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December 2022 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



PC: Little Lavender Farm, Dundee, OR.

December 2022

Our towns, streets and homes are lit up and festively decorated as we slide into this most busy time of year! There are errands to run, desserts to bake, friends and family to visit and gifts to buy, all in the next few weeks. No wonder we're tired and a little stressed! Lucky for us, lavender is one of those wonderful self-care products that help us navigate the busyness and stresses of life. Whether for yourself, or as a gift, fragrant lavender essential oils, sachets, wraps, soaps, and salves are a perfect addition to your holiday routine and gift list.

Happy Holidays and we'll see you in the New Year!

Announcements

USLGA Conference Registration is open!
United States Lavender Conference 2023
Cultivating Connections: Learn, Grow, Refine
January 26 - 28, 2023

Featured Northwest Lavenders

Chris Mulder
Barn Owl Nursery



PC: Andy Van Hevelingen

Lavandula angustifolia cultivars

'Cedar Pink'

Flower Color: medium-light pink

Stem Length: 12 - 14 inches

Plant Height: 18 - 20 inches

Best Uses: crafts, culinary

Introduced by: Andy and Melissa Van Hevelingen, Van Hevelingen Herb Nursery, Newberg, OR.

This lavender was discovered growing at Van Hevelingen Herb Nursery, as a sport of *L.*

Hyatt Regency - Portland, Oregon

Several LNW member experts will be providing education at this conference and several LNW members will be providing tours of their farms.

To register, go to the USLGA website: uslavender.org

If you can't attend in person, the conference video recordings will be available for viewing a couple of weeks after the conference. You can purchase access to the USLC 2023 post-conference video recordings.

Attending the conference or purchasing the video recording would make a great Christmas gift for the lavender lover in your life!

LNW Member Marketplace Looking for local lavender products but don't know where to find them? Lavender Northwest has a great feature on 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 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 and stores 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.

In the News: Lavender and Stress-Relief

In the latest edition of the **Tisserand** newsletter, the editors highlight a 2017 study that looked at

angustifolia 'Cedar Blue'. This hardy lavender has a compact growth habit like 'Cedar Blue', and has darker pink flowers than *L. ang.* 'Blushing Bride'.

Plant this lavender for a tidy border or short hedge in the landscape or garden. The fresh and dried flowers make sweet scented beautiful bouquets, especially when they are combined with some of the darkest purple-blue flowering lavenders.



PC: Andy Van Hevelingen

'McKenzie River Purple'

Flower Color: deep purple
Stem Length: 8 - 12 inches
Plant Height: 15 - 18 inches
Best Uses: crafts, culinary
Introduced by: Andy and Melissa Van Hevelingen, Van Hevelingen Herb Nursery, Newberg, OR.

This lavender is named after McKenzie River Lavender, Carol Tannenbaum's farm on the banks of the McKenzie River in Springfield, Oregon where it was discovered. It is a chance seedling of *Lavandula angustifolia* 'True Hidcote', with a compact growth habit and unique, deep violet-purple flowerheads, in color and appearance.

It can be grown as a low border in the landscape or in small gardens or large containers. The dark colored flowers contrast beautifully when they are combined with fresh or dried light-colored lavender buds and

how lavender essential oil can mitigate the stress associated with hospitalization.

This study focuses on the ability of lavender essential oil (LEO) to affect ICU patients' stress, blood pressure, heart rate, and sleep quality.

There seem to be broader implications here that could benefit anyone going through a stressful situation.

The study, which is available to read for free, is called: **The Effects of Aromatherapy on Intensive Care Unit Patients' Stress and Sleep Quality: A Nonrandomised Controlled Trial**

Lavender Thumbprints with Lemon Curd and Apricot Preserves

Photo and recipe by Nancy Baggett
<http://nancyslavenderplace.com>



Author's note: I've created dozens of cookie recipe over the years. This is one of my best ever! These boast a tender, buttery dough, and a puckery no-fuss (purchased) lemon curd and apricot preserves filling. They just sing with flavor and color and are likely to be inhaled.

Tip: Keep things simple and use a purchased lemon curd. The Bonne Maman brand found in many supermarkets is excellent, and some others are also very good.

Ingredients

- 1 1/2 cups (3 sticks) unsalted butter, at room temperature

flowers.

Lavender Holiday Gift Ideas to Make or Buy



Lavender Northwest has many unique products that our member farmers sell in their shops and online, along with their own lavender creations.

- Lavender infused honeys
- Lavender Marionberry & Lavender Blueberry preserves
- Lavender Razzleberry simple syrup
- LNW Beverage & Dessert Recipe brochures
- Lavender stuffed bears
- Lavender design Swedish dishcloths
- Lavender Dark Chocolate bars & Lavender Chocolate Sauces, & more!

Visit our LNW members' lavender farms, shops, website stores, and their booths at holiday events to find these and other thoughtful lavender gifts this holiday season!

- 1 cup homemade or purchased lavender sugar*
- 2 1/2 teaspoons vanilla extract
- 1/4 teaspoon almond extract or 1 teaspoon freshly grated lemon zest
- 1/4 teaspoon table salt
- 3 large egg yolks, at room temperature
- 3 1/3 cups all-purpose bleached or unbleached white flour
- About 1/3 cup apricot preserves
- 1 teaspoon dried culinary lavender buds
- About 2 1/2 tablespoons clear sparkling sugar, for optional garnish
- About 2/3 cup homemade or purchased lemon curd

Instructions

In a large bowl with the mixer on medium speed, beat together the butter, lavender sugar, vanilla, almond extract (or lemon zest), and salt until very well blended, about 2 minutes. Beat in the egg yolks, one at a time; stop and scrape down the bowl as needed, until well blended and smooth.

Gradually beat in the flour to form a smooth, slightly soft dough. If the mixer motor labors, stir in the last of the flour by hand. Let the dough stand for 15 minutes.

Meanwhile, preheat the oven to 350 degrees F. Thoroughly grease several large low-rimmed baking sheets, or evenly spray with nonstick spray. Thoroughly stir together the apricot preserves and lavender buds in a 2-cup heatproof measure. Microwave on high power for 30 seconds. Let the mixture stand and steep in the microwave for 10 minutes. Then stir the apricot-lavender mixture through a fine mesh sieve into a small cup and set aside to cool.

On a sheet of wax paper, divide the dough into quarters. Divide each quarter into 10 to 12 portions. Roll the portions into smooth balls, lightly dipping their tops into the crystal sugar (if using). Space, sugar-side up 1 1/2 inches apart on baking sheets. With a knuckle or thumb press a deep indentation into the center of each cookie. If the sides break apart, press and smooth them back into shape again.

One sheet at a time, bake the cookies (middle rack) for 10 minutes; remove from the oven. Fill indentations with a scant 1 teaspoon lemon curd. Add a scant 1/4 teaspoon apricot-lavender preserves to each. Bake cookies 9 to 11 minutes more, until they are baked through but are just barely tinged at the edges. Let stand to cool and firm up slightly.

Transfer to wire racks using a wide spatula; let stand until thoroughly cooled. Store airtight at cool room temperature in a single layer between wax paper sheets for up to 1 week. Or freeze, airtight, for



*Our Newest Version of the
Lavender Bear
PC: Beth Hammerberg*

There are also many easy to make gifts using NW grown lavender, such as fire starters and ornaments.



*Lavender Fire Starters
PC: Nicole Callen*



Lavender Ornament with Dried

up to 1 month. Makes 40 to 48, 2- to 2 1/4-inch cookies.

*For homemade lavender sugar: Combine 1/2 cup granulated sugar and 1 tablespoon dried culinary lavender buds in a food processor and process for 3 to 4 minutes, until buds are ground fine. Put the mixture in a fine mesh sieve, then stir the mixture through the sieve into a bowl, discarding the bits of buds. Thoroughly stir another 1/2 cup granulated sugar into the bowl. Use the sugar promptly or cover tightly and keep in a cool spot. The sugar recipe may be doubled or tripled, if desired.

Note: LNW lavender preserves, like Marionberry or Blueberry, may be substituted to use in this recipe.

Lavender Infused Olive Oil

Pelindaba Lavender



PC: Pelindaba Lavender

There are various ways to infuse olive oil with herbs and spices. Some heat the oil and others don't, some leave the ingredients in and others strain them out before bottling. The following is what we have found to be the simplest and most successful method.

Ingredients:

- Olive Oil (light, extra virgin - whatever your taste and cooking preference is)
- Organic Culinary Lavender
- A few dried organic lavender flower stalks and rosemary sprigs for decoration

Supplies:

- Clear glass bottles that will seal tightly (well cleaned and thoroughly dried)
- Mortar and pestle (a couple pieces of parchment paper and a rolling pin will do)
- Kitchen thermometer
- Sieve
- Funnel
- Twine, cord or ribbon
- Homemade tag

Lavender Bud

PC: Michelle Lowe



Ornament Filled with Lavender
Bath Salts

PC: Michelle Lowe

LNW Featured Product: Lavender Chocolate Bars



PC: Michelle Lowe

Lavender chocolate bars are made for Lavender NW by Intrigue Chocolate in Seattle, WA. They make wonderful stocking stuffers on their own, but **here are many delicious uses** for these lavender chocolate bars, from a dip for fruit, to an addition to chocolate chip cookies!

One such use is a **recipe for Lavender Chocolate Mug Cake**. A fun and festive holiday gift idea is to give a lavender chocolate bar packaged with a microwaveable mug and the

An 8:1 ratio of olive oil to Organic Culinary Lavender produces a pleasant flavor that is neither too weak or too potent. For example, for 4 cups of olive oil use 1/2 cup of Organic Culinary Lavender. Of course, each palette is different so feel free to adjust the ratio to suit your preference. Note: The addition of dried, decorative botanicals will allow for some ongoing infusion and will slightly intensify the flavor over time.

Instructions

Step 1 : Use a mortar and pestle to crush the lavender to release the flavor. Placing the lavender between two sheets of parchment paper and using a rolling pin to crush it works too.

Step 2 : Gently heat the olive oil and lavender to 180°F in a sauce pan over a medium/low heat.

Step 3 : Remove the oil and lavender from the heat and let it thoroughly cool for several hours.

Step 4 : Prepare your bottles by adding a few dried lavender flower stalks and a sprig of dried rosemary for visual interest.

Step 5 : Strain the oil and lavender through a sieve and pour into the bottles.

Step 6 : Seal the bottles, add some twine and a label to finish. Store in a cool, dark place (or refrigerator) and use within 3 months.

mug cake recipe, as well as other recipes that use lavender chocolate in beverages, like hot chocolate and coffee.

Below is another easy and delicious recipe using lavender with chocolate from the LNW Lavender Dessert Recipes brochure.

Dark Chocolate Lavender Bark with Sea Salt and Pistachios

Recipe from *Lavender Estates,
Crescent Bar, WA.*

Ingredients:

- 3 cups dark chocolate melts
- 1/3 cup pistachios
- 1/2 teaspoon lavender sea salt

Instructions:

Chop the pistachios into small bits. Melt chocolate by using a double boiler or microwave. If microwaving, use short 30 second bursts.

Mix the majority of the pistachios into the melted chocolate, while saving a few for topping.

Spread mixture evenly on a cookie sheet lined with parchment paper. Sprinkle the remaining pistachios and salt on the mixture.

Place in the freezer until set. Once set, remove from freezer and break into bite-sized pieces. Store in an airtight container with a tight fitting lid.

**Featured Farmer:
Lowe's Lavender Farm
Aurora, Oregon**



(The interview below is adapted from Earthfort's November newsletter that included an interview with LNW member, Michelle Lowe. We have condensed it to focus on the farmer rather than the products, but next month we will go more into soil testing and how Earthfort can assist with improving soil.)

When did you start Lowe's Lavender Farm?

We planted our first 100 plants in the fall of 2019, and then added about 800 more plants in the spring and fall of 2020 and again in the spring of 2021. We registered our business in June 2020, and started selling our lavender products at markets in the local area. Originally, we planned on our lavender business being a retirement venture, but once my chronic illness kept me from working outside the home, we decided that it would become my new career.

How did you get into the lavender business? What originally drew you to it?

At first, we were just looking for something we could grow on our property that would allow us to get the agriculture deferral on our property taxes. After researching different crops, we were drawn to lavender (well I was... my husband, Rick wasn't a huge fan, but it has grown on him!) because of how well it grows in our climate, its hardiness, and of course, its beauty! Oh, and it attracts thousands of pollinators!

What kinds of products do you sell?

We sell fresh and dried bouquets, sachets, wands, culinary lavender, bath products as well as Lavender NW products. We bought a distiller this past summer, so we are looking forward to making essential oil and hydrosol as well.

Previously, you mentioned how well-connected the lavender growers are in your area. What are your favorite parts of the 'lavender community'?

All of the other farmers I have met are very helpful and giving of their time. Although we may be competing in certain markets, everyone really wants to see other farmers succeed. In fact, I learned about Earthfort through another LNW farmer and I am eternally grateful!

I also am inspired by what other farms are doing and have learned so much from the United States Lavender Growers Association and Lavender NW. Both organizations include educational opportunities such as conferences, workshops, Zoom meetings, and webinars.

How do you overwinter your plants?

Lavender really doesn't require much care during the winter months, but it is important to lightly prune it in September (or long before the first frost, depending upon the climate). I also try to make sure the soil surrounding the plants stays weed-free and that I remove any leaves or debris that will impede soil drainage and make for great rodent cover.

Share a bit more about your business with us: What have you been working on recently? Or, where do you want this business to go in the future?

We are still working on getting our business off the ground as I still struggle with health issues and Rick works full-time outside the home. We have mainly sold our products through markets and by word-of-mouth, but are hoping to open up to the public next year. Our plan is to have a U-Cut field, a farm store, and educational and demonstration activities.

What is something we won't find online?

One of our products that you won't find online is the kindling bundle that was Rick's brainchild. He chops the kindling and I bundle it together with the stripped lavender stems -- they make excellent fire starters! We intended this product to be a big seller for people going camping or for use in fire pits. However, most of the people who have purchased the bundles bought them for their decorative nature.

What are some limitations that you experience?

My health is the biggest limitation because there are days when I am not able to prune, harvest, etc. I am very grateful to many of my family members who volunteer to help on the farm and with the markets.

What would you say you're most proud of?

I am most proud of being able to tend to all of the lavender plants and create unique products. I also love the joy that our lavender products bring to other people!

What tips do you have for someone who is trying to better care for their soil to produce healthier crops?

As I mentioned before, definitely have your soil tested before you put plants in the ground. I think it is also important to have the plants tested to be sure they are free from pathogens.

Contact info: <http://loweslavenderfarm.com>

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

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

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

be a member!

Great things are happening at our 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 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...

“By lifting each other up we lift ourselves up.”



Lavender Northwest

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