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## December 2023 Newsletter

### Lavender Northwest Invites You To Enjoy Lavender All Year Round!



PC: Little Lavender Farm

## December 2023

### Happy Holidays!

The holidays are in full swing, and with it the busyness, fun, and yes, stress, that comes along with this time of year. So it's important to remember to include self-care in your busy schedule -- and lavender is the perfect addition to your self-care routine! Our farmers have many wonderful products for just such a purpose. We hope you will support our farmers this season for your self-care and gift-giving needs! Just go to the LNW website to find your favorite farm, many of whom also have online shops.

One way to lessen the stress of the time is to spend some time baking or making gifts for loved ones. In this issue we've included some wonderful lavender recipes that you can use for your holiday gatherings or as gifts!

### Featured Lavenders Dark Purple & Blue Flowering Cultivars For Dried Culinary and Decorative Applications

*Chris Mulder  
Barn Owl Nursery*



*L. x intermedia  
'Anniversary Bouquet'  
PC: Chris Mulder*

For added beauty and fragrance in your home, and for special gifts this holiday season, you can add some of the darkest purple-blue dried lavender and lavandin bouquets and buds to evergreen swags and wreaths, dried arrangements, tree ornaments, and crafts. The darkest flowering varieties are also popular to use for winter weddings.

The darkest dried lavender buds are also striking when used to garnish baked goods and other sweet and savory foods and beverages for all of your holiday gatherings and gifts.

Wishing you a season of love!

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## LNW Member Announcements

### Save the Date

#### Lavender NW Member

#### Zoom Meeting

February 1, 2024

Learn more about our

**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](mailto: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 recipe that includes lavender? 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@littlelavenderfarm.com](mailto:pbaker@littlelavenderfarm.com)

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## Congratulations to our Newly-elected Board of Directors!

We are excited to announce that beginning January 1, 2024, our new board will begin their tenure. Congratulations to them all! We are excited to see where the next few years lead us!

**Mary Bails,**  
Communications Secretary

**Tom Binder,**  
Treasurer

**Cliff Curtis,**  
At-Large: Eastern Oregon

Here is a short list of some of the darkest, dried culinary lavender buds that are most commonly grown in the Pacific NW. When left on the stem, these lavenders are also lovely to use for home decor.

*Lavandula angustifolia,*  
(lavender) cultivars, have both

#### **Culinary and Garnish, Ornamental and Craft Uses**

##### Cultivar Name

Avice Hill  
Betty's Blue  
Buena Vista  
Egerton Blue  
Elizabeth  
Folgate  
French Fields  
Hidcote  
Imperial Gem  
Pacific Blue  
Purple Bouquet  
Royal Purple  
Royal Velvet  
Sharon Roberts  
Super Bleu  
Violet Intrigue

*Lavandula x intermedia,*  
(lavandin) cultivars, used for

#### **Fragrant Ornamental Decor and Crafts Uses**

##### Cultivar Name

Anniversary Bouquet  
Gros Bleu  
Hidcote Giant  
Impress Purple  
Olympia  
Riverina Alan  
Riverina Thomas

**For lavender recipes,** pick up our LNW Beverage and Dessert Recipe brochures from one of our members' farms.

**And for year-round craft and gift ideas, check our past newsletter issues and new website in 2024** to see many creative and culinary uses for lavender.

Include the gift of lavender this holiday season and throughout the new year. **Cheers!**

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## Lavender Cut Out Cookies



**Joseph Downs,**  
President-Elect

**Holly Flowers,**  
At-Large: Western Oregon

**Amy Jerome,**  
At-Large: Western Washington

**Michael Lemmers,**  
President-Elect, Agent

**Nicole Mohr,**  
At-Large: Idaho

**Christine Mulder,**  
Immediate Past President

**Carol Stiff,**  
Membership Secretary

**Mike Sullivan,**  
At-Large: Montana

**Jackie Szarka,**  
Executive Secretary

**Merlin Wibbenmeyer,**  
At-Large: Eastern Washington

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## Holiday Events & Local Lavender Products

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

Find them at Holiday markets and events on the LNW website calendar. You can also check out your local farms on the LNW website to see if they are open or have anything planned. And keep an eye on LNW members' 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:

- **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**

## Gluten-free and Dairy-free

Recipe by **Pelindaba  
Lavender Farm**



PC: [blackberrybabe.com](http://blackberrybabe.com)

### Ingredients

- 1.5 sticks (175 g) butter or dairy-free butter
- 1 cup (200 g) sugar
- 2 large eggs or egg replacer equivalent
- 3.5 cups (450 g) gluten-free flour
- 1 tsp. xanthan gum - omit if included in your flour blend
- 1 tsp. baking powder
- 1/2 tsp. vanilla extract
- 1/2 tsp. almond extract
- 2 1/2 tsp. (or to taste) ground, dried organic culinary lavender buds

### Instructions

Cream together butter or dairy-free butter and sugar.

Add eggs (or egg alternative), vanilla and almond extracts and mix until thoroughly combined.

Combine dry ingredients and lavender in a separate bowl.

Add the dry ingredients to the sugar and egg mixture and mix well to combine.

Wrap the dough in parchment paper and allow it to cool in the refrigerator for 30 minutes.

When the dough has cooled, preheat oven to 350F.

Roll out dough between two sheets of parchment paper to a 1/4 inch thickness.

Cut out desired shapes and

websites.

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

## Dark Chocolate Lavender Bark with Sea Salt and Pistachios

Recipe by [Lavender Estates](#), Crescent Bar, WA.



PC: [Joyfulhealthyeats.com](#)

*This easy chocolate bark is great for your holiday get-togethers or to package up and give as gifts!*

### Ingredients

- 3 cups dark chocolate melts
- 1/3 cup pistachios
- 1/2 tsp. lavender sea salt

### Instructions

Chop the pistachios into small bits.

Melt the chocolate by using a double boiler or microwave. If microwaving, use 30 second bursts.

Mix the majority of pistachios into melted chocolate while saving a few for topping.

Spread mixture evenly on a cookie sheet lined with parchment paper.

Sprinkle the remaining pistachios and salt on the mixture. (May use coarse sea salt and culinary lavender buds instead).

transfer to a parchment lined baking sheet.

Bake for 12-14 minutes.\*

\*Allow to cool slightly on the baking sheet before transferring to a cooling rack.

**Once cool**, decorate as desired.

Variation: Spread a thin layer of LNW Marionberry Lavender Seedless Preserves, (or your favorite fruit preserves) on top of some of the cookies and place another cut out cookie on top to create *Lavender Cut Out Sandwich Cookies* with berry or fruit filling, as shown in the photo above.

## Lavender Fruit Punch

Recipe by [Chris Mulder](#),  
[Barn Owl Nursery](#)



PC: [simplyscratch.com](#)

*This recipe is a unique twist to lavender lemonade and a non-alcohol beverage alternative for all ages, year-round.*

Punch Base: prepare one day before serving

### Ingredients

- 8 cups unsweetened 100% pineapple juice
- 4 tablespoons dried culinary lavender buds
- 1 cup unsweetened 100% cranberry juice

In a large stainless steel sauce pan, heat the pineapple juice with culinary buds just to a boil. Remove from heat and cover tightly with lid.



Place in freezer until set.

Once set, remove from the freezer and break into bite-sized pieces.

*Note: This is a fun recipe to experiment with:*

- use milk chocolate or white chocolate
- swirl in white chocolate with the dark chocolate
- add dried cranberries or cherries
- use different nuts like almonds or hazelnuts.

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## Lavender Sugared Pecans

*Recipe and photo by Nicole Callen,  
Norwood Lavender Farm*



### Ingredients

- 1 egg white
- 1 Tablespoon water
- 2 cups pecans
- 1/2 cup lavender sugar
- 1 tsp. dried culinary lavender buds
- 1/2 tsp. salt

### Instructions

Preheat oven to 250F.

In a bowl, combine egg white and water, and blend with a whisk until frothy.

Add in nuts, and stir until coated with the egg

Allow to cool slowly for about 15 minutes. Strain out the buds and pour into a large pitcher.

Add cranberry juice, cover and refrigerate overnight.

To serve:

### Ingredients

- 1 - 12 oz. can of frozen pink lemonade
- 36 oz. (3 cans) cold water
- 1 - 2-liter bottle cold ginger ale

In a large glass punch bowl or serving container, add the frozen lemonade and cold water, stirring well to unthaw the lemonade.

Add chilled punch base, stir and carefully add the ginger ale.

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## Lavender Bath Salt Ornament

*Recipe and photo by Pam Baker,  
Little Lavender Farm*



A thoughtful homemade gift is always appreciated, and what better gift than the gift of relaxation with therapeutic bath salts! And even better...it makes a beautiful tree ornament! So as soon as those presents are unwrapped, just grab that ornament off the tree and take a nice relaxing bath.

Making your own bath salt tree ornament is actually very easy. All you need is a few ingredients and a clear Christmas tree ornament (I got mine from Amazon). Of course

white.

Add lavender sugar and lavender buds, stirring again to coat.

Pour onto prepared baking sheet in a single layer and sprinkle with salt.

Bake for 60 minutes, stirring every 20 minutes until coating is dry.

*Lavender sugared pecans would make a welcome hostess gift. Package cooled nuts in a food-safe, air-tight container or a decorative holiday bag, box or tin that seals well.*

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you can also use a cute jar instead!

#### Ingredients

- 1 cup Epsom salts
- 1 cup therapeutic salts, such as Dead Sea salts or Himalayan salts
- 3 Tablespoons baking soda
- 30 drops of lavender essential oil
- A few teaspoons of dried lavender buds

#### Instructions

Mix the salts and baking soda together, making sure to break up any baking soda clumps.

Add the lavender essential oil and mix well (at least 100 stirs to evenly distribute the oil). Mix in a few teaspoons of lavender and stir well.

Open the top of the clear ornament and, using a funneled piece of paper, pour in the bath salts. Reattach the top and add a bow to the top if desired.

Makes 5-6 ornaments

## **Lavender Dreams Becoming Reality for Mohr Family**

Coeur d'Alene, Idaho





Nicole and Mike Mohr have worked for years toward their vision of turning their acreage into something beautiful and useful. After unsuccessful attempts growing wine grapes, the couple finally found their calling in lavender farming.

The Mohrs aptly named their new venture “Mohr Lavender Please!” when they started planting over 2,200 lavender plants across nine varieties in spring of 2021. The fields are tended by Nicole and Mike and often with the help of their teenage children Ella, Laura and Jonathan, who all enjoy pitching in.

The decision to start a lavender farm came unexpectedly after the couple had a chance meeting with Ricardo Besel who told them about the equipment he developed that could automate part of the harvesting process. Nicole dove into researching lavender farms, and she and Mike decided to take the leap.

While still working jobs in healthcare, the Mohrs devote all their spare time to nurturing their fragrant fields. “Our lavender farm is a labor of love – we are learning new skills as we go and it is very enriching and challenging,” shares Nicole.

The family’s initial crop of 2,200 plants includes: 'Gros Bleu', 'Phenomenal', 'Riverina Thomas', 'Provence', 'Impress Purple', 'Abrialii', 'Buena Vista', 'Opal Rain', and 'Royal Velvet' varieties. Nicole favors the 'Riverina Thomas' for its resilience, having only lost one plant through a difficult winter. Mike often sports a vibrant 'Opal Rain' sprig behind his ear as he tends to work.

The farm focuses on developing culinary lavender products like bitters, baking extracts, sugar and seasonings. As Nicole explains, “We want to teach and inspire people to see lavender as a culinary flavor,” and that is exactly what she did after a presentation to fellow lavender farmers about culinary lavender at the latest LNW Expo Conference in Sequim, WA.

The Mohrs kindly shared about having made some mistakes along the way, like overwatering that first crop, but now have a solid rhythm down in tending to their aromatic crops. The Mohr family has big dreams for their little farm, with intentions to steadily expand fields and offerings in the years ahead.

As one of the newest lavender farms in the USA, it is evident that the Mohrs' passion for lavender permeates everything they do. Their fledgling fields hold such promise, nurtured by this family's dedication and dreams. Thank you to the pioneering Mohr family for so generously sharing their time and their unfolding journey with us.

Contact Information:

Website address: [Mohrlavenderplease.com](http://Mohrlavenderplease.com)

Instagram: [@Mohrlavenderplease](https://www.instagram.com/Mohrlavenderplease)

Facebook: [Mohr lavender please](https://www.facebook.com/MohrLavenderPlease)

Telephone: 208-699-3895

### **Call for Action:**

**Would you like to see your farm featured in this newsletter? Contact Mike & Sandra Mitchell today at [willamettevalleylavander@gmail.com](mailto:willamettevalleylavander@gmail.com) or call/text at (503) 860-8346 / (503) 705-7731.**

## **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!

## **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



## 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](mailto:pbaker@littlilavenderfarm.com)**

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...

*"The world is moving so fast  
and our plates are overflowing  
with the things we feel we have to do.  
But all we really need to do  
is take a day and sit down and think."  
~Maya Angelou*



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