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November 2023 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



PC: *Pelindaba Lavender*
(Pelindaba has a wonderful tutorial to make the gorgeous **autumn arrangement** above.)

November 2023

Happy Thanksgiving!

What a beautiful autumn we've had here in the Pacific Northwest, all leading up to this most wonderful holiday of gathering with loved ones and sharing our favorite recipes with each other. In this issue, we are sharing a few favorite recipes of our own, with a lavender twist, of course!

Featured Lavenders (*Lavandula angustifolia*) Culinary Lavender Part 2

Chris Mulder
Barn Owl Nursery



PC: *Chris Mulder*

In the LNW October newsletter, thirty lavender cultivars (varieties) were identified as some of the most used lavenders grown and used for culinary lavender by Pacific NW lavender businesses.

That list will continue to grow as many more lavender cultivars are introduced and become available. We can begin experimenting by choosing to use a much wider selection of *Lavandula angustifolia* cultivars that are grown and available in our region for different culinary applications.

Wishing you all a wonderful Thanksgiving -- full of love, laughter, and great food!

LNW Member Announcements

Save the Date

Lavender NW Member

Zoom Meeting

February 1, 2024

Learn more about the new
Lavender NW website and our quarterly
meeting plans for 2024!

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

Holiday Events

We hope you will support the many wonderful farm members of LNW this holiday season!

Holiday markets and events are already popping up on the LNW calendar and there are plenty more on the way! You can also check out your favorite farms on the LNW website to see if they have anything planned. And keep an eye on the LNW Facebook and Instagram pages since many events are posted there as well!

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

As lavender is used more often as a culinary herb by chefs and our national food and beverage industries, lavender growers may want to consider offering a larger selection of culinary lavenders to meet the demand for U.S. grown lavender. This could open more doors for our Pacific NW lavender industry and encourage local lavender farmers to grow and provide a variety of high quality dried culinary lavender. It may also encourage the creation of some very unique culinary lavender products from the Pacific Northwest.

Below is a list of a few other lavender cultivars that have been identified by NW growers as having an especially sweet aroma, which will likely make these lavender cultivars suitable to use as culinary lavender.

Cultivar Name/Calyx Color

Blue Mountain/dark blue
Brabant Blue/blue
Chelsea Pink/pink
Coconut Ice/pink & white
Eunice/blue
Fiesta/blue
Hidcote Pink/pink
Lady Ann/pink
Little Lottie/pink
Lullaby Blue/blue
Melissa Lilac/light purple
Pacific Pink/pink
Pink, Jean Davis/pink
Princess Blue/blue
Seal Seven Oaks/blue
Two Amys'/dark blue

The Lavender Pantry



PC: Chris Mulder

- **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, Idaho and Montana.

Lavender in the News: Culinary Lavender



PC: Nicole Callen

Newsweek has named lavender as the **food trend of 2024**, citing its relaxing benefits as well as its floral taste. But we all knew that already, didn't we?

So get out your dried culinary lavender and be prepared to experiment -- who knows what delicious recipes we might come up with! (And then send those recipes our way so we can share with our readers!)

Below you will find other culinary lavender products to keep on hand. They also make great gifts for the holidays!

With 2024 being the year of culinary lavender, here are a few items to keep in your pantry:

- Dried culinary lavender buds, (a variety)
- Herb and lavender seasoning blends
- Lavender-infused oils and vinegars
- Marinades and sauces with lavender
- Condiments with lavender: salt, pepper, different lavender sugars
- Preserves with lavender: jams, jellies, and chutney
- Lavender teas
- Lavender syrups and honey
- Lavender extracts, bitters and beverages
- Lavender chocolate
- Lavender baking mixes
- Lavender stems to be used as cocktail picks, garnish, skewers, and in smokers

DIY Lavender Seasonings

adapted from Kathy Gehrt's Discover Cooking with Lavender

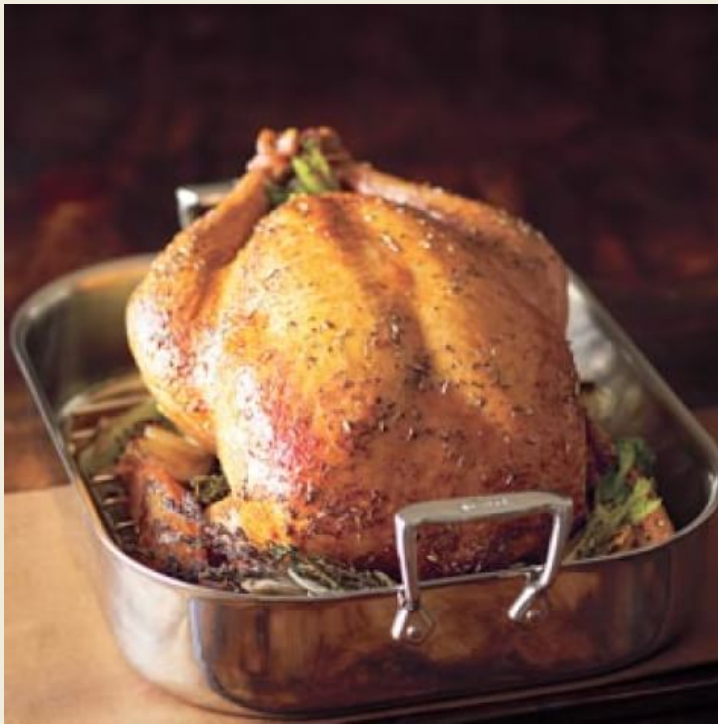


PC: simplyscratch.com

Here are a few quick and easy additions to your lavender pantry -- and when packaged in

Herbes de Provence Roast Turkey

Recipe and photo by Williams Sonoma



During a trip to France in the 1960s, Chuck Williams discovered herbes de Provence and brought some back for his store, which was the first store in this country to sell them. When Thanksgiving came around, he decided to feature this delicious herb blend for the holiday turkey. The recipe has been a Williams-Sonoma favorite ever since.

Ingredients:

- 1 fresh or thawed frozen turkey, about 16 lb.
- 1 yellow onion, quartered
- 2 celery stalks, cut into 2-inch lengths
- 3 or 4 fresh flat-leaf parsley sprigs
- 2 to 3 Tbs. herbes de Provence
- Salt and freshly ground pepper, to taste
- 4 to 6 Tbs. (1/2 to 3/4 stick) unsalted butter, melted

Directions:

Let the turkey stand at room temperature for 1 hour. Do not leave the turkey at room temperature longer than 1 hour.

Position a rack in the lower third of an oven and preheat to 425°F.

Remove the giblets and neck from the turkey and reserve for making gravy, if desired. Rinse the turkey inside and out with cold water and pat dry with paper towels. Place the onion, celery, parsley and 1 Tbs. of the herbes de Provence in the body cavity, and season with salt and pepper. If desired, truss the turkey with kitchen twine. Brush the turkey with some of the melted butter. Sprinkle

a cute bottle, they make great gifts as well!

Roasted Lavender

Roasting dried lavender buds transforms the taste of lavender from slightly floral to rustic and earthy, making it perfect for savory dishes.

To roast lavender, you will need two cups of dried culinary lavender buds and a 12-inch skillet. Cook over high heat, stirring occasionally for 1-2 minutes. Remove the skillet from heat. Set aside to cool.

Tuscan Seasoning

- 1/2 cup roasted lavender (see above)
- 1/4 cup onion flakes
- 1/4 cup minced garlic
- 1 tablespoon salt

Place all ingredients in a food processor or blender. Process for 10 seconds, or until all ingredients are well-blended.

When stored in an air-tight container in a dark cupboard, both of these seasonings will keep for up to a year.

Dried Lavender for Table Decor

with the remaining herbes de Provence and season with salt and pepper.

Place the turkey, breast side down, on a buttered roasting rack in a large roasting pan. Roast for 30 minutes, basting with some of the remaining butter after 15 minutes. Using 2 pairs of tongs or heat-resistant kitchen gloves or mitts, turn the turkey breast side up and reduce the oven temperature to 325°F. Continue roasting, basting with the remaining butter and pan juices every 15 to 20 minutes, until an instant-read thermometer inserted into the thickest part of the breast, away from the bone, registers 165°F, and into the thigh, 175°F. Total roasting time should be 3 to 3 3/4 hours.

Transfer the turkey to a warmed platter, cover loosely with aluminum foil and let rest for about 20 minutes before carving. Serves 12.
Williams-Sonoma Kitchen

Lavender Smashed Potatoes

Recipe by Kathy Gehrt



PC: ambitiouskitchen.com

What can be more satisfying than creamy potatoes? Infused with a trace of garlic and lavender and topped with butter and sour cream, these are the excellent accompaniment to steak, salmon or chicken.

Ingredients

- 1 3/4 pounds small Yukon Gold potatoes, scrubbed, peels left on
- 6 large garlic cloves, peeled



PC: Pinterest

Dried lavender is a beautiful addition to any table, lending instant elegance to any occasion. Whether it be the centerpiece or place settings, adding lavender to your table decor is sure to delight your guests! Here are a few ideas:



PC: [Norwood Lavender Farm](http://NorwoodLavenderFarm.com)

- 1 teaspoon culinary lavender buds, dried or fresh
- 1 teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons (¼ stick) butter
- ½ cup sour cream
- 3 tablespoons fresh chives, chopped
- Salt and pepper, to taste

Instructions

Place potatoes, garlic, lavender, and salt in a medium pot. Cover with water and cook until potatoes are tender, about 20 to 30 minutes. (Cooking time will vary depending on the size of potatoes.)

Drain; let stand 5 minutes, then discard garlic and lavender buds.

Generously butter glass pie pan, then arrange potatoes closely together in the pan. Using a wooden spoon, smash potatoes coarsely until they split open. Drizzle with olive oil and dot with butter. Sprinkle with salt and pepper.

Preheat broiler. Broil potatoes until crisp and golden, 8-10 minutes. Watch closely to avoid burning! Top with dollops of sour cream and sprinkle with chives.



PC: Pinterest



PC: Pinterest



PC: Pam Baker

Methow Valley Welcomes New Lavender Farm Venture

Carlton, Washington



Nestled in Washington's scenic Methow Valley, a new lavender farm is blossoming and bringing the dreams of its owners to life. Operated by Monica and Mark Shallow, **Methow Valley Lavender** was born from Monica's lifelong love of the fragrant herb passed down from her grandmother Sylvia's lavender farming days in the early 2000s.

Outside of launching their new agricultural endeavor, Monica and Mark have full careers and family. Monica is a Clinical Social Worker and Children's Play Therapist with a private practice. Mark has built an extensive aerospace engineering career and currently works as a Certification Engineer on the Tanker Project for Boeing and represents the FAA.

"With our kids grown, we finally had time for this new adventure," said Monica. After purchasing their 5-acre property years ago, the couple searched for the perfect crop to cultivate the land. In 2022, their long-awaited lavender dream got its test crop with over 100 plants finally planted, transforming the once idle land into rows of aromatic foliage.

The lavender varieties grown include: *L. angustifolia* 'Sachet', 'Royal Velvet', 'Melissa', 'Hidcote', 'Folgate', and *L. x intermedia* 'Grosso'. As first-time lavender farmers, Monica and Mark started small but already have big plans to expand. "We hope to increase to 1,000 plants next year," Monica shared.

For now, their young plants produce enough to create aromatic sachets sold through their website which also hosts a carefully curated line of beautiful products from other growers.

When asked her best advice for aspiring lavender farmers, Monica leaned in eagerly. "Give yourself permission to experiment!". For instance, the results of her pruning method improved extraordinarily after realizing her plants could handle a much more aggressive cutting back than she initially tried. She learned that lavender is pretty tough, and, in her case, she learned how to prune better through experimentation.

Methow Valley Lavender has also undertaken robust marketing efforts including social media (Facebook, Instagram, Pinterest, TikTok), Google Ads, Facebook Ads, and email campaigns to subscribers on their website, and blogs. The Shallows also participated in the Supernova Business Launch Competition through the North Central Washington Economic Development District, a program dedicated to empower small businesses

through business education. Through this program, they participated in a meet and greet opportunity at the farmer's market, and created a few YouTube videos, radio ads and interviews with the local radio stations as a continuous effort to get their farm name out in the community.

As Monica and Mark nurture their new farm, their appreciation for the Methow Valley community and fellow lavender farmers continues to grow. They've really enjoyed meeting other lavender farmers through Lavender Northwest, and are thankful for all the support and generosity. With family legacy, passion for lavender, and commitment to their valley, the Shallows have all the ingredients for success. As their farm takes root and blossoms, they look forward to becoming a vibrant part of the fabric of the Methow Valley for many years to come.

Website address: **MethowValleyLavender.com**

- Instagram: @methow_valley_lavender
- Facebook: Methow Valley Lavender
- Pinterest: Methow Valley Lavender
- TikTok: mvlavender
- Telephone: 618-979-6112

Email: **info@methowvalleylavender.com**

(article submitted by Mike and Sandra Mitchell from Willamette Valley Lavender)

Call for Action:

Would you like to see your farm featured in this newsletter? Contact Mike & Sandra Mitchell today at willamettevalleylavender@gmail.com or call/text at (503) 860-8346 / (503) 705-7731. LNW is always looking for member farms, regardless of size or experience, who are willing to share their journey with lavender.

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)*.

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

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@littlilavenderfarm.com**

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**

And finally, Dear Readers...

*"Autumn will not yield to Winter until her last leaf falls with splendor."
~Angie Welland-Crosby*



Lavender Northwest

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