



July 2022 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



Fleurish Lavender of Lost Mountain, Sequim WA

July 2022

Lavender season is shaping up to be a little different this year. Due to the cool wet spring this year, some NW lavender farms have experienced a delayed start. Mother Nature, (unpredictable climate change) has extended the NW lavender bloom season later into July! For some NW lavender farms, that might also mean that lavender and lavandin flowers may still be blooming by their fields in August.

Announcements

LNW SUMMER MEMBERS' MEETING
LNW will conduct a ZOOM Summer meeting in August, with opportunities to review the 2022 season and provide feedback for future marketing efforts.
Date: Tuesday evening, AUGUST 23, 2022

USLGA Conference Registration is now open!
United States Lavender Conference 2023
Cultivating Connections: Learn, Grow, Refine
January 26 - 28, 2023
Hyatt Regency - Portland, Oregon
Early Bird Deadline: Thursday, August 25, 2023

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

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 & Classes

As we head into 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! And there's a lot coming up, including wreath making, U-pick, Paint 'n sip, photography sessions, Plein Air Painting in the fields, yoga classes, festivals, and more! Here are a few events to look for:

- Events this weekend (July 8 - 10):**
- Willamette Valley Lavender Festival,
 - Helvetia Lavender Festival,
 - McKenzie River Lavender Festival,
 - Southern Oregon Lavender Trail
 - Lavender+Vintage at Wayward Farm

Events next weekend (July 16 - 17):

- Sequim Lavender Festival, July 15-18

And if you can't make it to any of the festivals, many LNW farms are open for U-pick this month.

Newberg Lavender Trail: Taste Newberg has created a self-guided Newberg Lavender Trail that lists local businesses selling lavender-themed products and menu items during the entire month of July.

Another great place to find lavender farms in bloom that you can visit in July is to check our members' listings on the **Destinations Page**, and download the **2021 Driving Guides** on the LNW website to find lavender farms to visit in Oregon, Washington, and Montana this summer.

Announcing... "Lavender Stalker"!

LavenderStalker.com has launched! This new website is dedicated to unusually fine essential oil and culinary lavender bud offerings from small-scale lavender growers, distillers, and culinary bud makers! Aimed squarely at public awareness of better-quality lavender products, *Lavender Stalker* features highly-rated and available products that stand out in comparison to bulk-market competitors. Moreover, it provides eager lavender-lovers with details about how to obtain these great products.

For site visitors who are thirsty for lavender-themed information beyond what they get from general sources, *Lavender Stalker* includes a Learning Center that provides answers to many pertinent lavender questions. New postings will be added to the website as more lavender oils and culinary buds are submitted for assessment, and the high-quality oils and culinary buds are identified and become available.

Consider following the Lavender Stalker Facebook page to hear about new listings as they are published. And most importantly, support the fine artisans whose products are featured with *Lavender Stalker*.

<https://lavenderstalker.com>
<https://www.facebook.com/LavenderStalker>

Blueberry Lavender Pie

Recipe and Photo from blueberry.org



- Ingredients:**
- 2, 9-inch frozen pie crust rounds, thawed
 - 6 cups fresh blueberries
 - 1/2 cup plus 2 tablespoons granulated sugar, separated
 - 3-4 tablespoons cornstarch
 - 3 teaspoons dried culinary lavender, separated
 - 1 tablespoon lemon juice
 - 2 teaspoons vanilla extract
 - 1 tablespoon cold, salted butter, cut into small pieces
 - 1 egg, beaten

Instructions:
Fit 1 pie crust round into a 9-inch pie plate. Lightly prick the bottom of the dough with a fork.

In a large bowl, toss together the blueberries, 1/2 cup sugar, cornstarch, (see tip below), 2 teaspoons lavender, lemon juice, and vanilla. Pour into the crust and arrange the butter pieces evenly over the blueberries.

Grab the second pie crust round and roll it out into a 12-inch circle. Place the crust over the berries. Alternatively, you can create a lattice design, if desired. Using a fork, crimp the edges of the crust together to seal the pie up.

In a small bowl, combine the remaining 2 tablespoons of sugar with 1 teaspoon of dried lavender. Pinch the lavender and sugar together with your fingers to break the buds up into the sugar.

Brush the top crust with the beaten egg and sprinkle with lavender sugar. Using a sharp knife, slice four holes in the top of the crust for air pockets. Cover and chill pie until crust is firm, about 1 hour in the fridge or 30 minutes in the freezer.

Preheat the oven to 400°. Bake for 20 minutes, then reduce the oven to 350° and bake another 30 minutes until the pie is golden and the sauce is bubbling.

Featured Lavender 'Opal Rain'

(*Lavandula angustifolia cultivar*)

Chris Muller, Barn Owl Nursery



PC: Barn Owl Nursery

Flower Color: Pink/White
Stem Length: 10-12 inches
Plant Height: 20-24 inches

'Opal Rain' has a very sweet fragrance and has large flowers made up of soft, woody buds (calyxes) and pale pink flowers (corollas) which darken as they age. This lavender forms a compact mound of gray-green foliage and produces sturdy flower stems. It makes a nice focal point when it is planted by itself or among other darker flowering lavenders or perennials in the garden.

The buds are used as culinary lavender, especially to flavor desserts, jams, and fruits, and can be used dried for crafts and to fill sachet bags.

This lavender was discovered as a sport at Wild Rain Lavender Farm in Yamhill, Oregon. It is aptly named after the pink opal which is a healing stone that helps to alleviate stress and brings light, hope, and sweetness back to life. It is being propagated from a limited supply of cuttings and is only available at a few LNW lavender farms. Profits from the sale of this lavender plant benefit those farms' selected charity organizations. This lavender is sold in the spirit of helping the community and bringing back hope.

Caring For Your Lavender Bouquet



You have your beautiful lavender bouquet, whether bought at a local farm or harvested from your own yard, but how do you get the longest use from it? Start by adding just an inch or so of water to your vase, letting the water dry out, and then taking your bouquet and hanging it upside down to dry. That way, you are able to enjoy your fresh lavender bouquet for a few days... and your dried lavender bouquet for a few years! Another option is, once it's dried, de-bud, and then gather the buds into a sachet!



Wayward Winds Farm, Newberg OR

Lavender in the News: Why You Need to Visit a Lavender Farm This Summer

According to a recent **CNN** article, not only is visiting a lavender farm in bloom "an assault on your senses" and perfect for taking photos, but has many health benefits as well! According to Dr. Nilufar Ahmed, lavender "can be a great benefit for everyday stress and as an additional support to those with high levels of anxiety," in addition to being an aid to a good night's sleep. And just being out in nature is good for the soul. Thankfully we here in the Pacific Northwest have quite a few lavender farms to choose from!

Lavender Chocolate Mug Cake

Recipe from *Intrigue Chocolate Company - Seattle, WA.*



- Ingredients:**
- 1 ounce **Intrigue lavender chocolate bar**, chopped
 - 2 tablespoons unsalted butter, melted
 - Pinch of salt
 - 1 tablespoon water
 - 1/4 cup all-purpose flour
 - 1/4 teaspoon baking powder
 - 2 tablespoons white, granulated sugar

Directions:
In a small bowl, melt the chopped chocolate in the microwave. Stop and stir every 10 seconds. Careful not to burn!

In your favorite mug, add chocolate, butter, salt, and water. Stir to completely combine.

Add flour, sugar, and baking powder.

Mix until just combined.

Bake in the microwave on high for 2 to 2 1/2 minutes.

Makes 1 cake

Note: Intrigue Chocolate Company makes the Lavender Chocolate bars for LNW. They are available at many Lavender NW members' farms, shops, and booths this summer.

3 Strands Farm

Molalla, Oregon



Like many people, Mary Bails had dreams of leaving her corporate financial position and doing something that involved less stress. Little did she know that a joke with her co-workers, a visit to a lavender farm and the encouragement and help of her husband, Shane, would lead to the beginning of a new adventure. If you haven't been to their farm in Molalla then let us tell you a bit about them. 3 Strands Farm has approximately 700 plants made up of 'Hildeote', 'Miss Katherine', 'Celestial Star', & 'Royal Velvet'. Although Mary doesn't have a favorite at the moment, she is always evaluating and contemplating which it may become.

Being a small farm, Shane and Mary chose to focus on just a few products which include dried buds and bundles at the moment. An additional area of focus in the near future may be working with hydrosol, but they are waiting until they have enough blooms to proceed. In addition to lavender, Mary and Shane may add a farm stand for fresh eggs produced on site.

This farm truly is a family owned and operated farm, as Mary and Shane rely on their children and grandchildren to help harvest and maintain the lavender. They expect as the farm grows they may need to enlist additional help, but until then it's all in the family! After last year's experience growing lavender, they would recommend planting in the fall to avoid losing any of the young plants due to excessive heat. The other piece of advice they would offer is to make sure and use the longer stakes for your groundcover and drip lines to protect from the high winds that may blow them away. You may catch this family selling their products at the Crafters' Market in Silverton or the Molalla Celebration. If you can't make either of those or just missed them, you can always find their product on their website or through facebook.

One unique creation at their farm is meant to honor and pay tribute to Military and First Responders. Much of the lavender has been planted in a systematic way to create a group of plants that resemble the U.S. Flag when in full bloom. It is a work of art still under construction and at the time this article was being written we were unable to catch the bloom. We look forward to including it in a future newsletter when the plants are in full bloom.

Mary and Shane want to send a big thank you to the members of LNW for being so generous with their time along with offering their non-judgmental support and advice. And we would like to thank Mary and Shane for allowing us to feature them in this month's newsletter. We hope you have a great harvest season!

3 Strands Farm
Mary & Shane Bails
3strandsfarm.com
541-335-1040

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@littlervenderfarm.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...
"To nurture a garden is to feed not just the body, but the soul."
Alfred Austin

