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## April 2023 Newsletter

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



PC: Pam Baker

## April 2023

Spring is here and things are getting busy! While many of our plants, especially *L. x intermedia* cultivars, are starting to show their first signs of green like the photo above, *L. angustifolia* cultivars take a little longer to get going in the spring. But they will all be greening up soon -- and that means pruning! Many prune their plants in the spring, so as the nights get warmer and there is less chance of a hard frost, many of us are getting our clippers (and our backs) ready! Happy spring everyone!

## Announcements

**Lavender Northwest  
IN-PERSON REGIONAL  
MEMBER MEETINGS**

## Featured Northwest Lavender

Chris Mulder  
*Barn Owl Nursery*



(PC: Andy Van Hevelingen)

## *Lavandula angustifolia* cultivar 'New Zealand Blue'

Flower Color: violet-blue  
Plant Height: 15-18 inches  
Stem Length: 10-12 inches  
Best Uses: culinary, crafts  
Introduced by: Van Hevelingen  
Herb Nursery, Newberg, OR.

This lavender was imported from New Zealand and thought to be *L. angustifolia* 'Pacific Blue', which it was not! So the Van Hevelingens decided to name it 'New Zealand Blue' for their records.

When they took floral samples of this lavender to the U. S. Lavender Conference several years ago, Nancy Baggett, author of *The Art of Cooking with Lavender*, thought it was

**SATURDAY, APRIL 15th**

Farm Tours,

LNW Strategy Plan, Education,  
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!

**Members that have registered to attend one  
of the regional meetings, will receive an  
email with more details soon.**

**LNW Workgroup Meetings:**

**Internet Workgroup**

**Thursday, April 13, 7:00 - 8:00 pm PDT**

**Community Workgroup**

**Thursday, April 20, 6:00 - 7:00 pm PDT**

**Branding Workgroup**

**Thursday, April 20, 7:00 - 8:00 pm PDT**

**Capacity Workgroup**

**Thursday, May 4, 7:00 - 8:00 pm PDT**

**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 on the LNW website for 2023.

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## 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.

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## Lavender Hydrosol:

one of the best blue-flowered culinary lavenders she had yet to come across! From there, this lavender was accepted and sold as 'New Zealand Blue' in the Pacific Northwest.

The buds and flowers of this cultivar are sweetly scented and used fresh and dried to flavor foods and beverages. This lavender is grown by several Northwest lavender farmers and used in some of their culinary lavender products.

'New Zealand Blue' is a vigorous grower. It will form a large compact bush over time and be covered with copious amounts of flower spikes on sturdy stems. This lavender may produce flowers throughout the summer, if it is harvested regularly.

Consider growing 'New Zealand Blue' in your landscape to create a fragrant, long-blooming lavender border and have fresh cut lavender bouquets for arrangements, crafts and culinary uses throughout most of the summer.

## Lavender Lemon Soda

Adapted from recipe  
by Kathy Gehrt



# So Great For Your Skin!

by Beth Hammerberg  
**Down by the River Lavender**  
Wenatchee, WA.



Let's follow up last month's introduction to lavender hydrosol with some of the ways it is beneficial to your skin.

Lavender hydrosol contains all of the components of lavender essential oil as well as a tiny bit of

the oil itself. Anywhere from .01% - 1% essential oil is common in a hydrosol with the remaining 99% or so being distilled water and water-soluble components of the lavender plant. The pH of hydrosol is right around 4, which is slightly lower than your skin (average pH of skin is 4.7). This makes it a gentle and calming cleanser.

Like lavender oil, lavender hydrosol is slightly antiseptic as well as soothing to skin irritations. Very common uses for pure hydrosol are facial toners, aftershave, diaper irritation relief, mild sunburn spray, scalp wash, make-up set spray, and as a very mild hand sanitizer. For these uses, your hydrosol can be spritzed directly on the skin or applied with a cotton round. To avoid contaminating your hydrosol, always spray or pour out contents onto your skin or an applicator.

I also like to use my lavender hydrosol as a post work out spray to freshen up but also to clean my yoga mat. There is something very comforting to me knowing that my excellent mat cleaner is also so great for my skin!

During the summer months, I use my hydrosol to make an all-natural bug spray. I use 7 oz of hydrosol to 1 oz alcohol (usually vodka), then I mix in a 1% blend of essential oils known to deter insects. This works amazing for me and can be sprayed on your face and hair. Lavender hydrosol is not listed as a hazard for your eyes or any other part of your body. Although, if you use alcohol in your bug spray you will not want to get that in your eyes!

It is best to store your hydrosol in the refrigerator for optimum freshness but a quality hydrosol will do fine in a cool spot in your house out of the sun. With a natural product like this, always monitor for an "off" scent as well as a bloom. Contaminated hydrosols can develop something called a bloom (a growth of mold, bacteria, or other microorganism). This will have a cloudy, wispy appearance in the bottom of the bottle.

If you notice a bloom, it is still okay to use your



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

*Fizzy, sweet, cold, and fresh...  
perfect for those warm spring  
and summer days.*

## Ingredients

- 1 cup water
- 1 cup sugar
- 2 tablespoons dried culinary lavender buds
- 1 cup freshly squeezed lemon juice
- 25 fluid ounces sparkling mineral water
- Ice cubes

## Instructions

Combine water, sugar, and lavender in a small saucepan and bring to a simmer over a gentle heat.

Remove pan from stove and let mixture steep for 5 to 10 minutes. Strain out the lavender buds and chill this lavender simple syrup until you are ready to use it.

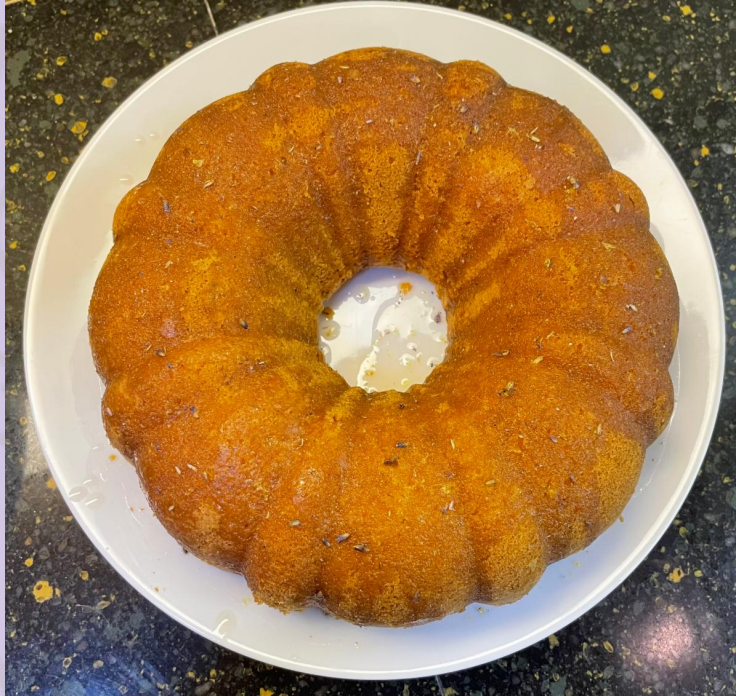
Combine lavender simple syrup with lemon juice and pour  $\frac{1}{2}$  cup of this liquid into an ice-filled glass. Fill the remaining glass with sparkling mineral water and stir. Garnish with a lavender sprig, if desired. Serve immediately.

hydrosol for things like cleaning the floor but you should no longer use it on your skin.

Come back next month for more great hydrosol information.

## Lavender Lemon Bundt Cake

Little Lavender Farm,  
Dundee, OR.



(PC: Pam Baker)

*This is a variation of my Mom's much-loved Rum Cake*

### Ingredients

#### For the Cake:

- 1 package yellow cake mix
- 3.4 ounce pkg. instant vanilla pudding mix
- 2/3 cup water
- 1/2 cup olive oil
- 2.5 teaspoons **lemon zest**
- 1 teaspoon dried culinary lavender buds, crushed
- 1/3 cup fresh lemon juice
- 4 large eggs

#### For the Lemon Glaze

- 1/2 cup sugar
- 5 Tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 tsp crushed, dried culinary lavender buds

### Instructions:

#### For the cake

Preheat oven to 350 degrees. Generously coat large Bundt pan with shortening or nonstick spray and then lightly flour.

## Lemon Lavender French Toast

Adapted from recipe by  
michellesipsandsavors.com



(PC: Michelle ipsandsavors.com)

### Ingredients:

#### *French Toast:*

- 8 extra thick slices of challah bread
- 4 eggs
- 1 1/4 cup milk
- Juice of 1 lemon
- 1 tsp vanilla
- Butter for griddle

#### *Whipped Cream:*

- 2 cups heavy cream
- 1/8 cup Lavender Lemon Simple Syrup (see recipe below)

#### *Syrup:*

- 1/2 cup maple syrup
- 1/4 cup Lavender Lemon Simple Syrup

#### *Assembly:*

Lemon zest and powdered sugar for garnish

### Instructions

#### *French Toast:*

Heat griddle to 350 degrees. Mix the eggs, milk, vanilla & lemon juice in a shallow dish. Dip both sides of the sliced challah in the egg mixture. Place the bread slice on your griddle and brown on both sides.

#### *Whipped Cream:*

Whip the heavy cream until stiff peaks are formed. Add in the



Mix together cake mix, pudding mix, water, oil, lemon zest, lemon juice, and eggs and mix well to combine.

Pour into the prepared pan and bake until a toothpick or knife inserted comes out clean, about 40 minutes.

Using a long wooden skewer, poke holes in the top of the cake about 1" apart, all the way to the bottom. Do not remove from the pan. Follow the directions below for adding the glaze.

#### For the glaze

Mix the sugar and the lemon juice and heat until the sugar dissolves into a syrup. Do not add the lemon zest and lavender yet.

Pour 1/2 of the glaze over the cake while it's still in the pan. Let the cake rest for 15 minutes and then invert the pan over a plate and carefully remove the cake from the pan onto the plate.

Mix the other half of the syrup with the lemon zest and lavender buds. Heat in a small pot and let it reduce about 1-2 minutes until slightly thickened.

Remove from the heat, wait about 15 seconds, and then pour the syrup with the zest and the lavender buds in it over the top of the cake and allow to cool.

lavender lemon simple syrup and beat for another 45 seconds, or so. Refrigerate until ready to serve.

#### *Syrup:*

Mix the maple syrup and lavender lemon simple syrup together, and set aside.

#### *Assembly:*

Serve each piece of French toast with a dollop of whipped cream, syrup, powdered sugar and lemon zest.

## **Lavender Lemon Syrup**

### Ingredients

1 Tablespoon dried culinary lavender buds  
3/4 cup + 1 Tablespoon sugar  
3/4 cup fresh lemon juice, strained  
1 Tablespoon honey  
1 Tablespoon lemon zest

### Instructions

Combine the lavender and 1 tablespoon of the sugar in a spice grinder and pulse until finely ground. Transfer to a small saucepan. Stir in the lemon juice, honey, lemon zest, and remaining 3/4 cup sugar.

Bring to a simmer over medium heat, stirring occasionally. Cook for 1 minute, or until sugar is dissolved. Set aside to cool. If not using immediately, transfer to a jar with a tight-fitting lid and store at room temperature.

**Featured Farmer:  
School Bell Flower Farm, Idaho Falls, ID.**



## Featured Farmer: School Bell Flower Farm

Jared and Amy Allen are the owners of **School Bell Flower Farm**, a lavender farm located on 8.5 acres of land in Idaho Falls, ID. Their journey as lavender farmers began in March of 2021, when they moved to this property and wanted to find a good use for the land. They wanted a place where their family, especially their neurodiverse son, could work and thrive together. With that vision in mind, they decided to become lavender farmers.

In addition to being lavender farmers, Jared works full-time as an attorney while Amy works as a stay-at-home mom. Now, they manage their lavender farm with the help of their family and seasonal workers.

Currently, they have between 750-800 plants and are planning to plant more. They grow three different cultivars of *Lavandula angustifolia* ('Munstead', 'Hidcote' and 'Super Blue') and two cultivars of *Lavandula x intermedia* ('Phenomenal' and 'Grosso'). While they don't have a favorite variety, they do love the 'Phenomenal' for dried bundle sales at their farmer's market.

Their farm offers various products and services aside from lavender. They grow about 5 acres of pasture grass for hay, which they harvest three times each summer. They also keep one beehive.

When it comes to selling their products, School Bell Flower Farm uses different outlets.

They sell at their local farmer's market, Etsy, and on their own [website](#). They have found success through social media, especially [Instagram](#), where they showcase their farm and products.

For those interested in growing lavender, Jared and Amy offer a valuable tip: plan ahead very carefully. Preparing the beds, covering them, and planting can be a lot of work, so having a solid plan can save time and energy in the end.

Reflecting on their prior farming practices, the Allens wished they had prepared all the beds in the year prior to ordering the plants. Having to scramble to prepare the beds, cover them, and plant was a challenging process.

As for community outreach, they find participating in their local farmer's market a fun opportunity to engage with their community and share their experience. They have also enjoyed meeting fellow lavender farmers and connecting with others who share their passion for farming.

In conclusion, School Bell Flower Farm is an example of how following your passion can lead to a fulfilling and thriving business. Through careful planning and hard work, Jared and Amy Allen have turned their unused land into a beautiful lavender farm that benefits not only their family but their community as well. If you are interested in learning more about their farm or purchasing their lavender products, be sure to follow them on social media and visit their website.

Thank you Jared and Amy for sharing your insights and taking the time to answer our questions. Your story of venturing into the world of lavender farming is inspiring to many of us. Thank you!

School Bell Flower Farm  
Website: [www.schoolbellflowerfarm.com](http://www.schoolbellflowerfarm.com)  
Instagram: [@schoolbellflowerfarm](https://www.instagram.com/schoolbellflowerfarm)  
Idaho Falls, Idaho 83404

#### *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. 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

## 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



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](mailto:pbaker@littlelavenderfarm.com)**

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**

And finally, Dear Readers...

'Tis sweet, in the green Spring,  
To gaze upon the wakening fields . . .  
A thousand odors rise,  
Breathed up from blossoms of a thousand dyes."  
~William Cullen Bryant  
*Poems*, Volume 11, 1854



Lavender Northwest

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