color well, if they are harvested when most of the flowers are in the bud stage. They have a sweet lavender scent and can be used dried in potpourris and other crafts or to fill sachet bags. The buds are also suitable for culinary use with a variety of foods and beverages.

This hardy lavender has a compact, bushy habit and can be grown in the garden as a fragrant low hedge or border, or in a large container on a deck or patio.

Chris Mulder,
Barn Owl Nursery

Opportunities

Education

"Fundamentals of Essential Oil Therapy," offered by the Tisserand Institute

Tisserand has designed their first ever class for essential oil beginners, to take place on December 14, 2021. Hana Tisserand will cover:

- What is an essential oil?
- Who uses essential oils?
- How are essential oils used?
- Safety considerations for using essential oils at home
- The 23 oils that Hana would take on a desert island – with the research to back up her selection

For more information about this and other classes offered visit their [website](#).

Grants

ODA Accepting Proposals for 2022 Specialty Crop Block Grant Program

The Oregon Department of Agriculture (ODA) is now accepting proposals for project ideas as part of the US Department of Agriculture's (USDA) Specialty Crop Block Grant Program (SCBGP) for 2022. Approximately \$1.5 million is expected to be available.

For the 2022 SCBGP Request for Proposals, ODA has a single-phase process known as the Grant Proposal Application. ODA is requesting 15-page grant proposals from applicants describing their proposed projects. Submissions should be submitted online and must be received by Monday, January 31, 2022. For more information visit their [website](#).

Events

Upcoming Holiday Event

Holiday Wreath Making Class Dec. 18, 1:00 - 4:00 pm Rock Island, WA.

Join accomplished wreath makers, Beth Hammerberg and Gretta Davis as they provide expert insight in how to make a Holiday Wreath. All materials are included in the class fee, which is \$60 per person. There will also be samples of Lavender Lemonade, Lavender Ice Cream and the most scrumptious Lavender Shortbread cookies. More info available on the Lavender Northwest website.

Keep an eye on the Lavender Northwest Event Calendar on the Lavender Northwest website! Many of Pacific Northwest farms and businesses hold their own events or participate in yearly holiday events in their community. And while our news item only comes out monthly, the events calendar will be updated regularly by our Lavender NW farms and businesses!

Recipes



Lavender Fudge

Recipe from [Norwood Lavender Farm](#) by Nicole Callen

- Ingredients**
- 3 cups semi sweet chocolate chips
 - 1 (12 oz.) can sweetened condensed milk
 - 1/2 cups walnuts, chopped (optional)
 - 1 tsp Lavender Extract

Instructions
In a microwave safe bowl combine chocolate chips and sweetened condensed milk. Place in microwave for 60 seconds, stir and microwave for 60 seconds more.

Line a 8x8 inch pan with parchment paper.

When the chocolate chips have completely melted give it a quick stir and add nuts and 1 tsp Lavender Extract. Stir to combine and pour into your prepared pan.

Let it sit and cool before cutting into squares, or get out a spoon and enjoy!



Lavender-Vanilla Snow Balls

Recipe and photo by Nancy Baggett, author of *The Art of Cooking with Lavender & Let's Cook with Lavender*

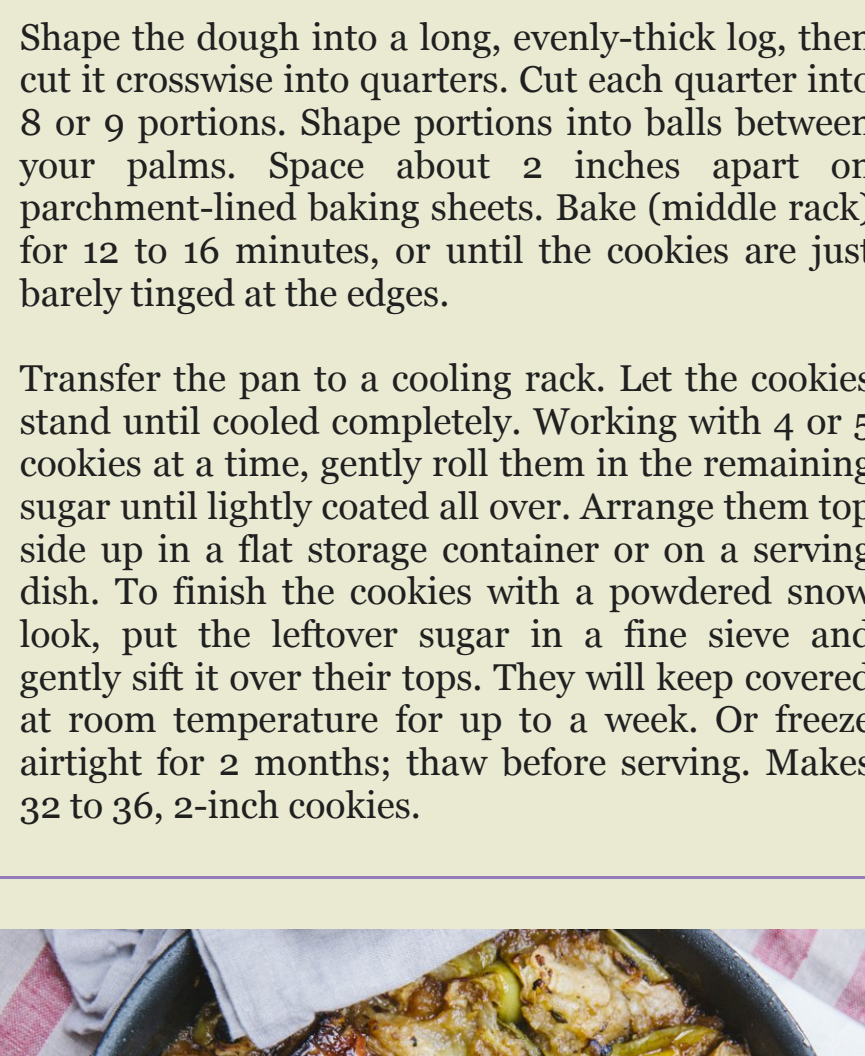
- Ingredients**
- 1 1/4 cups powdered sugar, divided
 - 2 teaspoons dried culinary lavender buds
 - 1-inch long piece vanilla bean, finely chopped, optional
 - 1 cup (2 sticks) unsalted butter, at room temperature and cut into chunks
 - 2 teaspoons vanilla extract
 - Generous 1/8 teaspoon salt
 - 2 cups plus 2 tablespoons unbleached all-purpose white flour, plus more if needed

Instructions
Position a rack in the middle of the oven; preheat to 350 degrees F. Combine 3/4 cup powdered sugar in a food processor with the lavender buds and vanilla bean bits. Process for 3 to 4 minutes, or until the lavender is ground fairly fine. Stir the processed sugar mixture through a very fine mesh sieve into a deep, medium bowl; discard any lavender or vanilla bits (or save to make more scented sugar!). Very thoroughly stir another 1/2 cup sugar into the processed sugar.

In a large bowl, with a mixer on low, then medium speed, beat the butter, 1/2 cup flavored powdered sugar, vanilla, and salt until well blended and smooth. On low speed, gradually beat in the flour just until the mixture begins to mass. If the mixer motor labors, knead in the last of the flour by hand until fully and evenly incorporated.

Shape the dough into a long, evenly-thick log, then cut it crosswise into quarters. Cut each quarter into 8 or 9 portions. Shape portions into balls between your palms. Space about 2 inches apart on parchment-lined baking sheets. Bake (middle rack) for 12 to 16 minutes, or until the cookies are just barely tinged at the edges.

Transfer the pan to a cooling rack. Let the cookies stand until cooled completely. Working with 4 or 5 cookies at a time, gently roll them in the remaining sugar until lightly coated all over. Arrange them top side up in a fat storage container or on a serving dish. To finish the cookies with a powdered snow look, put the leftover sugar in a fine sieve and gently sift it over their tops. They will keep covered at room temperature for up to a week. Or freeze airtight for 2 months; thaw before serving. Makes 32 to 36, 2-inch cookies.



Baked Spicy Pork Chops with Lavender & Apple

Recipe by Sharon Shipley, *The Lavender Cookbook*

- Ingredients**
- 6 pork chops, 3/4 inch thick
 - 1 tablespoon Spiced Lavender Seasoning
 - 2 tablespoons extra-virgin olive oil
 - 2 tablespoons unsalted butter
 - 3 Granny Smith apples, peeled, cored, and sliced
 - 1 large onion, thinly sliced
 - 3 large potatoes, peeled and thinly sliced
 - 1 teaspoon packed brown sugar
 - 1 teaspoon grated orange zest
 - Sea salt and freshly ground black pepper
 - 1 cup chicken broth

Instructions
Preheat oven to 350 degrees F. Grease and ovenproof casserole dish large enough to hold the chops in a single layer.

Sprinkle the chops with Spiced Lavender Seasoning. In a large skillet, combine the oil and 1 tablespoon of the butter. Place over medium heat until the butter melts. Add the pork and saute for 5 minutes, or until lightly browned on both sides. Transfer to a plate.

In the same skillet, saute the apples and onion for about 5 minutes, or until lightly colored.

Layer half of the potatoes in the prepared casserole. Top with the chops and spoon the apple mixture over them. Sprinkle with the brown sugar, orange zest, salt, and pepper. Cover with the rest of the potatoes and pour the stock over them. Dot with the remaining 1 tablespoon of butter.

Bake for 45 minutes, until the potatoes are tender and golden brown. Makes 6 servings.

Spiced Lavender Seasoning

- Ingredients**
- 2 tablespoons cumin seeds
 - 1 tablespoon coriander seeds
 - 2 tablespoons dried culinary lavender buds
 - 2 tablespoons dried thyme leaves
 - 2 tablespoons anchoite rojo seasoning paste
 - 1 tablespoon freshly ground black pepper
 - 1/2 teaspoon fine sea salt

Instructions
Toast the cumin and coriander seeds in a dry skillet over medium heat until fragrant, about 2 minutes. Transfer to a spice grinder and add the lavender buds. Pulse until finely ground. Transfer to a food processor and add the thyme, seasoning paste, pepper and salt. Pulse to create a homogeneous mixture.



PC: Pollinate Flowers

Using Burning Bundles and Essential Oil for Calming and Blessing

Smudging (also called burning bundles or smudge sticks), has been used for centuries in many different traditions and cultures. Often associated with Native American traditions, burning bundles are also used in several other cultural and religious rituals. Related to this is the use of essential oils for similar purposes. Below are a few interesting excerpts from the book *The Smudging and Blessings Book: Inspirational Rituals to Cleanse and Heal*, by Jane Alexander.

An Ancient Aromatic Tradition

"The healing power of plants has been used by many cultures for thousands of years – from India to Egypt; from Greece and Rome to Europe and the Americas. Far back in prehistory, it was recognized that burning plants, their woods or oils, produced a variety of effects: promoting well-being, healing the sick, and inducing spiritual experiences. Smudging is one example of this practice, the burning of aromatherapy oils is another. We recommend that you vaporize essential oils in a burner or bowl of warm water; this releases their healing scents. As you become more experienced, you might like to consider using essential oils in the following way: in the bath, in a massage blend, on a kleenex or cloth to sniff."

Using Essential Oils

"Essential oils add a delicious, sweet-smelling element to rituals and blessings. You can combine their use with smudging or use them on occasions when it would not be suitable to use your smudge stick. Essential oils can also extend the effectiveness of the atmosphere summoned by your rituals, as the scent of the oils can linger for hours."

Choosing your Essential Oils

"Lavender [is] one of the most generally useful essential oils that can be used in a huge array of rituals. Lavender is healing, purifying, balancing, and soothing. It gives resolution in difficult times and helps to release negative emotions. It can ease stress and aid peaceful sleep, so use it in all rituals where you want a calm, relaxed, and healing atmosphere."

Lavender Gifts to Make at Home

This Holiday Season give the gift of lavender! Below you will find two easy gifts to make yourself using lavender buds or lavender essential oil. Both offer the recipient the gift of relaxation -- and who couldn't use a little bit of that?



Lavender Bath Salts

A thoughtful homemade gift is always appreciated, and what better gift than the gift of relaxation with therapeutic bath salts! Making your own bath salts is actually very easy. All you need is a few ingredients, a cute container, and you're on your way to a relaxing soak in the tub!

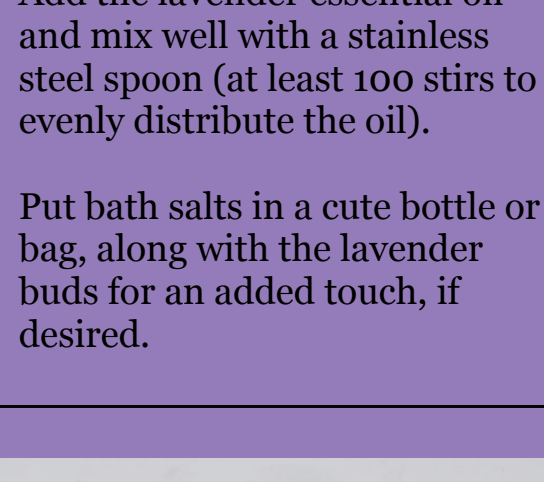
- Ingredients**
- 1 cup epsom salts
 - 1 cup therapeutic salts, such as Dead Sea salts or Himalayan salts
 - 3 Tablespoons baking soda
 - 30 drops of lavender essential oil
 - Dried lavender buds (optional)

Instructions

In a glass or stainless steel bowl, mix the salts and baking soda together, making sure to break up any baking soda clumps.

Add the lavender essential oil and mix well with a stainless steel spoon (at least 100 stirs to evenly distribute the oil).

Put bath salts in a cute bottle or bag, along with the lavender buds for an added touch, if desired.



Lavender Sleep Sachet

- Materials**
- pretty natural cotton or linen fabric
 - matching thread
 - 4 tablespoons of your favorite dried lavender buds (per sachet)

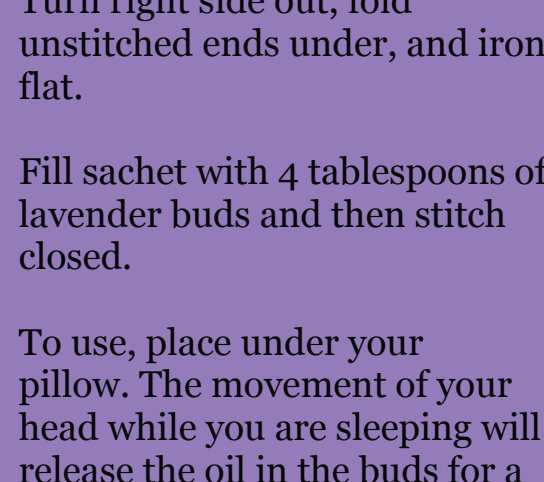
Instructions
Cut fabric into 5 inch squares (2 squares for each sachet)

Place 2 fabric squares, print side together, and stitch three of the sides together.

Turn right side out, fold unstitched ends under, and iron flat.

Fill sachet with 4 tablespoons of lavender buds and then stitch closed.

To use, place under your pillow. The movement of your head while you are sleeping will release the oil in the buds for a lovely scent and a restful sleep.



If you'd rather purchase lavender gifts for the special people in your life, creating your own gift basket with a variety of lavender products from your favorite lavender farms is always a fun way to go. You can visit Lavender Northwest's webpage for a list of lavender farms near you!

About Lavender Northwest

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

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).

Be part of the conversation!

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

Become a Member

Did you know that you don't have to be a lavender grower to be a member of Lavender NW.

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.

An **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.

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!

And finally, Dear Readers...

"Only by giving are you able to receive more than you already have." -- Jim Rohn



Send Us An Email

