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October 2023 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



PC: Pam Baker

October 2023

Autumn has arrived in the Pacific Northwest!

Northwest Lavender Expo Recap

The Northwest Lavender Expo held in Sequim, WA, this month was a huge success thanks to all the LNW and USLGA members and vendors that planned and participated in the event.

We enjoyed a nice welcome reception hosted at B&B Family Lavender Farm by the USLGA NW Region, followed by a full day of education about dried lavender. More than ten of our LNW regional member experts shared their tips and experiences with growing, drying, and preparing lavender for dried crafts and culinary products.

Local vendors presented their products and many NW members' lavender products were showcased and then donated as gifts in lovely NW regional gift

Featured Lavenders for Dried Culinary Lavender Products

Chris Mulder
Barn Owl Nursery

We are fortunate in the Pacific Northwest to have such a wide selection of different, hardy lavender plants to grow, dry and use for culinary lavender. This season you will find freshly dried and processed culinary lavender buds available from LNW members' farms. Check our members' websites to find *NW-grown* culinary lavender and culinary lavender products to share with your family and friends throughout the year.

Lavender Cultivars for Culinary Uses

There are many true lavender varieties (cultivars) that can be used to flavor foods and beverages. This list of lavender cultivars includes some of the most common lavenders grown for culinary uses by NW lavender farmers. The buds (calyces) from each of these lavender cultivars have their own unique aroma, flavor and color. Culinary lavender buds are carefully harvested and dried, then *cleaned* by sifting them through mesh screens to remove leaves, stems and debris, before the buds are ready to use in recipes, or to make special culinary lavender products.

baskets.

We were given extensive farm tours of two Sequim members' lavender farms, B&B Family Lavender Farm and Gnomelicious Lavender Farm.

The whole weekend event was a fantastic opportunity to learn and network with lavender growers from all states in the LNW region. A huge **THANK YOU** to everyone who planned and took part in this special lavender event.

LNW Member Announcements

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 and add your autumn and winter lavender events to the event calendar on the LNW website.

Call for Recipe and Photo Submissions! Do you have a favorite bread, scone, or muffin recipe that includes lavender? As we head into baking season, we would love to share it with our readers!

We also need current photos of your farm, different lavender close-ups, and field or garden photos of your lavender throughout the year for our LNW photo library. Please send your photos to pbaker@littlilavenderfarm.com

Autumn Events

Are you looking for more information about propagating lavender and other herbs?

The OSU Extension Land Steward Program is presenting: **Plant Propagation From Cuttings, Division & Seeds**
Offered online only via Zoom
Wednesday, November 1st
6:00-8:00 pm Pacific Time
Cost is \$15.00, or sliding scale.

Fees help support the Land Steward Program.

Register at

<https://beav.es/UcY>

or call OSU Extension at 541-776-7371

For more information email

rachel.werling@oregonstate.edu

Lavender Cultivars

(*Lavandula angustifolia*)

Cultivar Name/Calyx Color

- Avice Hill/dk blue
- Betty's Blue/dk blue
- Big Time Blue/blue
- Blue Mt. White/white
- Buena Vista/dk blue
- Cynthia Johnson/blue
- Egerton Blue/dk blue
- Elizabeth/dk blue
- Felice/blue
- Folgate/blue
- French Fields/blue
- Hidcote/dk blue
- Imperial Gem/dk blue
- Jean Davis/pink
- Melissa/white & pink
- Miss Katherine/pink
- Munstead/blue
- New Zealand Blue/blue
- Opal Rain/white & pink
- Pacific Blue/blue
- Purple Bouquet/dk blue
- Royal Velvet/dk blue
- Sachet/blue
- Sharon Roberts/dk blue
- Super Bleu/dk blue
- Two Seasons/blue
- Tucker's Early Purple/dk
- Violet Intrigue/dk blue
- White Dwarf/white

Lavandin Cultivar

(*Lavandula x intermedia*)

'Provence'

This is one hybrid cultivar that is also used for culinary lavender. It has light blue calyces that are usually suitable for savory recipes. However, this variety can be used successfully with some sweet foods and beverages with strong flavors that will not be overpowered by the camphorous notes of 'Provence' culinary buds.

Lavender Caramel Sauce

The Art of Cooking with Lavender
by Nancy Baggett

Jered Grzybowski and his wife Anna, along with their young daughters, are the owners, growers, and land tenders at Goodwin Creek Gardens in Williams, Oregon. They are passionate about applying organic, regenerative farming practices, and using compost to build soil for healthy herbs and plants. They enjoy sharing their love and knowledge of plants, including how to propagate them.

Their presentation will include information about plants that are best suited for each method and how to maximize the results. Whether it's rooting lavender cuttings or collecting and starting seeds for your pollinator garden, this class will prepare you to begin propagating your own plants or improve your success in your current methods.

There are several places on Lavender Northwest's website where you can get information about local lavender farmers:

- **Find a Member or Farm** from the list of Professional members on the LNW website.
- To see what events are coming up, check Lavender Northwest's **Events Page**.
- Another great place to find lavender products from local farms and stores is to check our members' pages on the **Destinations Page** on the LNW website.

You will find LNW members at farmers' markets and at booths at special events throughout the seasons. In addition, many LNW farmers sell their lavender products online from their websites.

See what LNW members are offering this month and for the holidays, and support your local lavender farms in Oregon, Washington, Montana, and Idaho.

Lavender Pear/Apple Scones

[Hood River Lavender Farm](#)



Ingredients

- 1½ cups heavy (whipping) cream, divided
- 1 ½ to 2 tablespoons dried culinary lavender buds
- 1 teaspoon vanilla extract
- 1¼ cups packed light or dark brown sugar
- 1 cup light corn syrup
- 5 tablespoons butter, preferably unsalted, cut into chunks
- Pinch of sea salt

Instructions

Bring ½ cup of the heavy cream to a boil in a small saucepan over high heat. Stir in the lavender buds and vanilla and set aside to steep.

Thoroughly stir the remaining 1 cup of cream, the brown sugar, corn syrup, butter, and salt in a heavy 4-quart saucepan or pot. Bring to a boil over medium-high heat, stirring constantly with a long-handled wooden spoon. When the mixture is boiling briskly, wipe any sugar from the pan sides using a pastry brush dipped in warm water (or use a damp paper towel). Thoroughly wash off all the sugar from the stirring spoon.

Adjust the heat so the mixture



PC: theseasidebaker.com

Ingredients

- 2 cups all-purpose flour, pastry flour is best
- ¼ cup sugar, I use Baker's sugar
- 1 TBL baking powder
- ¼ tsp cinnamon
- ¼ tsp salt
- 1 TBL culinary lavender buds (*L. angustifolia* or 'Provence')
- 1/3 cup cold butter, 5 ½ TBLS cut into pieces
- 1 cup whipping cream, I use heavy whipping cream
- 1 tsp, heaping lemon juice
- 1 cup Bosc Pears, peeled & cubed, (or apples can be substituted)

Instructions

Preheat oven to 375 degrees F.

Combine flour, sugar, baking powder, salt and lavender. Use a pastry blender and mix in the cold butter until the consistency is course and crumbly.

Add 1 cup whipping cream, 1 tsp lemon juice and 1 cup cubed pears. Stir with a fork just until moistened (DO NOT OVER MIX). Add a drop or 2 more of cream, if it's too dry.

Knead the dough 4 or 5 times in the same bowl, or on a floured surface. Roll out ¾ inch thick and cut with round biscuit cutter, or any cookie cutter.

Place each scone about 2 inches apart on a parchment paper covered cookie sheet. Brush tops of the scones with a little cream or egg whites. Sprinkle with sugar/cinnamon mixture. Optional: Sprinkle with a few fresh culinary lavender flowers, if available.

boils briskly, and cook, occasionally stirring and scraping the pan bottom. As the mixture starts to thicken and turns a rich medium caramel color, lower the heat slightly and stir more frequently; the total cooking time should be at least 7 or 8 minutes. Remove the pan from the heat; let cool 5 minutes. Strain the lavender-infused cream through a fine mesh sieve into the caramel mixture. Bring it back to a full boil for 1 minute. Then let the sauce cool to warm.

Use the caramel immediately or refrigerate, tightly covered, for up to 10 days. Rewarm on low power in a microwave oven; stir and check the consistency every 30 seconds as the caramel should not be heated to a boil again. If the caramel has stiffened too much during storage, thin it to the desired fluid consistency by thoroughly stirring in a little warm water. To serve, spoon the warm caramel over baked apples; add a scoop of ice cream if desired. Yield: Makes about 2 cups

Fall Decor using Spent Lavender Stems

Pam Baker, [Little Lavender Farm](#)

Lavender is the plant that just keeps on giving: bouquets, oil, hydrosol, buds -- and even the spent stems! Below are a few ways to use spent lavender stems to decorate this season.

Bake at 375 degrees F for 15-18 minutes, or until golden brown. DO NOT OVER BAKE. Serve warm with Devonshire cream, jam, and hot tea. Enjoy!

Yield: 1 dozen scones

Lavender Lemon Thyme Cookies

Melissa Van Hevelingen, Van Hevelingen Herb Nursery



PC: oleanderandpalm.com

Ingredients

- 1 cup butter
- 1 1/2 cup lavender sugar (See below)
- 1 Tbsp dried culinary lavender buds
- 2 eggs
- 2 3/4 cups sifted flour
- 2 tsp cream of tartar
- 3 Tbsp crushed, dried lemon thyme leaves

Instructions

Preheat oven to 400 degrees F

To make **Lavender Sugar**: Crush 1 Tbsp of dried culinary lavender buds. Pulverize with sugar in a blender. Can sit overnight for stronger flavor. I prefer it more subtle.

Cookies: Cream together sugar and butter. Beat in eggs. Add dry ingredients plus the lemon thyme. Mix until well blended. Roll dough into balls the size of walnuts. Roll these into the lavender sugar. Place 2 inches apart on ungreased cookie sheet.

Bake about 10 minutes at 400 degrees F. They should be browned lightly. Cookies will puff, then flatten.



Lavender stem wreath: Just make it like you would any wreath and then add a little dried spanish moss to add some additional texture and interest.



Decorative broom: Using 5 spent stem bunches, insert one of the bunches in the middles of the other four. Tightly wrap with jute twine, both on the neck and the body of the broom.



Kindling display: gather your spent bunches and pile them into a decorative bucket near your fireplace. Not only does this make your room cozy but the spent stems work great as fragrant fire starters!

Thistle and Bloom Lavender Farm

Wilsonville, Oregon
Submitted by Sheena Rupp





My husband and I, Garrett & Sheena Rupp, bought 17 acres in Wilsonville in 2019 and dreamed of all the possibilities with the largest piece of land we had ever owned. We are not farmers by trade so everything was new to us! With all the possibilities before us, we began the journey of farming with agricultural hemp for CBD, since this had just been approved through the Dept. of Agriculture and it seemed like a bit of a gold rush. We jumped into farming with both feet and planted 6 acres with hemp in June. Well a gold rush it was indeed, and by that I mean our pans were empty. The market quickly became flooded and it proved the most challenging summer on record to grow this plant. Lesson learned!

But out of the ashes was borne the dream to plant lavender and begin a lavender farm. Partly because it is a hardy plant and didn't require to be replanted year after year. That was a huge amount of labor we had already learned. In addition to that I felt I could market lavender because I had a better understanding and connection to the demographic, and it's BEAUTIFUL! I began researching the plant cultivars, the planting layout, and dreaming of how to transform our land into a lavender farm. Unfortunately, COVID was on the horizon and many farms were closed in the 2020 season. So my hands-on research was limited to the few farms that remained open to the public.

In Spring 2021, we planted the first 3 of our 1/4 acre fields with 'Grosso', 'Buena Vista', and 'Folgate'. We pampered our new babies and navigated watering issues through a very hot summer and came out pretty well. I began making products and learning the ins and outs of that world. I learned how to make cold process soap, I explored bath salt recipes, and any other thing I could dream up to use lavender essential oil.

So far, my personal favorite product is a moisturizing face balm that I created with all-natural ingredients, including lavender essential oil. It just feels incredible on the skin and really is an amazing tool to have for healthy skin which is near and dear to me. We have built a website where we sell all of our handmade products and we also attend the local farmers market in the summer, as much as we are able. I produce aromatherapy candles, tallow balm, and bath salts, made with all-natural ingredients.

The best tips and advice I would give to any farmer, but especially a lavender farmer, is to take it slow and be methodical. Take time to learn your land, drainage, soil, etc. But above all, think about the big picture. How do you want this farm to impact your land, your life, and your community? When we first started this journey I felt adamant that I didn't want the farm to be open to the public for liability reasons as well as the impact it would have on our personal lives and the beautiful quiet we had just moved to. However, as time has gone on, it has become pretty apparent that in order for the farm to be successful we need to remove that idea from the plan. This isn't the main source of income for our family so the time we have to manage products and schlep them to farmers' markets is limited. I have really come around to the idea now, but there are still so many different things to think about with that becoming a reality. Such as parking, bathrooms, how to sell and store products. All navigable things, but things to consider on our personal journey.

I do not have many regrets, but one of them would be not planting enough varieties out of the gate with the intent of spreading out the bloom time. That is definitely something that I have focused more on with our progressive plantings.

In addition to lavender, we are planting a 1/4 acre field in a few weeks with several varieties of herbs, including sage, rosemary, thyme, lemon balm, peppermint, and many others for the public to harvest or to distill essential oil onsite. We also have dairy goats and Kune Kune pigs that we raise on our farm. We have had limited success with our apiary for honey bees, but it is something we are constantly learning from!

We hope to expand our offerings as the years go by and develop our farm, so stay tuned!

Website: www.thislenbloom.com

About Lavender Northwest

Check out our beautiful online brochure!

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)*.

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!

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@littlelavenderfarm.com

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 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**

*"Continue to grow and evolve".
"To choose to grow and evolve is a happier and more useful path to take."*

~from Mahatma Gandhi's Top 10 Fundamentals for Changing the World



Lavender Northwest

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