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April 2022 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



New growth at Little Lavender Farm in Dundee, OR.

April 2022

April is the month of rebirth! Our fields are waking up (as you can see in the above photo), and we're starting to see a lot of green, and before you know it we'll have fields of purple! For lavender farmers and gardeners alike this is a time for clean-up, weeding, pruning, and replacing the plants that didn't survive the winter...

Announcements

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.

Events

As we move into spring and summer and things start getting busy, be sure to check our event calendar for the most up-to-date information about what's happening in your area!

Reminder: LNW Spring Member Meeting The weekend of April 29-30 & May 1, 2022. Deadline to register is April 15!

Down By the River Lavender will be at the Cheilan Earth Day Fair. Stop by and learn about how environmentally friendly our favorite plant is and see a special collection of environmentally friendly packaging!

Learning Opportunity

Online OSU class on Agritourism: Are you interested in exploring agricultural tourism as a part of your farm business? OSU is offering an online, self-paced learning module called "Developing a Successful Agritourism Business in Oregon" which opened on March 1, 2022 and runs through April 30, 2022

Course registration is \$20, with scholarships available. For more information and to register visit their website

Springtime Recipes



PC: bonappetit.com

Carrot Hummus

Submitted by Bonnie Albright Lavender Terrace/NorthWest Handmade Corvallis, OR.

This is a nice substitution for Garbanzo Hummus. Healthy and tasty! The lavender makes this a crowd pleasing dish that I use for potlucks.

- Ingredients: 4 Tablespoons Olive Oil, divided; 1/4 teaspoon ground Cumin; 1 large clove Garlic, crushed; 1 pound Carrots, trimmed, peeled and cut in 1-inch pieces; 1/4 cup Water; 1 1/2 teaspoon Salt, divided; 1/2 teaspoon Culinary Lavender (use L. angustifolia); 1/3 cup well stirred Almond Butter; 1/4 cup fresh Meyer lemon juice (2 lemons); Freshly ground Black Pepper; Paprika for garnish

Instructions: Heat 1 Tablespoon Olive Oil in large cast iron skillet with tight-fitting lid over medium heat.

Add Cumin and cook, stirring constantly until fragrant, about 1 minute.

Add Garlic stirring often and cook about 30 seconds.

Add Carrots and 1 teaspoon salt; stir to coat in oil.

Add 1/4 cup Water and cover with lid.

Cook until Carrots are tender about 15 minutes, shaking skillet as needed.

Let cool uncovered about 5 minutes.

Use food processor: Add 1/2 teaspoon Lavender to food processor and pulse until finely ground.

Add Carrot mixture, Almond butter, Lemon juice, several grinds of Pepper, remaining 3 Tablespoons of Olive Oil, and 1/2 teaspoon salt. Process until smooth about 1 minute.

Transfer to bowl, drizzle with Olive oil, sprinkle with Paprika.

Serve with raw vegetables or Pita chips.



PC: joyofbaking.com

Spiced Carrot Cake with Lavender Cream Cheese Frosting

From The Lavender Gourmet by Jennifer Vasich

- Ingredients: 2 cups all-purpose flour; 1 3/4 cups granulated sugar; 1 teaspoon baking powder; 1 teaspoon baking soda; 1/2 teaspoon ground cinnamon; 1/4 teaspoon ground cloves; 1/4 teaspoon ground nutmeg; 2 1/2 cups carrots, finely shredded; 1/2 cup Granny Smith apples, finely shredded; 1/2 cup golden raisins; 1 cup sunflower oil; 4 eggs; 1/4 teaspoon vanilla extract; 1 Tablespoon fresh-grated orange zest; 1/4 cup pecans, finely ground; Lavender Cream Cheese Frosting (see recipe below); Whole pecans and grated carrots (for garnish)

Instructions: Preheat oven to 350 degrees F. Butter and lightly flour two 9-inch round baking pans or one 9-inch x 13-inch baking pan and set aside.

In a large mixing bowl, combine together the flour, sugar, baking powder, baking soda, cinnamon, cloves, and nutmeg. Add the carrots, apples, raisins, oil, eggs, vanilla extract, and orange zest. Beat with an electric mixer on low speed for 1 minute. Increase the mixer's speed to medium and continue to beat until all ingredients are well incorporated, about 3 minutes.

Fold in ground pecans and mix until well blended. Pour the batter into prepared pans.

Bake at 350 degrees F for 30-35 minutes (round pans) or 35-40 minutes (9" x 13" pan) or until a toothpick inserted near the center comes out clean. Cool the cake for 10 minutes before removing from pan(s).

Place the cake(s) on serving plate and cool thoroughly. Spread with Lavender Cream Cheese Frosting and garnish with whole pecans and grated carrots. Makes approximately 8 servings.

Lavender Cream Cheese Frosting

- Ingredients: 1/2 teaspoon culinary lavender buds; 1 pkg (8 oz. size) low fat cream cheese, at room temperature; 1/2 cup butter, at room temperature; 1 teaspoon vanilla extract; 1 cup powdered (confectioners') sugar

Instructions: In a spice grinder or clean coffee grinder, chop the lavender buds until finely ground. In a large mixing bowl, beat together, using an electric mixer, the cream cheese, butter, and lavender buds for 1 minute or until creamy. Add the vanilla extract and mix until well blended. Scrape down the sides of the bowl with a spatula as needed. Slowly add the powdered sugar, a little at a time, continuing to scrape down the sides as necessary. Blend until the frosting is light and fluffy. Cover and refrigerate until ready to use.

Featured Lavender

Spanish Lavenders (Lavandula stoechas)

Chris Mulder, Barn Owl Nursery

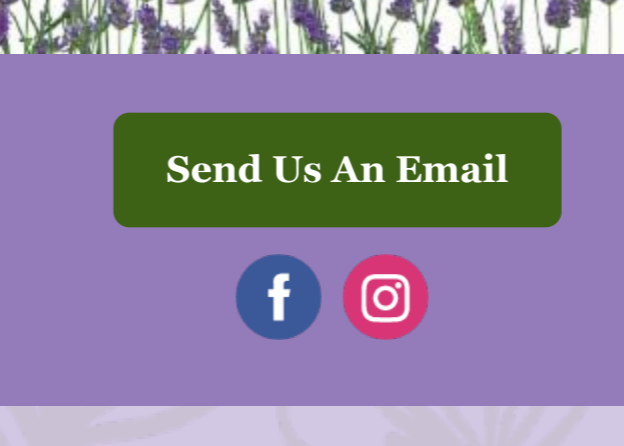
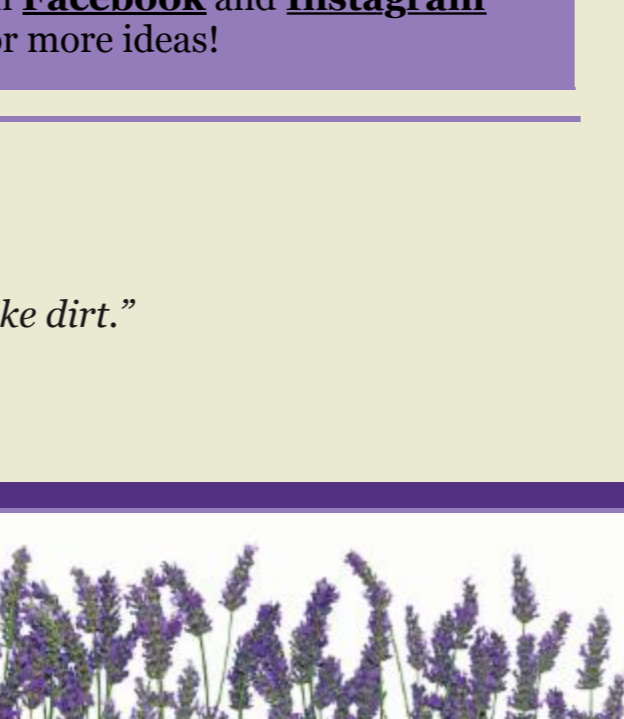
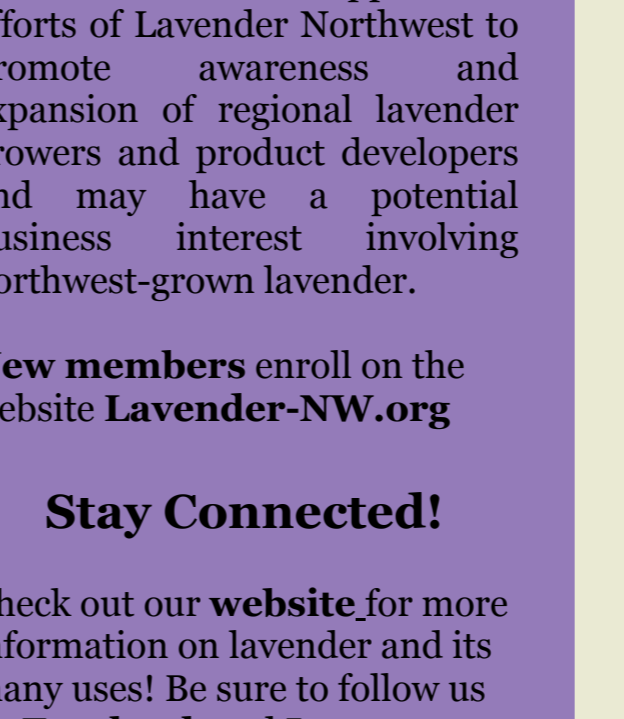
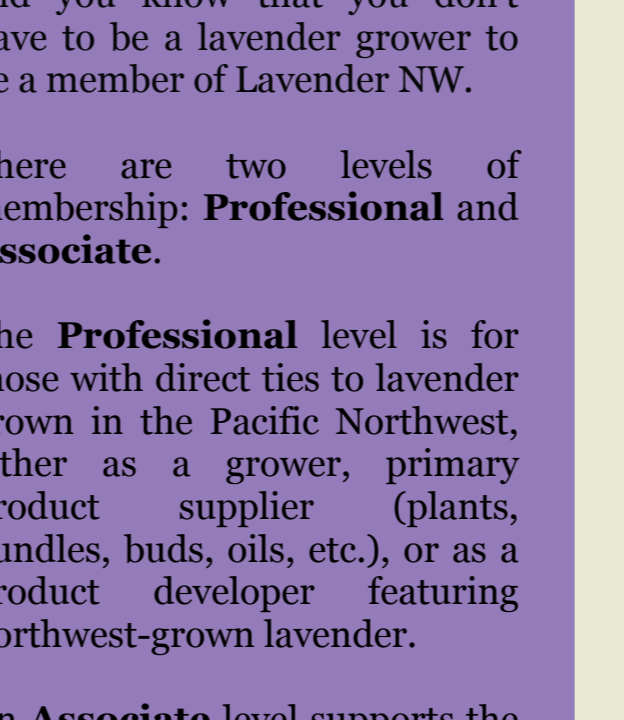
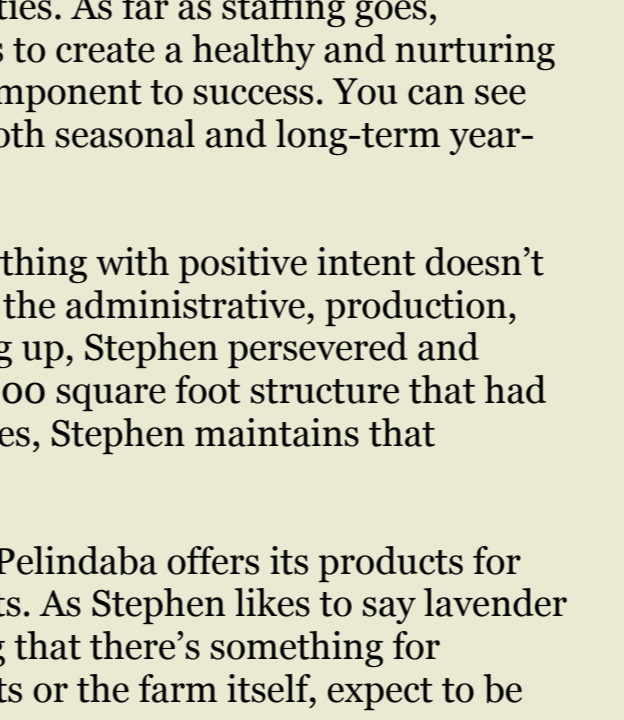
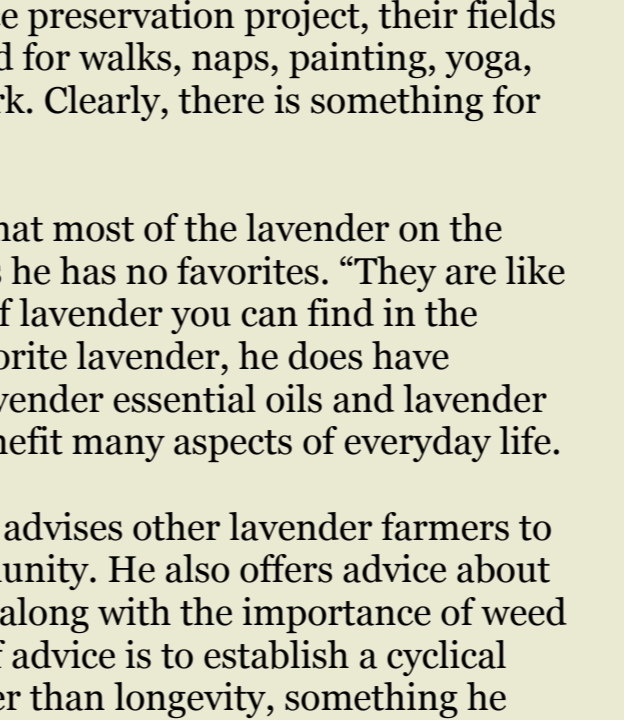
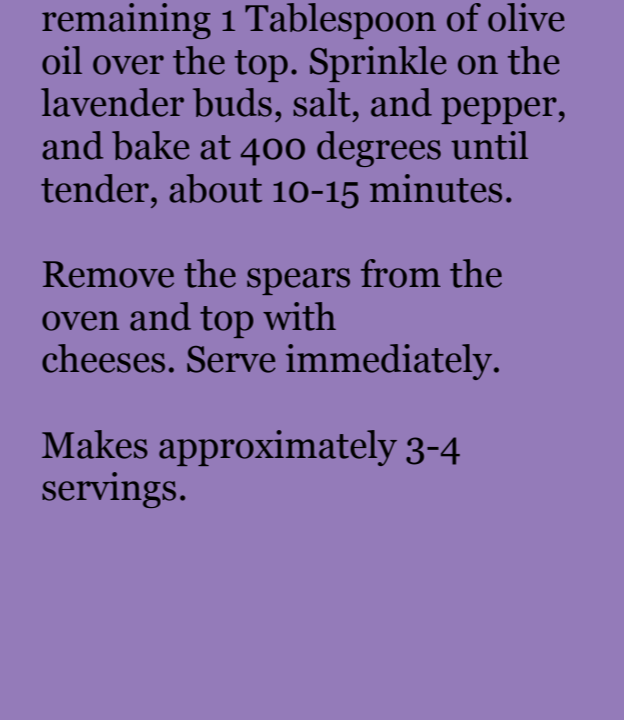
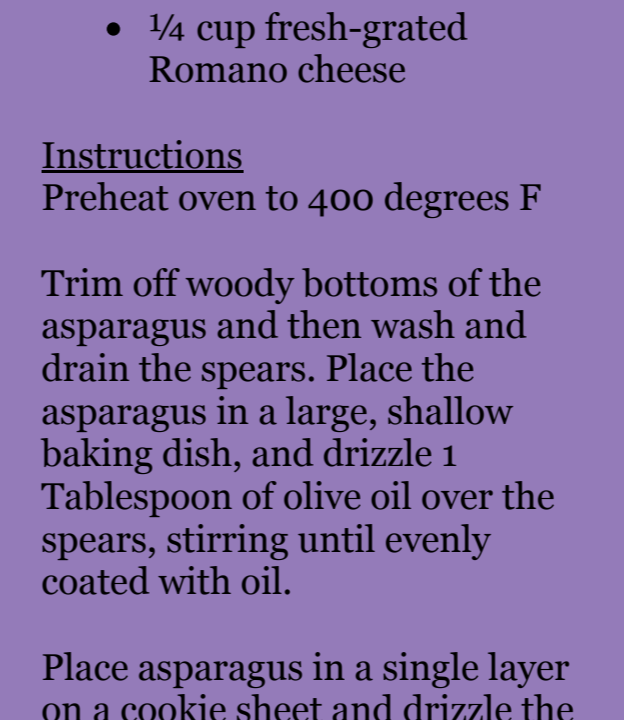
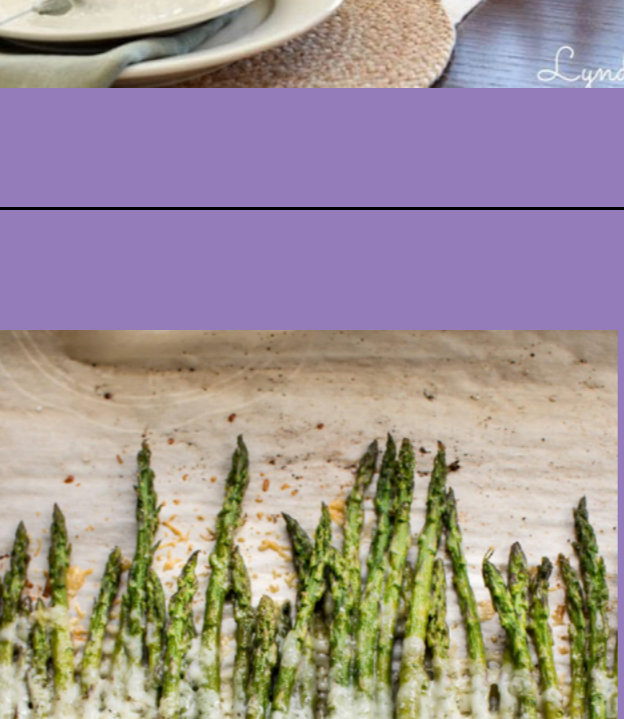


Lavandula stoechas 'Madrid Blue' PC: trauffaut.com

Lavandula stoechas cultivars are commonly called Spanish lavenders in the United States. The original L. stoechas species came from several species of lavenders that crossed and propagated from seed growing in the wild in Spain, Portugal, France, and several other Mediterranean countries. Now the species L. stoechas has at least 50 recognized hybrid cultivars that are grown for ornamental purposes. Many of these cultivars have been discovered, propagated, and introduced by plant breeders in Australia, New Zealand, and other parts of Europe, and more recently in the United States. These lavenders are prized for their ornamental uses in containers and in the landscape. The plants grow faster and the flowers bloom earlier and longer than most other lavenders. Their large flower heads attract many pollinating insects, especially bees. All Spanish lavenders produce very distinctive compact flower heads topped with two long, showy bracts that resemble butterfly wings. The variety of flower colors range from very dark purple to light purple with reddish tones, and there are several striking mixed blue, pink, and white flowering varieties too. Some cultivars grow into large shrubs around 3 feet tall and can be planted as a border or grown in half wine barrels. The smallest cultivars grow to heights between 10-18 inches and stay more compact, which makes them suitable to grow in small gardens and pots. Some varieties are hardy in Zone 9 and 8. They grow well in hot dry locations and are a good choice for drought tolerant gardens that receive full sun. They grow well in areas that do not have heavy frosts or prolonged freezing temperatures. Unlike most other hardy lavenders, Spanish lavenders grow well in humid climates!

Since Spanish lavenders grow quickly, they need to be pruned hard at least once a year. They produce more flowers when they are pruned in late spring or early summer after the first flowers lose their color. These lavenders also benefit from a second, lighter pruning in the early fall to help prevent the long branches from splitting and breaking off in the winter. The essential oil from L. stoechas is distilled on a small scale and used in some products, but the pungent camphorous scented oil is not used to scent most lavender products made in the U.S. Spanish lavender plants are enjoyed for their variety of beautiful flowers which bring long-lasting color into the garden and in containers, early in the spring and later in the summer.

Lavender for Spring Table Decor



Pelindaba Lavender Farm

Pelindaba (pronounced pel-in-DAH-bah), stems from owner-founder Stephen Robins' South African roots and a Zulu word meaning "Place of Great Gatherings". This is the perfect name for the lavender farm you find on San Juan Island. Here there are over 30,000 plants, a demonstration garden, and plenty of open space which makes Pelindaba Lavender Farm, as its name suggests, a great place to gather.

What began in 1999 as a way to preserve open space and provide a unique crop, has blossomed into "The Complete Lavender Experience". Visitors can enjoy lavender-inspired food and beverages, exhibits, educational opportunities, and hands-on activities for the whole family. Because Pelindaba is an open-space preservation project, their fields are never closed. The public is welcome to enjoy the land for walks, naps, painting, yoga, picnics, small events, etc. just as they would a public park. Clearly, there is something for everyone!

While taking in the beauty of the land, you may notice that most of the lavender on the premises is either Grosso or Provence, but Stephen says he has no favorites. "They are like children - I love them all", hence the over 50 varieties of lavender you can find in the demonstration garden. Although he does not have a favorite lavender, he does have favorite products including their organically certified lavender essential oils and lavender hydrosol because of their vast number of uses which benefit many aspects of everyday life.

Pelindaba has continued to grow its brand, but Stephen advises other lavender farmers to stay authentic and committed to benefiting their community. He also offers advice about the importance of proper soil preparation and drainage along with the importance of weed cloth as it will save valuable work time. Another piece of advice is to establish a cyclical replanting schedule focusing on plant productivity rather than longevity, something he wishes he had begun earlier in his own replanting activities. As far as staffing goes, Stephen shared the best way to attract and retain staff is to create a healthy and nurturing work environment which values staff as the essential component to success. You can see that this philosophy works as Pelindaba currently has both seasonal and long-term year-round staff who make this business thrive.

Although the business has grown with time, doing everything with positive intention doesn't mean challenges won't pop up. In 2009 a fire destroyed the administrative, production, kitchen/bakery and inventory facilities. Instead of giving up, Stephen persevered and created a 14,000 square foot structure to replace the 6,300 square foot structure that had burned to the ground. No matter what challenges he faces, Stephen maintains that lavender farming is infinitely rewarding.

If you are unable to make your way to San Juan Island, Pelindaba offers its products for purchase on their website along with other retail outlets. As Stephen likes to say lavender goes "from kitchens to bathrooms to babies" reaffirming that there's something for everyone! Whether you visit one of their franchise outlets or the farm itself, expect to be treated well and to enjoy all of the available products.

To Stephen at Pelindaba Lavender Farm "Dankie" (Afrikaans for thank you) for his cooperation in creating this article!

Stephen Robins, Farm Owner-Founder Pelindaba Lavender Farm San Juan Island, WA https://www.pelindabalavender.com admin@pelindaba.com (360) 378-4248 | Toll Free (866) 819-1911

(submitted by Mike and Sandra Mitchell, Willamette Valley Lavender Farm)

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@litlelavenderfarm.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... "In the spring, at the end of the day, you should smell like dirt." -Margaret Atwood

