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March 2023 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



Bald Butte Lavender Farm, Pullman, WA.

March 2023

Spring is coming friends! There are signs all around us! And that means we will soon be playing in the dirt! One of life's great joys!

Spring also means clean up, both in our homes and in our gardens, so we've included an easy recipe for a lavender all-purpose spray using things you probably already have in your home.

So enjoy these last days of cold and rainy weather because it's about to get busy real quick!

Announcements

SAVE THE DATE!

**Lavender Northwest
IN-PERSON REGIONAL
MEMBER MEETINGS
SATURDAY, APRIL 15th**
Farm Tours,
LNW Strategy Plan, Education,

Featured Northwest Lavender

Chris Mulder
Barn Owl Nursery



(PC: Andy Van Hevelingen)

Lavandula angustifolia cultivar 'Frances'

Flower Color: med-dark violet
Plant Height: 15 - 18 inches
Plant Width: 24 - 36 inches
Stem Length: 12 - 14 inches
Best Uses: crafts, culinary, oil
Introduced by: Van Hevelingen
Herb Nursery, Newberg, OR.

This lavender was a seedling that grew behind the nursery's greenhouse for at least 25 years before the Van Hevelingen's decided to name it 'Frances' after both of their mothers' names. It is a very hardy lavender with a growth habit being wider than tall. It produces fairly dark flowers with long flower heads on long straight stems. The flowers have a good strong scent. This

Networking, Product Distribution, & More!

Instead of all of us meeting in one place, we will conduct sessions and farm tours in several different LNW regions this year!

Details on meeting locations and registration coming soon.

LNW Workgroup Meetings:

Branding Workgroup

Thursday, March 16, 7:30 - 8:30 pm PT

Community Workgroup

Wednesday, March 22, 6:30 - 7:30 pm PT

Capacity Workgroup

Thursday, April 6, 7:00 - 8:00 pm PT

Internet Workgroup

Thursday, April 13, 7:00 - 8:00 pm PT

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 on the LNW website for 2023.

Events & Classes

Be sure to check our **event calendar** for up-to-date information about what's happening in your area!

You will find LNW members at farmers' markets and at booths at special events. Many LNW farmers sell their lavender products online from their websites.

Another great place to find lavender products from local farms and stores is to check our members' listings on the **Destinations Page** on the LNW website. Find LNW members' farms in Oregon, Washington, Montana and Idaho to see what they are offering in 2023.

Lavender Hydrosol

by Beth Hammerberg

Down by the River Lavender,
Wenatchee, WA.

lavender has proven to be a good oil plant with a higher than expected yield, for a *Lavandula angustifolia* cultivar.

The fresh and dried buds can be used as culinary lavender, and fresh and dried bouquets make nice fragrant arrangements. The dried buds can be used in crafts and to fill sachet bags.

Lavender Extract

by Nancy Baggett



(PC: Pam Baker)

"I urge you to make your own lavender extract. It's a snap and it will be tastier than store bought. That's because fresh or dried lavender blooms are used as is, which preserves all their glorious, complex flavor elements. Most commercial extracts are flavored with lavender essential oil, and the heat from the distilling process diminishes and alters some of the herb's most pleasing flavor compounds." ~Nancy Baggett

Ingredients

- Enough fresh or dried culinary lavender blooms, buds or sprigs to fill a 2-4 ounce (or similar) glass bottle. (Editor's note: Or enough culinary lavender buds to fill the



Have you heard of hydrosol? This miracle liquid has often been thought of as a byproduct or waste product of the lavender essential oil distillation process. Many distillers will throw their hydrosol away. Until I learned how wonderful it is, I

was in the same camp. Now when I hear of distillers throwing away their hydrosol it just makes me want to cry! This article is the first in a series about hydrosol uses and benefits.

About the distillation process: Most lavender distillers use a process called steam distillation. In this method, the lavender plant material never touches water. The lavender is placed in a basket or on top of a steamer tray. Imagine a vegetable steamer that is much larger and you will have a great picture in your mind. All of that fits into a large pot. Steam rises up through the lavender and is captured in something called a condenser that is affixed to the lid of the pot. The lavender and water vapor travels through a tube in the condenser that is surrounded with cold water.

The cold water helps rapidly cool the vapors back into a liquid. At the outlet of the condenser is a vessel that catches all of the liquids (now called distillates). There are actually two distillates (liquids) that are captured.... one floats to the top of the vessel and one sinks to the bottom. You remember the phrase "oil and water don't mix"? That absolutely applies here! The top layer of these liquids is where you find the lavender essential oil. The bottom layer is where you find the hydrosol.

Lavender essential oil is a combination of all the oil loving compounds that were just extracted from the lavender plant material, and hydrosol is a combination of all the water loving compounds. As a matter of fact, hydrosol literally means "water solution." Hydrosol carries many benefits similar to essential oil but in a very mild form.

So why do people throw hydrosol away? While it is not unpleasant, hydrosol does not smell as intense and floral as lavender essential oil and that catches people off guard. The aroma is what I would describe as earthy or vegetative. Therefore, distillers have a difficult time marketing their hydrosol alongside their oil. There is also a HUGE amount of hydrosol that comes out of the still compared to essential oil and people simply do not know how to use it all.

Let's change that and learn how to reap the benefits! **Read more next month.**

- bottle 1/3 full)
- Enough good-quality vodka or grain alcohol to fill the bottle

Tip: You'll need a 2 - 4 ounce glass bottle that has a tight fitting glass, cork, or plastic top; the alcohol can corrode a metal lid and will evaporate rapidly if the top is loose.

Instructions

Rinse, then pat the lavender dry. Trim off the stems as needed and stuff the bottle full with the lavender blooms or sprigs; use a fondue fork if the neck is narrow. Fill the jar to within 1/2 inch of the top with vodka or grain alcohol; make sure all of the lavender is submerged. Cover tightly and let the extract stand at least one week before using.

If desired, leave the lavender in the bottle to steep, replenishing the alcohol as needed. (Alternatively, strain the extract through a fine mesh sieve, discard the lavender, and return the extract to the bottle. Then if desired, add a lavender sprig or two for a gourmet look.) Store the extract airtight in a cool, dark spot. For fullest flavor, use within one year. Makes 2-4 ounces of extract, depending on the bottle used.

Chai Tea with Lavender Purple Mountain Lavender, Lakeside, MT.



(PC: A Blissful Sip)

A soothing sweet and spicy tea that can be served hot or cold.

Lavender Lemon Disinfectant Spray

Little Lavender Farm,
Dundee, OR.



(PC: Pam Baker)

Ingredients

- 1/2 cup white vinegar
- 2 cups lavender hydrosol (or 1 1/2 c distilled water and 1/2 cup vodka)
- 10 drops lavender essential oil
- 10 drops lemon essential oil

Add ingredients to a spray bottle and shake. Use as you would any other spray disinfectant.

Ingredients

- 2 oz. fresh gingerroot, peeled and sliced
- 14 whole cloves
- 8 cardamon pods, crushed
- 1 cinnamon stick, 3"
- 2 teaspoons dried culinary lavender buds
- 2 whole peppercorns
- 4 quarts water
- 4 individual Earl Grey or black tea bags
- 1/2 can sweetened condensed milk

Instructions

Place the first 6 ingredients into a double-thick cheesecloth and tie the corners with a string to secure.

Add spice bag to 2 quarts water in a slow cooker. Cook on low for 4 hours – covered.

Add tea bags and steep for 5 minutes. Discard the spice bag and tea bags.

Stir in the condensed milk and heat through.

Serve warm or iced. Refrigerate any leftovers for up to 2 weeks.

**Featured Farmer:
Bald Butte Lavender Farm, Pullman, WA.**



It only seems natural that two retired university researchers with combined degrees in horticulture, forestry, adult education, forest management, and biometrics, blended their skills and put together a beautiful lavender farm. Meet Carol and Chuck Stiff who, in 2018, bought a 3 acre hobby farm six miles south of Pullman in southeastern Washington. A desire to be purposeful with what they grew on the farm, sent them on a journey to explore their options. They spent hours watching YouTube videos and conducted a lot of additional research about what would grow best in their

climate and soil. They landed on lavender. And in 2019 they established **Bald Butte Lavender Farm**.

Once they decided on lavender, they started with a modest 60 plants in 2019. From 2020-2022 they added an additional 400 plants with the plan to add another 200 or more plants this year. They currently grow thirteen cultivars of lavender which include lavenders, *L. angustifolia* cultivars and hybrids, *L. x intermedia* cultivars, such as 'Caty Blanc', 'Edelweiss', 'Grosso', and 'Phenomenal'. Chuck's favorite lavender is 'Purple Bouquet' because of its dark purple color and long stems while Carol is partial to 'Hidcote'.

When they first started their lavender business, the two knew little to nothing about growing lavender. Now, according to Carol, they can "preach" to others on how to grow and harvest, and explain the many differences between lavenders. They can even tell you why, when you use the wrong variety, you may end up with a soapy tasting lavender chocolate bar! All kidding aside, both Chuck and Carol are invested in the products they sell. At Bald Butte Lavender Farm they love their dried lavender buds whether they be part of their beautiful dried bouquets or found in their aromatherapy and culinary products. Once they began to showcase these products at the local farmer's market and other holiday craft venues, they were hooked and have great plans for the future. One such plan is to establish an onsite gift shop at the farm and another is to incorporate an online store into what is now a mainly educational website. In addition to sharing their love of everything lavender, they are contemplating opening their farm for U-Pick once they figure out the logistics.

Bald Butte Lavender Farm is a division of **Kitchen Culture Kits, Inc.** which features Carol's passion for plant tissue culture. Since 1998, she has been putting on workshops related to plant tissue culture and hopes once she becomes knowledgeable enough, she will add lavender to the mix. Chuck currently spends a lot of time on their **farm's website** development. Even though he has many interests, gardening remains his passion. As Chuck says, the more you work with plants, the more you love and miss them when the winter comes and you forget all about the backaches you endured during the season!

The couple's only regret about lavender farming to this point is that they wish they started earlier and had taken more nursery and business courses in college.

Chuck and Carol send out a huge thank you to everyone who assisted them in the setup of their field, with choosing what plants to grow, and the development of their website. They also greatly appreciate the advice and guidance provided by Maggie Smith (Fleur de Provence Lavender Farm, Mead, WA), Tammy Lewis (Flannigan Creek Flower Farm, Viola, ID), Joe Downs (The Lavender Boutique, Wenatchee, WA), and Chris Mulder (Barn Owl Nursery, Wilsonville, OR). In addition, The Lavender Northwest association has been extremely helpful in not only helping them connect with other growers, but also as a valuable source of general information.

Thank you so much, Chuck and Carol, for answering our questions and for filling us in on yet another amazing lavender journey. We appreciate you!

Bald Butte Lavender Farm
Website: baldbuttelavenderfarm.com
(608) 302-2750

Would you like to see your farm feature in this newsletter? Contact Mike & Sandra Mitchell today at willamettevalleylavander@gmail.com or call/text at (503) 860-8346 / (503) 705-7731. LNW is always looking for member farms, new or old, big or small, willing to share their lavender journey.

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-

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

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@littlilavenderfarm.com

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

And finally, Dear Readers...

Spring is almost here!

"While unborn color and sweetness sleep in their winter womb,
violet fields of ripened lavender haunt my senses."

~ Author unknown



Lavender Northwest

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