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## October 2022 Newsletter

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



Lavender Fire Starters from **Norwood Lavender Farm**,  
Tualatin, OR.

## October 2022

The "cozy" season is finally here! After an unusually warm autumn, the temps are finally trending down and there's even rain in the forecast! Our gardens will certainly appreciate the precipitation.

This is also the time when we start thinking about the holidays. You might think they're far off, but Thanksgiving will be here before you know it! That means it's not too early to start thinking about hostess gifts, secret Santa gifts, and stocking stuffers, and our lavender farmers have many beautiful products that any recipient will love!

Have a great month!

## Featured Lavender 'Chelsea Pink'

*Lavandula angustifolia* cultivar

Chris Mulder,

**Barn Owl Nursery**



PC: Goodwin Creek Gardens

### Flower Color:

Medium-light Pink

Stem Length: 8-10 inches

Plant Height: 12-15 inches

Best Uses: crafts, culinary

Introduced by: Jim and Dottie Becker, formerly of Goodwin Creek Gardens, Williams, OR. This lavender was named after their granddaughter, Chelsea.

This dwarf lavender has grey-green foliage and darker pink flowers than most other pink flowering lavender cultivars. It is suitable to grow in a pot by itself, in a rock garden, or in small garden spaces.

## Announcements

### **USLGA Conference Registration is open!**

United States Lavender Conference 2023  
Cultivating Connections: Learn, Grow, Refine  
**January 26 - 28, 2023**

### **Hyatt Regency - Portland, Oregon**

Several LNW member experts will be providing education at this conference.

**To register, go to the USLGA website:**  
[uslavender.org](http://uslavender.org)

**LNW Member Marketplace** Looking for local lavender products but don't know where to find them? Lavender Northwest has added a great feature to the website! It's the online **Lavender Marketplace**, where you can find which farms sell which products. An easy way to find what you need!

**Attention All LNW members:** 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 to let you know where help is needed throughout the year.

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

## Events & Classes

Be sure to check our **event calendar** for up-to-date information about what's happening in your area!

**You will find LNW members at farmers' markets and booths at special Holiday events. Many LNW farmers sell their lavender products online from their websites.**

Another great place to find lavender products from local farms is to check our members' listings on the **Destinations Page** on the LNW website.

Find LNW members' farms in Oregon, Washington, Montana and Idaho to see what they are offering for the 2022 Holiday season.

## Reasons Why Fall is One of the Best Times to Plant!

**Van Hevelingen Herb Nursery**  
Newberg, OR.

The flowers have a sweet fragrance and can be used fresh or dried to garnish or flavor foods and beverages. Use the dried buds in crafts and to fill sachets. Mix the dried pink buds with dark blue lavender buds to make an attractive, sweet smelling potpourri.



*PC: Pam Baker*

## Lavender in the News: Lavender and the Central Nervous System

A recent article in the Tisserand newsletter highlighted a recent (2017) study that looked at the molecular interactions of lavender essential oil and the central nervous system. The Tisserand article notes:

"Lavender essential oil (LEO) has traditionally been used as an aromatherapy treatment for its calming effect, and is commercially available as a standardized formulation (Silexan, sold as either Lasea® or Calm Aid®) to treat anxiety and stress. However, the molecular interactions of cells in the body with LEO is not well understood. This study examines the interaction of LEO, linalool, and linalyl acetate with specific molecular and cellular targets in the central nervous system (CNS), and also explores their neuroprotective properties. These results help explain the anxiolytic and sedative effects seen in clinical studies with LEO."

To read the entire study for free





PC: Van Hevelengen Herb Nursery, Newberg, OR.

Here are some of the benefits of Fall Planting in the Pacific Northwest.

While the weather has been a bit unpredictable these past few years, you typically want to plant from mid-September to mid-November.

The biggest reason is that the cooler weather is telling the plant to take a winter break. This slows down new leaf growth and flowers and tells the plant to put its resources into growing the roots. A well-rooted plant will have a head start in the spring. Already being established, it can focus on that young new growth creating a more vigorous, healthy plant.

Being transplanted is stressful. The cool weather reduces heat-induced stressors, as well as being a beautiful time for us humans to be outside!

Watering is much easier - the bountiful Oregon rain helps do a lot of the work for you! Think of all that time you saved! (Especially when you just planted a whole new field of lavender). The moisture holds in the soil longer and you don't have to water as often.

Some plants prefer fall planting! Most trees and woody, fibrous-rooted shrubs (such as lavender) can grow out their roots and focus on new, leafy growth in the spring sometimes encouraging plants to bloom earlier. We've noticed certain perennials will also have a better year of growth and abundance of flowers the following year when planted in the fall.

A fresh layer of mulch or compost will help keep your plants well fed and creates an insulating blanket for the winter.

**Let's Talk About Propagation!**

go to:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5437114/>

And to receive the Tisserand newsletter for other interesting and informative articles, visit [Tisserand's website](#)

## Lavender Blackberry Scones

Park Place Perennials  
West Linn, OR.



PC: [oregon-berries.com](http://oregon-berries.com)

### Ingredients

- 4 1/2 cups gluten free flour
- 1 Tbsp baking powder
- 1/2 cup sugar
- 1/4 cup honey
- 1/2 tsp salt
- 1/2 Tbsp culinary lavender buds
- 1 cup cream or milk
- 1 cup butter, cold
- 2 eggs
- 3 cups blackberries
- 1-2 tsp lemon zest (optional)

### Instructions

Stir together flour, salt, sugar, baking powder, lemon zest and dried culinary lavender buds.

Cut butter into flour mixture until it looks like coarse crumbs. Fold in blackberries. Add cream, eggs and honey.

Stir until just moist.

Drop large spoonfuls onto greased baking sheet or silicone mat, or shape into triangles 1 1/2 " thick.

Bake at 400 degrees F for 20-25 minutes until lightly brown on top. Cool.





PC: Julie Park, Park Place Perennials, West Linn, OR.

Who doesn't love free plants? Well, that's exactly what propagating gets you.

Most people think of planting seeds when it comes to propagating plants, but in the case of lavender it's a little more complicated than that.

First of all, some lavenders don't produce seeds. *Lavandula x intermedia* is a hybrid species, and it does not produce seeds, so the only way to propagate this kind of lavender is through cuttings.

Seeding is also a slower and less reliable method than propagating from cuttings. Although *L. angustifolias* do produce seeds, those seeds can't be counted on to produce the same qualities as the parent plant. So all of the lavender farmers I know propagate using cuttings. It's actually quite easy since lavender takes very well to propagating from cuttings and creates an identical plant to that of the parent plant, so you've got built-in quality control.

Propagating can be done in the autumn for springtime planting or in the spring for planting in autumn. And as was demonstrated at our autumn member conference, there are several different methods, and everyone has their own preferences and what works for them.

Here is one method with step-by-step instructions in case you want to make a bunch of baby plants

Sprinkle with powdered sugar or oats, if desired.

## Lavender Fruit Dip

Lavender Estates  
Crescent Bar, WA.



### Ingredients

- 8 oz. whipped cream cheese
- 4 oz. whipped topping
- 1 cup lavender powdered sugar

### Instructions

Blend ingredients together with a hand mixer or by hand until smooth. Serve with a variety of fresh fruit.

These and other dessert recipes from our LNW members can be found in the *new LNW Lavender Dessert Recipes* brochure available at many members' farm and online stores.

## Do-it-yourself Decorative Lavender Broom

Little Lavender Farm  
Dundee, OR

from that one beautiful lavender plant in your garden:

### Supplies

- Lavender cuttings
- Root hormone
- Exacto knife
- Seeding soil mix
- Small celled seeding trays

The first step is to set up your seeding trays by filling as many cells as you will need with a seeding soil mixture to plant the number of cuttings you plan to propagate.

The next step is to get your cuttings. Lavender can be propagated from either soft cuttings or woody cuttings. Soft cuttings come from that part of the plant where the stem is a little bit greener and softer. A woody cutting is just as it sounds -- the browner, stiffer part of the stem. So start by finding a really healthy lavender plant, cutting a few branches and then bringing them to your potting table.

Find 3-4 inch healthy looking stems. Break them off of the branch and then strip the bottom 1-1.5 inches of leaves.

Using an exacto knife, slice the bottom of the stem at an extreme angle so that it's looking pretty pointy.

Stick the bottom inch of the stem into the rooting hormone and then stick it into a cell of your seeding tray.

Water well and continue to water when the soil is just getting dry.

Once you see roots just coming out of the bottom of the cell, you will need to transplant to a bigger pot. To do that, gently pull the lavender seedling out of its cell and plant into a larger 3-4 inch pot filled with planting soil. Water well.

One thing to watch for after a few weeks are those overly enthusiastic plants that start sending up blooms. As painful as it is to do so, you will need to snip those blooms off so that the plant's energy is directed to its roots.

After a few months, the plant will start to fill out more and the roots have spread out in the pot. This means it's time to plant into your garden or field. I usually take the tray of plants outside to a protected area and let them get acclimatized before I transplant them.

And there you have it! Free plants!



### Materials

- 4-5 bunches of debudded dried lavender or lavandin stems
- 1 small tree branch (optional)
- Twine

### Instructions

Gather 3-4 of the dried lavender stems together and gently tamp down so that the ends are even. Create a space at the end of the bunches to insert the last bunch so that the smooth end of the stems sticks out. (You can also use a tree branch for this).

Take a small piece of twine and tightly tie it all together.

Now with the rest of the twine, start about 1/2 way down the broom and start wrapping the twine around the broom, criss-crossing tightly and winding your way down to as far down the handle as you want. Tie it off tightly.

Line up the ends of the broom where the handle comes out to give it a finished look.





Volga River shores.

You may have heard of the Besel Lavender Harvester (lavender debudding machine), but have you met its inventor, Ricardo Besel? His story, and the journey that led him and his wife to this point is worth telling. To better help us understand how Ricardo came to develop his harvester, let's go back to where it all began when Ricardo was a six-year old kid growing up in Argentina. Ricardo was raised in a rural agricultural community where his German family landed in 1878 after a stint in Russian territory as farmers invited by the Czar to colonize the

Ricardo says both his grandpa and his father helped to inspire him. When Ricardo was six, his grandpa worked as a tractor and equipment dealer. He let Ricardo hang out with the mechanics and thus began Ricardo's love and fascination for engines and how things work. This led to a lifelong passion for inventing and entrepreneurial endeavors. Ricardo's father instilled in him a passion for flight and he became an ultralight and hang glider pilot after serving as an army paratrooper at the age of 18. Then, in his twenties, Ricardo held positions as a service man for Renault Cars, an equipment and agricultural duties manager for a 16,000 hectare (39,500 acres) farm in the Argentine Patagonia, and eventually served as a manager of a saw mill operation in 1987 where he stayed until 2000 when he moved to the United States.

He and his wife, Cecelia, landed in Miami, Florida, and became citizens in 2005. Ricardo initially found employment at an equipment rental company, but his entrepreneurial drive inspired him to open his own corporation which supplied generators during the Florida hurricane seasons. Ricardo and Cecilia's journey eventually led them to Coeur D'Alene, Idaho, where they currently reside. Along the way, they experienced all kinds of adversity, but he is a believer that it's not how many times you fall along the way, it's how many times you get back up that is important. This never say quit attitude has brought them much success in life.

Interestingly enough, even though Ricardo doesn't own a lavender farm, he has plenty of lavender experience. Back in 1982, he worked at a lavender farm dealing with the process of getting lavender products ready for sale. Fast forward forty years, where, to his surprise, the lavender "debudding" process hadn't changed and was still being done manually. When he asked if there was a machine that could do the debudding, he was informed by a consultant that many people had tried and had promised to successfully build one, but none had delivered. Ricardo took this as a challenge and on his way home from Sequim, WA, ideas swirled in his head about the physical size, power supply, and components that such a machine would need. Within a day at home, he had a prototype drawn up and began to order the parts for his initial machine. The end result is the creation of the lavender harvester (the "debudding" machine).

For those who don't know, the focus of the machine is to strip the buds off the stalk and take the dust out. Without any lavender at his disposal, he improvised by substituting beans, lentils, rice flour, and yerba mate (especially because yerba mate contains dust and the biggest challenge was to successfully remove the dust). The first Besel Lavender Processor was completed and made with a high level of conviction and love. It was ready for demonstration 23 days after the initial challenge. Since then, Ricardo has worked tirelessly to improve the machines, and become a nation wide leader in the area of lavender bud processing.

In 2019, they became members of USLGA and have been members of LNW since its beginning. Since 2019, Ricardo and Cecilia have sold over sixty machines in more than fifteen states and parts of Canada. He is now receiving requests worldwide and looks forward to delivering machines to those countries.

Ricardo and Cecilia have set up shop in the Smelterville/Silver Valley area which is in the

middle of the Idaho mountains. They are the sole owners and only employees of their corporation; although, they do work with others to fabricate some of the machinery parts through laser cutting and powder coating. At 62 years of age, Ricardo does not believe in slowing down. In fact, he is working to partner with an out of country entity to import fifteen-gallon distillers. They recently added a second floor to the shop which will become the showroom for his different products and creates a spacious 3,000 square foot facility.

Ricardo would like to send a huge thank you to all the people who have helped him throughout this journey. He feels fortunate that he has been able to achieve his goals without financing through banks or big businesses, so he can keep a more personalized feel to everything he does. If you aren't familiar with his company, head to his [website](#) and introduce yourself. Check out how Ricardo Besel can help you grow and become more efficient in your own business practices. Here at Willamette Valley Lavender, we can personally vouch for Ricardo, Cecilia, and their Lavender Processor as we purchased one ourselves. It is amazing and we are very happy with it. It does what Ricardo set out to do, change a messy, time consuming, and labor-intensive job into a cleaner and more efficient one.

Ricardo feels the reputation he earns through happy customers is the best advertisement and marketing tool he can have but does have an online presence. He still delivers the full sized machines to his customers and makes sure they know how to use it efficiently and properly before he leaves. Integrity, passion, and drive are all words that describe how Ricardo has made his manufacturing of commercial lavender equipment successful and we can't wait to see how his distiller works out.

*MUCHÍSIMAS GRACIAS a nuestro amigo Ricardo Besel y su esposa Cecilia Besel por su contribución a este artículo y a la industria de lavanda en Norte America.*

Besel Lavender Processor  
(208) 571-2776

<https://www.besellavenderprocessor.com>

Submitted by Mike & Sandra Mitchell of [Willamette Valley Lavender](#)  
@willamettevalleylavender

## 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,

## Become a Member

**Have you thought about being a member of Lavender Northwest?**

Did you know that you don't have to be a lavender grower to be a member!

Great things are happening at quarterly meetings. In-person meetings include many educational and networking opportunities like farm tours in our NW region, distillation and equipment demonstrations, propagation and other hands-on workshops, along with many knowledge sharing activities that members are able to take part in.

**Being entirely member**

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, photo, or experience that you'd like to share? Please contact **Pam Baker** at [pbaker@littl Lavender Farm.com](mailto:pbaker@littl Lavender Farm.com)

**driven, our association asks for an active membership.**

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.

A n **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...

**"Coming together is a beginning. Keeping together is progress.**

**Working together is success."**

**~ Henry Ford**



Lavender Northwest

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