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February 2022 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



PC: Pam Baker

February 2022

Lavender Love: 5 reasons to love lavender

Since this is the month of love, we thought it only fitting to count the ways we love lavender!

It's beautiful. A field of lavender is unparalleled in its beauty – but even one plant is beautiful in the landscape. The vibrant purple flowers and buds combined with other herbs or flowers make them all look even more stunning! Even when not in bloom, lavender plants are an attractive addition to your landscape with their many shades of green – from a medium to a silvery green. Cut lavender is equally beautiful, whether fresh or dried, and lasts for years dried in home decor – and adds instant calm and elegance to any room.

It smells amazing. But that's not all! Lavender oil has been shown in studies to be a stress and anxiety reducer and an effective sleep aid. According to a 2013 paper called Lavender and the Nervous System (found on the National Institute of Health [website](#)), the authors note that "there is growing evidence suggesting that lavender oil may be an effective medication in treatment of several neurological disorders, including anxiety. The same study also found that lavender helped with sleep, noting "a more rapid sleep onset with longer duration of sleep."

It's versatile. Not only is a lavender bouquet or wreath a soothing, beautiful addition to home decor, but it is also a wonderful and unexpected culinary herb! Lavender/lemon and lavender/chocolate are two great dessert combinations. But savory dishes are enhanced as well with an herbes de Provence or other lavender blend. And it's not just the buds that are useful in the kitchen. A stem of lavender is a wonderful garnish and de budded stems can be used for flavor in BBQs.

It's durable. Lavender is not a fussy plant. It's drought tolerant, heat tolerant, and lasts for years. Even better – destructive pests leave it alone. And observational evidence suggests that lavender can also be used to deter insects such as mosquitos and mites. (Studies are underway to examine these claims.) In fact, many farmers add the de budded stems to their chicken coops to deter mites and make the coop smell good!

It's good for the earth. As noted above, lavender is drought tolerant, so it has minimal watering needs, and because pests leave it alone, no harsh chemicals are needed. In addition, it also supports pollinators of all kinds. Bees especially love lavender. Why? Because it is brightly colored and has a strong scent that they can smell for miles. It also has lots of nectar and blooms continually during the summer.

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,** 5510 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. **Fri-Sun, 11 am - 5 pm**
 - 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 Folder 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 folder, 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.

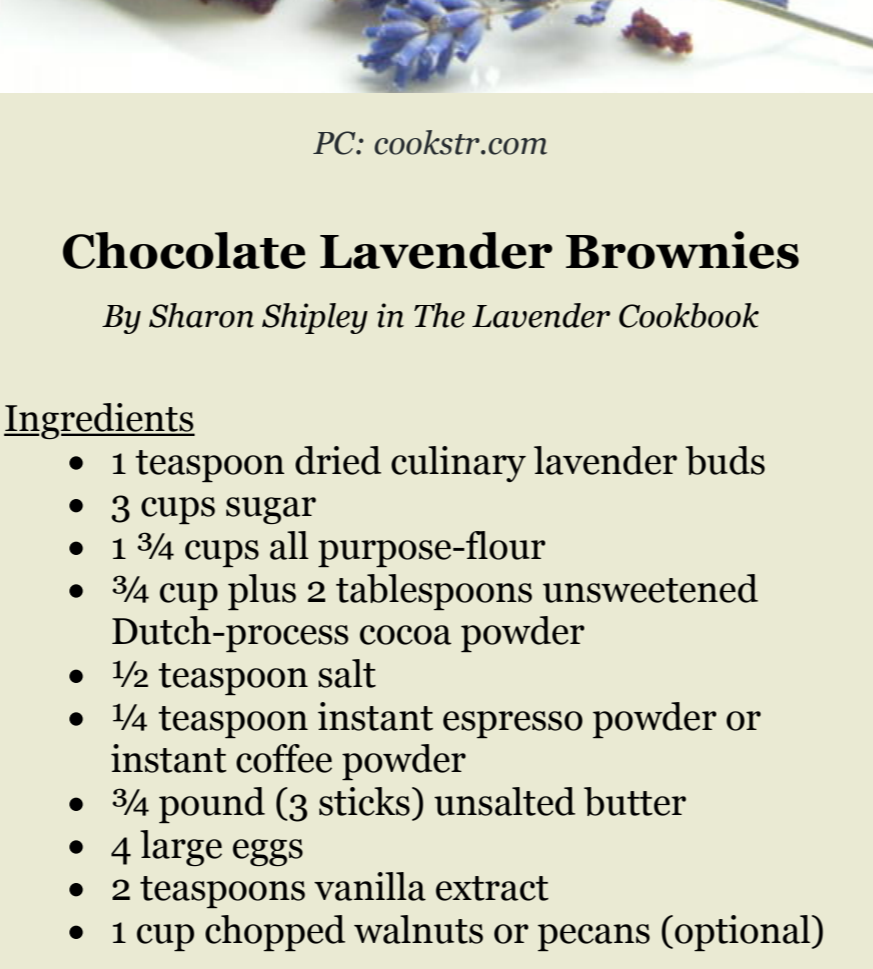
Professional LNW Members: Please update your information on the LNW website for 2022.

Event

Save the Date

LNW Spring Member Meeting
The weekend of April 29-30 & May 1, 2022

Recipes



PC: cookstr.com

Chocolate Lavender Brownies

By Sharon Shipley in *The Lavender Cookbook*

- Ingredients**
- 1 teaspoon dried culinary lavender buds
 - 2 cups sugar
 - 3 3/4 cups all purpose flour
 - 3/4 cup plus 2 tablespoons unsweetened Dutch-process cocoa powder
 - 1/2 teaspoon salt
 - 1/4 teaspoon instant espresso powder or instant coffee powder
 - 3/4 pound (2 sticks) unsalted butter
 - 4 large eggs
 - 2 teaspoons vanilla extract
 - 1 cup chopped walnuts or pecans (optional)

Directions
Preheat oven to 325 degrees F. Butter a 13 x9-inch baking dish.

Place the lavender in a spice grinder with 1 tablespoon of sugar. Pulse until the lavender is finely ground. Transfer to a large bowl. Add the flour, cocoa, salt, espresso or coffee powder, and the remaining sugar. Mix well.

Place the butter in a medium microwave-safe bowl and microwave on high power for 1 minute at a time until melted. Let cool for a few minutes. Whisk in eggs and vanilla.

Make a well in the center of the dry ingredients and pour in the butter mixture. Using a wooden spoon, mix until just combined. Stir in the nuts (if using). Pour into prepared pan and smooth the top. Bake for 35-40 minutes, until a toothpick inserted into the center comes out mostly clean.



Lavender Latte

recipe by Pam Baker, Little Lavender Farm

- Ingredients**
- 1/2 cup milk of your choice
 - Strong brewed coffee (or one shot of espresso)
 - 1-2 Tablespoons Lavender simple syrup (more or less to personal liking)

Directions
Brew coffee and pour into the desired mug. Add simple syrup and stir.

Warm your milk on the stove or in the microwave and then froth. (Pouring the milk into any kind of blender and blending for 30 seconds will froth the milk for you.)

Pour milk over top of coffee/syrup mixture and sprinkle with dried culinary lavender buds.

Creating a Beautiful Table Using Lavender



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...

"Spread love everywhere you go. Let no one ever come to you without leaving happier."

—Mother Teresa.



Send Us An Email

