

January 2022 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



Swampy fields at Little Lavender Farm, Dundee OR

January 2022

Happy New Year!

New years hold so much promise, don't they? A clean slate, resolutions to work toward, gardens to plan, and Spring just around the corner. All great sources of hope and better days to come!

As we all know, the soothing scent of lavender can also be a source of comfort. This issue is full of recipes for one of the great comfort foods: soup (with a lavender twist, of course!) Additionally, there are a few pumpering recipes for you to try -- for yourself or a friend -- as we work together to make it through the Winter.

Our farmers create many wonderful lavender products to soothe and comfort. 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**, 5310 NE Breyman Orchards Rd, Dayton, OR. **Daily, 10am-4pm**
 - Evening Light Lavender**, 5552 S. Wallbridge Rd, Deer Park, WA. **Tues-Fri, 11 am-6 pm, Sat, 10 am-2 pm**
 - J Bell Cellars**, 124 Purple Ln, Zillah, WA. **January - By Appointment**
 - Lavender Wind**, 15 Coveland 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. **Wed-Sun, 11 am-5 pm**
 - Pelindaba Lavender-Edmonds**, 102 1/2 5th Ave. N, Edmonds, WA. **Mon-Sat, 11 am-5 pm, Sun, 12-4 pm**
 - Pelindaba Lavender-Friday Harbor**, 150 First Street, Friday Harbor, WA. **Daily, 9:30 am-5 pm**

Announcements

The LNW Product Committee is working on a new Lavender Recipe Trifold and is collecting culinary recipes from LNW members. Please email products@lavender-nw.org to submit one of your favorite lavender recipes to the committee for consideration in the trifold, or to include in one of our monthly newsletters.

Attention All LNW members: Volunteers are needed to help on LNW committees and with projects. Please email info@lavender-nw.org to volunteer. We will contact you to let you know where help is needed throughout the year.

Professional LNW Members: Please update your information on the LNW website for 2022.

Event

LNW Winter Zoom Member Meeting

Wednesday, Jan. 26, 7:00-8:30 pm

Members, check your emails for the Zoom link! We hope to see you there!

Recipes

Warm and Hearty Winter Soups



Roasted Winter Tomato Soup with Lavender Herb Blend

Recipe and Photo by Nancy Baggott from *The Art of Cooking with Lavender*

- Ingredients**
- 1 medium onion, peeled and halved
 - 1 large garlic clove, peeled
 - 1 1/2 tablespoons olive oil
 - 2 (68-ounce) cans whole peeled tomatoes in puree
 - 1 1/2 teaspoons Mediterranean Lavender-Seasoning Blend (see below)
 - 1 to 2 pinches hot red pepper flakes, (optional)
 - 1 1/2 tablespoons granulated sugar
 - 1/2 to 1/4 cup light or heavy cream
 - Sea salt and freshly ground black pepper, to taste

Directions

Preheat oven to 400 degrees F. Spray a 9-by-13-inch glass baking dish with nonstick spray (This helps keep the ingredients from burning onto the dish sides.) Add the onion and garlic. Drizzle with olive oil, and stir well. Thoroughly drain the tomatoes in a large sieve, reserving the puree. Add the drained tomatoes, lavender herb blend, and hot pepper flakes (if using) to the dish, stirring until well blended. Sprinkle the sugar over top.

Roast (middle rack), stirring two or three times, for 50 to 60 minutes, until the tomatoes have cooked down and thickened. Discard any onion pieces that look burnt or dry. Scrape the tomato mixture into a blender or food processor and add the reserved tomato puree. Blend or process until completely smooth. (If the blender or processor is small, blend or process in two batches.)

Put the blended mixture in a medium nonreactive pot. Stir in the cream; use the larger amount for a thinner soup. Heat the soup to piping hot, but not boiling, stirring occasionally. Taste and add salt and pepper if needed. Serve immediately, or cover and refrigerate for later use. The soup keeps up to 5 days. Makes about 1 quart soup, 4 (1-cup) servings.

Mediterranean Lavender-Herb Seasoning Blend

- 2 tablespoons dried culinary lavender buds
- 2 tablespoons dried thyme leaves
- 2 tablespoons dried oregano leaves

Combine the lavender thyme and oregano in a food processor. Process for 3-4 minutes or until the lavender is ground fairly fine. Store the mixture airtight in a cool spot in a glass jar or spice bottle. For fullest flavor, use it within 9 months. Makes 1/2 cup herb blend



Lemon and Lavender Lentil Soup

by Jennifer Vasich from *The Lavender Gourmet*

- Ingredients**
- 4 garlic cloves, minced
 - 1 1/4 tsp dried culinary lavender buds
 - 2 Tbsp extra-virgin olive oil, plus 2 Tbsp, separated
 - 1/2 tsp salt
 - 1 large yellow onion, finely chopped
 - 1/2 pound lentils, washed and drained
 - 1/2 tsp cinnamon powder
 - 4 cups vegetable stock
 - 2 cups water
 - 1 can (14.5 oz.) diced, fire-roasted tomatoes
 - 1/2 cup carrots, sliced 1-inch thick
 - 1 medium potato, cubed
 - 1/4 cup fresh-squeezed lemon juice
 - 1 pkg. (4 oz.) baby spinach leaves, thinly sliced

Optional: Additional salt & freshly ground pepper, to taste. Garnish with lemon wedges.

Directions

Place the garlic, lavender buds, 2 Tbsp. of the olive oil, and the 1/4 tsp. salt in a food processor or blender. Pulse until the ingredients form a paste, scraping down the sides of the container with a spatula as needed. Set aside.

In a large soup pot, heat the remaining 2 Tbsp. of olive oil over medium heat, and saute the onion until it becomes a light brown. Add the lentils, cinnamon, vegetable stock, water, and tomatoes, and stir well. Cook uncovered, over medium heat for 45 minutes, stirring occasionally.

Reduce the heat to low. Add the reserved garlic mixture and the carrots and potato. Cook uncovered for about 25 more minutes, or until the lentils are creamy. Add the lemon juice and spinach, and cook for an additional 10 minutes. Season with additional salt and pepper to taste, if desired. Garnish with lemon wedges. Makes approximately 6-8 servings.

Lavender Minestrone Soup

by Jennifer Vasich from *The Lavender Gourmet*

Feel free to experiment by substituting other fresh vegetables and herbs, when available.

- Ingredients**
- 1 1/2 tsp extra-virgin olive oil
 - 1 small white onion, minced
 - 1/2 cup celery, minced
 - 2 garlic cloves, minced
 - 2 1/2 cups vegetable broth
 - 2 1/2 cups water
 - 1/2 cup fresh parsley, chopped
 - 1 tsp dried culinary lavender buds
 - 1/2 tsp dried basil
 - 3/4 tsp dried oregano
 - 1 can (15 oz.) red kidney beans, drained
 - 1 can (14.5 oz.) diced fire-roasted tomatoes
 - 1/2 cup zucchini, chopped
 - 1/2 cup cut Italian green beans
 - 1 small potato, diced
 - 1/4 cup carrots, diced
 - 2 cups fresh baby spinach leaves, chopped
 - 1/2 cup uncooked ditalini pasta
 - 1 tsp sea salt
 - 1/2 tsp fresh ground black pepper
 - Fresh-grated Parmesan cheese (for garnish)

Directions

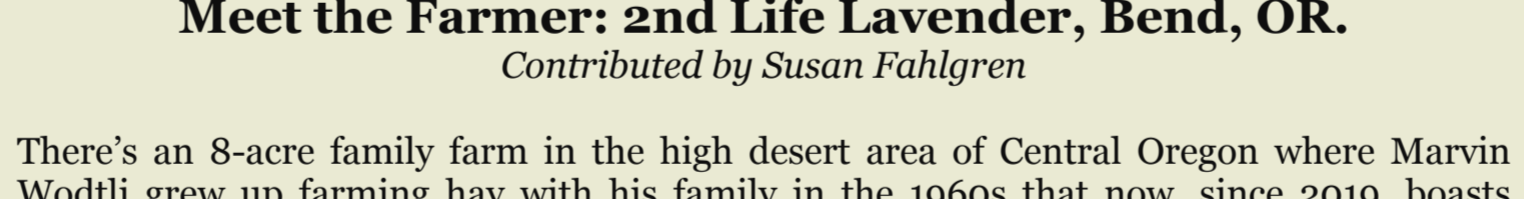
In a soup pot, heat the oil over medium heat, and saute the onion, celery, and garlic for about 5-7 minutes. Add the vegetable broth, water, and herbs.

Stir in the beans and vegetables, except the spinach. Bring the soup to a boil, reduce the heat to low. Cover and simmer for 18 minutes.

Stir in the spinach and pasta. Re-cover, and cook for an additional 20-25 minutes, or until the pasta is tender.

Season the soup with salt and pepper, and top with freshly grated Parmesan cheese.

Makes approximately 4-6 servings.



Meet the Farmer: 2nd Life Lavender, Bend, OR.

Contributed by Susan Kahlgren

There's an 8-acre family farm in the high desert area of Central Oregon where Marvin Wodtli grew up farming hay with his family in the 1960s that now, since 2019, boasts 16,200 hand-planted lavender plants. Searching for crop options due to hay's high water needs, Marvin and his wife April Wallace discovered Bend was ideal for 'Grosso' lavender cultivation. They found lavender to meet their criteria as an environmentally conscious, water-conservative crop but questioned what they would do with the lavender they would grow. Having researched the many types of lavender essential oil and their uses, 'Grosso' (*L. x intermedia*) was chosen for its high oil production and varied applications, including topical use on cuts, burns, and bug bites. But one of Marvin's favorite uses for their lavender essential oil happens to be aromatherapy.

Prior to planting their lavender field in 2019, Marvin owned a retail floor covering store, and April was in finance. They cite "burnout" as the impetus for their return to farming and subsequent search for a sustainable crop that would tolerate the ever-decreasing water resources in their area. Out of their "second life" adventure, the name of the farm and business was established as 2nd Life Lavender. When the pandemic hit, Marvin and April kept production up on the farm. "It has been a pleasure to have the ability to be outside on the property during the pandemic," Marvin says. Although 2nd Life Lavender may be in its relative infancy, the lavender, business, and farmers are thriving. In 2021 Marvin and April distilled 45 gallons of Grosso lavender oil and 350 gallons of hydrosol. Miraculously, they farm and distill themselves without staff or outside assistance, relying only upon the help of their Starr Lavender Harvester machine.

2nd Life Lavender sits in Growing Zone 5 with sandy soil requiring a lime amendment prior to planting, and irrigation every 2-4 days throughout the summer. Perhaps a lesson learned from his early days moving irrigation lines in the family hayfield, Marvin offers his best lavender growing tip, "Keep track of irrigation and filters." As Marvin reflects on the two years of lavender farming now behind them, he remarks, "Since I grew up on the property, it is a satisfying and fulfilling feeling that the acreage is being used to grow an environmentally positive crop. When we started planting and farming lavender, we didn't realize the hard work it would take to make the farm successful, but we finally feel satisfaction; our lavender oil is awesome!" Congratulations to Marvin and April on all their hard work paying off.

You can visit 2nd Life Lavender during the summer months by appointment at: 60450 Billadon Rd., Bend, OR. In the meantime, check out their website and online store.

Equipment Opportunity!

Perfection Solution Bud Stripper and Cleaning Machine This sturdy and mobile machinery will take all of the hard work and stress out of processing your lavender bundles from stalks to bud in a fraction of the time and effort it takes by hand processing. After completing your 1-2 hour FREE training course conducted by the Lavender Man you will be able to strip and clean up to 600 bundles an hour thus reducing your labor costs significantly. Delivery and training course can easily be arranged during the winter months. Price for both machinery units - \$8,000.

Please contact Joseph Downs - 509-797-3904 for additional photos or answers to your questions.

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

Featured Lavender

'Heavenly' Collection (*Lavandula x intermedia*)



'Heavenly Scent' Flower Color: Medium-Purple Height & Spread in bloom: 22 x 28 inches



'Heavenly Angel' Flower Color: Pure White Height & Spread in bloom: 22 x 30 inches



'Heavenly Night' Flower Color: Violet-Purple Height & Spread in bloom: 22 x 30 inches

This collection of three hardy lavender plants is among the first of a range of lavandins that are a result from a DEBRA funded project, with research by East Malling Ornamentals and Downderry Nursery in the United Kingdom.

The purpose was to create shorter lavender plants with a high yield of essential oil for commercial field production, as well as excellent garden plants for low borders or hedges in the landscape. The cultivars have green-grey foliage and spread around 1 1/2 to 3 feet.

All three cultivars bloom later in July and into August. The flowers can be distilled into essential oil and they make nice fresh-cut and dried bouquets. The dried buds can be used in potpourri and to fill sachet bags, or in other lavender crafts.

It is recommended that these lavender plants should be pruned immediately after they finish flowering.

Chris Mulder
Barn Owl Nursery

All photos above are taken from Downderry Nursery, UK

DIY Lavender Products to Warm and Soothe



Easy Lavender Foot Soak

- Ingredients**
- 1/2 cup Epsom salts
 - 1/4 cup fine Himalayan pink sea salt or Dead Sea Salt
 - 20 drops Lavender essential oil
 - 8 quarts warm water (more if soaking feet in bathtub)

Instructions

Pour Epsom salts, sea salt, lavender buds, and lavender essential oil into a bathtub or deep basin large enough to fit your feet.

Pour warm water into the basin and add dried lavender if desired.

Soak feet for 20-25 minutes.

Lavender Tub Tea

- 4 cups dried lavender buds
- 2 cups uncooked Quick Oats
- 1/2 cup dried rosemary leaves
- 1/2 cup dried mint leaves

Blend oats in a food processor or blender to create colloidal oatmeal. (for extra skin soothing)

Mix ingredients together in a bowl and then scoop into medium sized (unbleached) muslin bags. (This will prevent your tub's drain from getting clogged.)

Hang the bag on your tub nozzle. Turn your water on hot and let it run over your bag of herbs until your tub is half full. Then adjust your temperature to fill the tub the rest of the way and toss your bag into the water as you soak.

Lemon and Lavender

by Jennifer Vasich from *The Lavender Gourmet*

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