





Purple Mountain Lavender, Lakeside, MT

April 2021

April and May are a busy months for lavender farmers as we get ready for the even busier days of summer -pruning, weeding, cleaning up, and planning summer upick and events. May also gives us the opportunity to celebrate mothers on Mother's Day, held on May 9th this year. So in this newsletter we have included a few ideas for celebrating that special day. A Mother's Day brunch is always a great idea, so we have a few lavenderthemed recipes that you might want to make this year. We have also included some articles about lavender basics, in case you want to create a lavender garden for the special mother in your life! (And of course you can aways "gift" a subscription to our newsletter!)

Announcements

LNW Spring Quarter Members' Meeting PLEASE ZOOM WITH US!

Safe meeting conditions for groups like ours have not arrived in time for our Spring meeting, so we'll have a virtual gathering on Zoom. Check your email for Zoom information. Our meeting will be held Saturday, April 17, 2021 at 4:30 PM Pacific Time

Book Release: Lavender: 50 Self-care Recipes and Projects for Natural Wellness **By Bonnie Louise Gillis**

Unlock the power of one of nature's most beneficial herbs-and explore the many modern applications of lavender. Learn to make nourishing, all-natural, and affordable remedies for mind and body, as well as home cleaning products. Plus, discover lavender as a culinary ingredient and whip up delicious cocktails and more! Written by Sequim,WA. resident and LNW member, Bonnie Louise Gillis. Release date: April 27, 2021. Available for **pre-order**

2021 Willamette Valley Lavender **Festival Info**

The WVLF is back for 2021! This regional celebration of lavender, art, food, music, and exceptionally-made crafts is a unique and festive event which brings local lavender growers and the community together. This event takes place on July 10 and 11 in Newberg at the Chehalem Cultural Center and is free to the public.

But to make this happen, they need your help! Even a few hours of your time will support this beloved festival, and it is a lot of fun! And an added bonus: your volunteer hours directly benefit Lavender Northwest!

Please call 503-487-6883 Ext 103 or email volunteer@chehalemculturalcenter.org to find out about volunteer opportunities for individuals or groups.

To learn more about the festival, visit the **CCC's** website.

LNW 2021 Driving Guides

Coming Soon! Starting May 1st, there will be **three** Lavender NW Driving Guides available to pick up in different locations! The **Oregon Lavender Guide** will be available at all Oregon Welcome Centers, including the Portland airport and locations in Central and Southern Oregon. The Western Washington Lavender Guide will be available in the Seattle area, including SeaTac airport and some of the islands in Puget Sound. The Eastern Washington & Montana Lavender Guide will be available in Central and Eastern WA. locations and in the Spokane area. Use our LNW driving guides to plan a road trip and discover many beautiful Northwest lavender destinations!

> Lavender Northwest Member Farms and Shops Open in April

Please call ahead before visiting any farms or shops as hours may have been changed and some are open only by appointment.

> Lavender Farms Open for Lavender **Products By Appointment Only**



'French Fields'

PC: Little Lavender Farm

(Lavandula angustifolia)

<u>Flower Color</u>: Bright Violet Blue Stem Length: 12 –15 inches Plant Height: 20-24 inches

French Fields is one of the first English lavenders to bloom early in June in the Willamette Valley. This very fragrant lavender is said to have come from the perfume fields of France.

The plant forms a compact shrub with gray-green foliage. The long lasting flowers are striking when they are planted in mass or as a hedge or border in the garden. If the flowering stems are harvested in June, and the plant is cut back lightly early in the summer, it may bloom again in the late summer or fall.

The fresh and dried buds are used as culinary lavender to flavor foods and beverages and for crafts.

> **Deep Dish French Toast with Blueberries and** Lavender

From Discover Cooking with Lavender by Kathy Gehrt



Looking for a special breakfast or brunch recipe? This ovenbaked French toast combines bread, eggs, milk, and sugar with cream cheese, blueberries and nuts. The secret ingredient -- lavender -- makes all the ingredients taste even better.

<u>Ingredients</u>

- 1 teaspoon butter for coating the baking dish • 1 large (1 ¹/₂ - 1 ¹/₄ pound) brioche loaf cut in 1 inch cubes, about 10 cups
- 1 (8-ounce) package cream cheese, cut into 18 cubes
- ¹/₄ cup pecans, chopped • ¹/₂ cup blueberries
- 8 large eggs • 2 cups milk
- ¹/₂ cup dark brown sugar, firmly packed
- 2 teaspoons pure vanilla extract • ¹/₂ teaspoon lavender
- buds, ground into powder • Pinch of nutmeg
- Pinch of ground cloves • 4 tablespoons butter, melted

Serve with:

• Powdered sugar • Pure maple syrup, warmed

Directions

1.Butter a 9x13-inch baking dish. Place half the bread cubes in a single layer, covering the bottom of the dish. Scatter the cream cheese cubes, nuts, and blueberries on top. Cover with the remaining bread cubes.

2.In a large bowl, whisk together the eggs, milk, brown sugar, vanilla, lavender, nutmeg and cloves. Pour this mixture evenly over the bread

cubes. Press down on the bread cubes to make sure they absorb the egg mixture. Cover with plastic wrap and refrigerate for

Barn Owl Nursery - Wilsonville, OR. Blue Mountain Lavender - Lowden, WA Eagle Creek Lavender - Eagle Creek, OR. Fleur de Provence Lavender Farm Mead, WA Fleurish Lavender of Lost Mountain Sequim, WA. McKenzie River Lavender - Springfield, OR. Still Waters Lavender - Redmond, OR.

Portland, OR. Lavender Gift Shops Open Year-round

Sunderland Acres Lavender Farm

Durant at Red Ridge Farms, 5510 NE Breyman Orchards Rd, Dayton, OR. Daily, 11am - 4pm

Evening Light Lavender, 5552 S. Wallbridge Rd, Deer Park, WA. *Tues-Fri, 10 am-6 pm*

J Bell Cellars, 124 Purple Ln, Zillah, WA. Fri-Sat, 11 am - 8 pm, Sun, 11 am - 5 pm

Lavender Wind, 15 Coveland St. #284,

Coupeville, WA. Mon-Sat, 10 am - 5 pm Little Lavender Shop, 108 S College St,

Newberg, OR. Spring Hours: Thurs-Sun, **11 am - 4 pm** (or by appointment)

Pelindaba Lavender-Ashland, 30 N. Main Street, Ashland, OR. Wed-Sun, 11 am - 5 pm

Pelindaba Lavender-Edmonds, WA. 102 1/2 5th Ave. N, Edmonds, WA. Tues-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



Meet the Farmer: Purple Mountain Lavender Lakeside, Montana

Submitted by Susan Steffes, Fleurish Lavender of Lost Mountain

Deb Davis, owner of Purple Mountain Lavender discovered her passion for lavender after she and her husband Gregg planted their first 100 lavender plants in 2004. Deb was teaching elementary school and was a Fitness Instructor/Personal Trainer, and her husband Gregg was an Economics Professor at Flathead Valley Community College. Deb enjoyed reading her students "Miss Rumphius" by Barbara Cooney, (a story about making the world more beautiful) and was inspired to plant lavender for its vivid colors and fragrances. She chose twelve different varieties to see which might survive the Montana climate of their mountain top farm. Purple Mountain Lavender now has 1,500 plants spanning 30 varieties. To visitors who are thinking about starting their own lavender farm, Gregg always quotes the old farmer's response, "If you want to end up with a small fortune in lavender farming, start with a large fortune."

Harvest season at Purple Mountain Lavender usually begins around July 4th, so Deb and Gregg block out the months of June, July, and most of August to prepare for visitors and run the store. This summer, they will welcome guests by appointment only, whether for free tours or the many classes they offer, in order to ensure the safety of their visitors, helpers, and family. In the past, Purple Mountain Lavender hosted a local chef to prepare a five-course meal for a wildly popular lavender-culinary-inspired dinner, featuring culinary lavender varieties paired with wine. Last year, due to the pandemic, they had to cancel the planned dinner. This year they are offering a smaller, casual affair, serving culinary-inspired hors d'oeuvres and wines spotlighting different chefs in the area, while encouraging strolling through the lavender field. Local businesses have also caught on to the culinary use of their lavender and offer products including ice cream, beer, scones, tea, and lattes. The latest addition to the culinary offerings being a lavender donut (honeythyme glaze, torched lavender meringue, and bee pollen) made by a local specialty donut shop.

Summer is short and frost comes early in the mountains of Montana. Deb says, "we have learned to trim our lavender six weeks before the first frost, which can be as early as October, giving the lavender plants "a haircut" so they will grow and look better." With a limited window of growing time, they have found which varieties work best for their purposes. "Our priorities are lavender bundles, culinary lavender, and using our lavender oil in products such as lotion bars" states Deb, adding that their favorite variety is Folgate, chosen for its color, flavor, and hardiness. "If we were to give a tip or advice it would be to decide what you want to do with your lavender and be able to market it and find a home for it," she says. Deb goes on to say, "Each plant has its purpose and we are learning how to listen to our community and visitors. What do they like and enjoy?" Deb and Gregg's latest passion is working with a Hospice organization, providing lavender products for use in the care of their patients.

"One never knows where the journey will take you," says Deb, adding, "each year has been a learning experience, and with the support of friends we have turned this into a business. Each year [also] brings more challenges, more joys, and more satisfaction in sharing our passion with others. To be a part of Lavender Northwest is exciting as we continue to learn from other lavender growers and support other lavender farmers in the Northwest."

four hours or overnight. To ensure bread absorbs the egg mixture, put a heavy item (e.g., two pounds of butter) on top of the plastic wrap to weigh down the bread.

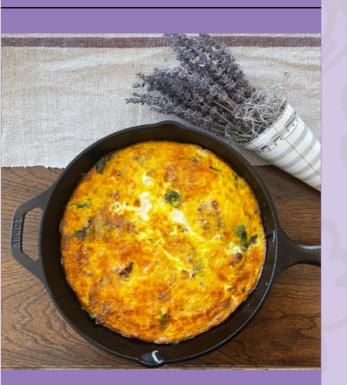
3. Heat the oven to 350 degrees F. Remove the dish from the refrigerator and let it sit for 20 minutes at room temperature. Remove the plastic wrap.

4.Bake the French toast covered with foil for 20 minutes, then uncover it and bake 15 to 20 minutes longer, or until the cubes are nicely toasted.

5.Place the dish on a cooling rack, then drizzle the melted butter over the French toast. Let sit for 5 minutes. Cut into squares.

6.Sprinkle powdered sugar over the top and serve with warm maple syrup.

Makes 12 servings



Herbes de Provence Frittata

Recipe by Pam Baker, Little Lavender Farm

This quick and easy frittata is a new favorite at our house! Perfect for your Mother's Day Brunch and easy clean up too!

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 Provence

Whisk the eggs, cream (or milk), and 1/2 teaspoon salt together in a small bowl; set aside.

skillet (or other oven safe skillet), stirring occasionally, until crisp. Remove the bacon all but 2 tablespoons of the fat.

3.Saute the potatoes in the bacon fat over medium-heat, and sprinkle with the pepper and the remaining 1/2 teaspoon salt. Cook, stirring occasionally, until tender and lightly browned.

4.Pile the spinach into the pan and sprinkle with the herbes de Provence. Let cook, stirring, for 30 seconds to 1 minute, or until spinach wilts. Chop the bacon and add back into the pan, distributing evenly.

5.Spread the vegetables into an even layer, flattening with a spatula. Sprinkle the cheese on top and let it just start to melt.

6.Pour the egg mixture over the vegetables and cheese. Shake the pan slightly to make sure the eggs settle evenly. Cook for a minute or two until you see the eggs at the edges of the pan beginning to set.

7.Bake the frittata for 8 to 10 minutes until the eggs are cooked through. To check, cut a small slit in the center of the frittata. If raw eggs run into the cut, bake for another few minutes. For a browned, crispy top, broil for a minute or two at the end of cooking.

8.Let cool for a few minutes, slice, and serve with your favorite brunch side dishes!

> Lavender Berry Mimosa



• 2 teaspoons herbes de • 1 cup grated cheddar

cheese

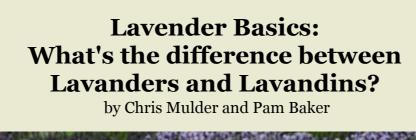
Directions

1.Heat the oven to 400°F.

2.Cook the bacon in a cast iron with a slotted spoon to a paper

towel-lined plate and pour off

Purple Mountain Lavender Farm 417 Blacktail Heights Rd, Lakeside, MT 59922 purplemountainlavendermontana.com Phone: (406) 212-5626





Lavender (Lavandula angustifolia)

Lavender plants, (Lavandula angustifolia) cultivars, produce seeds and are the largest group of lavenders. They are the hardiest lavenders to grow in the Pacific Northwest. Most plants will survive cold temperatures and can be grown at higher elevations.

PC:Sally Dallas

The average size of a mature lavender plant is between 18-24 inches. However, there is quite a range in the size of cultivars that are available, from the smallest dwarf sized plants which grow to 10-15 inches in height) to the largest cultivars, which can grow 24-36 inches in height. Lavender plants do need to be regularly pruned to maintain their shape.

The foliage is generally green/gray, with short leaves on the stems. The flower stems themselves are an average of 8-12 inches long. There is quite a large selection of flower colors among the different lavender cultivars. The buds and flowers range from light blue to different shades of violet/blue, to dark violet/blue. There are several light pink and white flowering varieties too. Lavandula angustifolia flowers have a "sweet" lavender scent.

The early blooming cultivars start blooming in the Pacific Northwest around the 2nd-3rd week in June, with the majority of cultivars blooming mid to late June, and a few that continue blooming into July, usually finishing by mid-July. Some of these cultivars bloom again in the fall, especially if the first flowers are cut off the plants early in the season and the plants receive some water during the summer.

Lavandin, (*Lavandula x intermedia*)

Lavandin, (Lavandula x intermedia) cultivars are a hybrid cross of (Lavandula angustifolia) and (Lavandula latifolia). This is a smaller group in the genus Lavandula because these plants do not produce seeds and need to be propagated from cuttings. These cultivars are larger, faster growing plants compared to lavenders.

The size of lavandin plants range from 20-24 inches, 24-30 inches, with the tallest reaching 30-36 inches. The leaves are wider, longer and grayer than (English) lavender plants. Compared to lavender cultivars, lavandin plants produce more flower spikes, have longer straighter stems with more buds and flowers on each flower spike. They need to be planted further apart, (at least 4 feet) to have more space to grow well in the garden. These plants hold their shape and retain more of their leaves in the winter months. They do not need quite as much pruning to maintain their shape as the lavenders.

Their flowers are a lighter, violet/blue color. There are several white flowering varieties too. The white flowering cultivars, and Riverina Alan and Riverina Thomas, have very sturdy long stems, some reaching nearly 3 feet in length! The aroma of lavandin flowers is more pungent than lavender cultivars because there is more camphor in the oil produced by lavandin plants.

The lavandin cultivars start blooming 2-4 weeks later than most lavenders, usually blooming by the second week of July and throughout July. Depending upon the region and weather, some cultivars will bloom into August.

Which lavenders/lavandins are the most fragrant?

Most lavender flowers and foliage are fragrant, but there are certain species and cultivars that are supposed to be more fragrant. The fragrance from your lavender plants will depend on your growing conditions: how much sun and water the plants receive, the type of soil the plants are grown in, when the flowers are harvested from the plants and how quickly the fresh or dried flowers are stored and processed before their are distilled into oil and used.

Lavender (Lavandula angustifolia) cultivars:

Some of the most fragrant cultivars are reported to be: Avice Hill, Brabant Lust, Buena Vista, Cynthia Johnson, De Lavande, Egerton Blue, Eola, Fiona English, Folgate, French Fields, Maillette, Middachten, Munstead, Pacific Blue, Pastor's Pride, Royal Velvet, Sharon Roberts, Super Bleu, Tucker's Early Purple, Victorian Amethyst and Violet Intrigue.

Lavandin (*Lavandula x intermedia*) cultivars:

Some of the most fragrant cultivars are reported to be: Abrialis, Fat Spike Grosso, Fragrant Memories, Grappenhall, Grosso, Riverina Thomas, Scottish Cottage, Sumian, Super and Sussex.

Which lavenders have the darkest violetblue/purple buds and flowers?

Lavender (Lavandula angustifolia) cultivars:

Many lavender (Lavandula angustifolia) cultivars, have dark buds and flowers. Most of the buds will

PC: Nicole Callen, Norwood Lavender Farm

Ingredients

- 1 Tablespoon Lavender Simple Syrup • 1/4 cup berry juice of your choice
- Sparkling wine of your choice

Pour berry juice into your champagne flute, and then add the lavender simple syrup.

Slowly add sparkling wine

Garnish with a sprig of lavender and a few of your favorite berries.



Tips for Soil Amendment

Submitted by Pam Baker

One of the reasons we love lavender is that it is not a fussy, demanding plant. However, there are a few things that we can do to make our lavenders happy, and amending our soil is one of those things. There are a few reasons to amend the soil around your lavender plant: 1) creating favorable soil texture, 2) balancing pH levels, and 3) adding nutrients.

Creating Favorable Soil

Texture Soil texture is an important consideration in lavender health. While the ideal soil texture for lavender plants is loose, sandy loam which contains large particles for air and water to move through, it is possible to amend your soil to create a favorable environment for your lavender plants. Of course, what you will add to your soil depends upon the type of soil that you are wanting to amend. If your soil already is loose and allows for the movement of air and water, then you may not need to amend at all. However, if your soil is heavy and clay-like, it would be important to amend your soil to help create more space for your lavender roots to extend. There are several ways to amend:

Mushroom compost Composted leaves Perlite and pumice

Balancing pH levels Soil pH "measures how many hydrogen ions are affecting plant roots. The more hydrogen ions in the soil, the more acidic the soil will be" (Bader 116). The pH scale runs from acidic (pH of 0-6) and alkaline (pH of 8-14). Different plants require different soil pH but Lavender plants happen to thrive right in the middle, in a neutral pH soil of 7. To test the pH of your soil, use a pH test kit to help you to determine how to amend your soil in order to achieve that neutral pH.

If your soil is too acidic, add dolomitic or calcitic lime.

If your soil is too alkaline, add sphagnum peat and organic matter. Granular sulfur will also work, but takes a little longer.

Adding Nutrients Lavender doesn't need much fertilizer to thrive, but you can add specific kinds of fertilizer to the soil to achieve specific objectives:

Nitrogen: Generally, you won't want to add nitrogen heavy fertilizer to the soil since it will promote leaf production, to the detriment of the flower production. However, newly planted lavenders can benefit from a fertilizer that has some nitrogen. After that, nitrogen isn't needed.

<u>Phosphorus:</u> Phosphorus helps with root growth, so adding phosphorus sources such as bone meal or bat guano to your soil in the Spring before your plants bloom can be beneficial.

Potassium: Potassium from

hold their dark color when they are picked in the bud stage. Among them, there are some cultivars that have especially dark blue/violet buds (calyxes) and/or flowers (corollas):

Avice Hill, Baby Blue, Betty's Blue, Big Time Blue, Blue Mountain, Bouquet, Buena Vista, Cynthia Johnson, Egerton Blue, Elizabeth, Forever Blue, Hidcote, Hidcote Blue, Imperial Gem, Loddon Blue, Mitcham Grey, Peter Pan, Purple Bouquet, Rebecca Kay, Royal Purple, Royal Velvet, Sharon Roberts, Super Bleu, Thumbelina Leigh, Tucker's Early Purple and Violet Intrigue.

Lavandin (*Lavandula x intermedia*) cultivars:

Lavandin cultivars, (Lavandula x intermedia), do not produce dark buds and flowers, compared to the (English) lavender cultivars mentioned above, but there are some cultivars that produce darker blue-violet buds and flowers in the lavandin group: Anniversary Bouquet, Bleu de Collines, Fat Spike Grosso, Gros Bleu (darkest), Grosso, Hidcote Giant, Impress Purple, Olympia, Riverina Alan, Riverina Thomas and Sumian.

sources such as composted fruits and vegetables and kelp meal helps plants deal with stresses such as an extended drought.

Source: Sarah Berringer Bader's The Lavender Lover's Handbook

About Lavender Northwest Become a Member

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 nonprofit 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@littlelavenderfarm.com

Stay Connected!

Check out our <u>website</u> for more information on lavender and its many uses! Be sure to follow us

on Facebook and Instagram

for more ideas!

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

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

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

Associate.

northwest-grown lavender. Current OLA Relax With Us members do not need to do anything until their OLA renewal date, when they get an email message that their OLA

and may have a potential

business interest involving

New members enroll on our website Lavender-NW.org

membership will expire.

Support Local Farmers And Artisans!

Many of our LNW member farms and businesses have **online shops** where you can find all kinds of amazing lavender products on their websites. Check them out, bring a little cheer into your home, and help support a small business!

- <u>B&B Family Farm</u>
- Blue Mountain Lavender Brick Road Flower Farm/NWRain Handcrafted
- Buds, Blossoms & Bouquets • Buena Vista Lavender
- <u>Carriage House Lavender</u>
- <u>Cascade Lavender</u>
- Country Garden Farm <u>Crockett Road Lavender Farm</u>
- Durant at Red Ridge Farms
- Down By The River
- <u>Eagle Creek Lavender</u> • Fleur de Provence Lavender Farm
- Fleurish Lavender of Lost Mountain
- <u>Growing Miracles Lavender Garden</u> • Jardin du Soleil Lavender
- Jus'Oils
- Labyrinth Hill Lavender • Lavender Ally
- Lavender Passion Flower Farm
- Lavender Wind Lavender Valley Farms
- Little Lavender Farm
- Longview Lavender Farm <u>McKenzie River Lavender</u>
- Norwood Lavender Farm
- Park Place Perennials Pelindaba Lavender-Ashland
- Pelindaba Lavender-Edmonds
 - <u>Pelindaba Lavender Lavender-Friday Harbor</u> <u>Purple Mountain Lavender</u>
 - <u>RavenCroft</u>
 - <u>Reka's Acres Lavender</u> • <u>2nd Life Lavender</u>
 - <u>65 Blooms</u>
 - <u>Spring Creek Lavender</u> Sunderland Acres Lavender Farm
 - The English Lavender Farm
 - The Lavender Boutique • The Lavender Shop
 - <u>Toledo Lavender</u> • Trinity Gardens
 - <u>Victoria's Lavender</u>
 - <u>Wayward Winds Lavender</u>

And finally...

LAVENDER

Northwest

"Earth laughs in flowers." ~Ralph Waldo Emerson



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