



Visit our
website

August 2023 Newsletter

Lavender Northwest Invites You To Enjoy Lavender All Year Round!



*Lavender drying at Little Lavender Farm, Dundee,
OR.*

August 2023

Whew!

What a wonderful, busy season we are having! While many farms in the central and southern part of the Pacific Northwest are moving into the harvest and distillation mode, there are other farms to the north and east where the season is still going strong since their lavender blooms a little later. Soon,

Featured NW Lavenders That Bloom Twice!

Chris Mulder,
Barn Owl Nursery



PC: Victors Lavender

'Buena Vista'

Lavandula angustifolia cultivar

Flower Color: Dark Violet Blue
Stem Length: 10-12 inches
Plant Height: 18-24 inches
Introduced by: Don Roberts,
Premier Botanicals, Lavender
Lake Farm, Independence, OR,
1988

however, many of us will be moving into pruning.

Pruning is an important part of caring for our lavender plants. While some prefer to prune in the spring, it is still very important to lightly prune plants in the summer, after the flowers have faded. Pruning allows the plants to put their energy into root growth so that they can survive dry or harsh conditions. This month, with heat in the forecast, our plants might also need to be watered and even fertilized.

This is also a great time to find freshly dried lavender for weddings and home decor! Our farmers have carefully dried their lavender harvest not just for bouquets, but also for sachets, neck wraps, eye pillows, and crafts, as well as for culinary uses and many other products.

LNW Member Announcements

Save the Dates!

August 31, 2023 - 7:00 - 8:30 pm PT

- **LNW Summer Quarter**

Online Member Meeting

Watch your emails for the Google video link this month. Attendees will be given the opportunity to report on their individual experiences during the 2023 lavender season and share their harvest reports and ideas for using their lavender crop.

October 6-8, 2023 - Friday PM - Sunday AM

- **LNW & USLGA Northwest Region**

In Person Conference in Sequim, WA.

Lavender Northwest and the Northwest Region of the United States Lavender Growers Association are co-sponsoring this weekend conference.

Activities include:

Friday Night Social at B&B Family Farm

Saturday All Day - LNW Education will focus on growing, preparing, and using dried lavender for craft and culinary applications, includes demos and examples. There will also be a **Pacific NW Lavender Expo** featuring NW vendors.

Sunday Morning Farm Tours in Sequim

- B&B Family Farm
- Gnomelicious Lavender Farm

Watch your emails for more details and online registration for the conference coming soon.

You won't want to miss this educational and networking opportunity with Northwest regional lavender farmers and businesses!

LNW Member Marketplace:

Looking for local lavender products but don't know

Named for: his road, Buena Vista, which means beautiful view

Best uses: bouquets, crafts, culinary, oil

This lavender has a loose, free-flowing growth habit with green-grey foliage. The dark buds and violet-blue flowers are separated on the long stems. They bloom in June and again in early fall.

The buds and flowers have a sweet fragrant scent and dry well on the stem, if they are cut early, before they are fully open. They are used to make lovely fresh and dried bouquets and wreaths and in fresh and dried arrangements. The flower buds are also used fresh and dried as culinary lavender and in other lavender products.



PC: RavenCroit

'Sharon Roberts'

Lavandula angustifolia cultivar

Flower Color: Dark Violet Blue

Stem Length: 10-12 inches

Plant Height: 20-24 inches

Introduced by: Nichols Garden Nursery, came from Don Roberts, Premier Botanicals, Ltd. and Lavender Lake Farm, 1989

Named for: Nichols' named it for Don's wife, Sharon

Best uses: bouquets, crafts,

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 summer and fall lavender events and classes to the event calendar on the LNW website.

LNW Farm Photos Needed!! We need current photos of your farm, different lavender close-ups, and field or garden photos with lavender in bloom, and throughout the year, for our LNW photo library. Please send your photos to pbaker@littlervenderfarm.com

Events & Classes

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 summer and fall. In addition, many LNW farmers sell their lavender products online from their websites.

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

New Books that Celebrate Lavender

culinary

This lavender has an open growth habit and grey-green foliage and is especially winter hardy. The dark buds and very fragrant flowers are separated on long stems. They start blooming in June and will bloom again in early fall. The flowers can be used in fresh and dried bouquets. When picked early, the buds will stay on the stem when dried and hold their color. The dried buds can be used in lavender crafts and in culinary lavender products.

Cleaning Lavender Buds

Photo and article by Pam Baker
Little Lavender Farm



You've harvested and dried your lavender bundles and are looking forward to the many sachets you will make to give as gifts or the lavender recipes you will try...but how do you get from a bouquet of dried lavender to the clean, vibrant buds that you see in lavender products?

Well here's how this lavender farmer does it:

First of all, what exactly are we cleaning? Are lavender buds actually seeds?

The buds you are cleaning are the calyx of the flower, that is,



This summer saw the release of a couple of lavender-themed books by two authors!

The first, ***Best Loved Lavender Recipes***, by Nancy Baggett, gathers favorite culinary lavender recipes. Below is a wonderful recipe that Nancy provided for us. For more about Nancy and to find lots of wonderful recipes, visit her **website**.

The other, ***A Lavender Life: A Year of Lavender Farming in Oregon's Willamette Valley***, by Pam Baker is part memoir, part how-to as Pam shares her experiences as a lavender farmer in the Pacific Northwest. You can read more about it in our featured farmer section in this newsletter.

Lavender Summer Fruit and Berry Crumble

*Recipe and photo by Nancy Baggett
from Best Loved Lavender Recipes*

the protective layer from which the lavender flower emerges. In lavenders, (*L. angustifolia* cultivars), the seed forms within the flower, so there might be lavender seeds within the calyx, but in lavandins, (*L. x intermedia* cultivars), because they are hybrids, there will be no seeds.

Why do I need to clean lavender buds before I use them?

After you have debudded your lavender bunches, you will notice pieces of stems, leaves, chaff, and dust mixed in with the buds, making the whole thing look a bit dusty and messy. Cleaning gets rid of most or all of that stuff and allows your beautiful buds to be their best selves.

What tools do I need?

Large farms with hundreds or thousands of bunches to debud sometimes use very effective machines that strip and sift the buds in minutes. I use a stainless steel wire colander basket (see photo above), a glass bowl, my fingers, and a little help from mother nature. There are also seed sifting trays that can be very effective with different sizes of mesh that get rid of different sized particles.

How many times should I clean the lavender buds?

I clean my buds in three stages. First I pick out as much of the big stuff as I can. Next I sift with my colander, which will get rid of a lot of the dust and chaff, continuing to remove leaves and stems as I see them. And finally, I wait for a slightly breezy day and then pour the buds from my colander to a large bowl, allowing mother nature to blow away any lingering dust or chaff. This last step is especially crucial if you are using the buds for your culinary creations.

At this point, your dried buds are ready to use in all of your creations! Any leftovers can be



Even if you are a newbie baker, this tempting dessert is easy to make: You just strew the buttery crumb topping over the fruit and bake until bubbly and golden. The intermingled fruit, berry, lavender, flavors and pleasing crunch of this recipe are irresistible; I promise it will be a hit!

Tip: The crumble is convenient for entertaining if you ready the fruit filling and crumble mixtures ahead and refrigerate until needed. An hour or two before serving time, just sprinkle the crumble topping over the fruit; let the dish stand to warm up slightly; and bake as directed for a fresh and fabulous, yet fuss-free dessert.

Ingredients

- 1 1/3 cups granulated sugar
- Generous 1 tablespoon dried culinary lavender buds
- 2 tablespoons cornstarch
- 2 1/2 cups each sliced fully ripe, peeled peaches (or nectarines) and strawberries
- 1 cup raspberries
- 1 2/3 cups unbleached all-purpose white flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon table salt
- 8 tablespoons (1 stick) unsalted butter, melted and cooled slightly
- Scoops of ice cream or whipped cream for garnish, optional
- Fresh culinary lavender “bloomlets” for garnish, optional

Instructions

Place a rack in the middle third of the oven; preheat to 375 degrees F.

Make the lavender sugar: In a food processor, process the sugar and lavender for about 4 minutes,

stored in clean, airtight containers, like glass jars or stainless steel containers with tight fitting lids, in a cool place away from light, and the buds will last a year or more!

Gourmet Lavender Fruit Syrup

*Recipe by Nancy Baggett from
The Art of Cooking with
Lavender*



PC: loveandoliveoil.com

Ingredients

- 2 cups granulated sugar
- 2 cups water
- 1/2 cup finely chopped blackberries, raspberries, strawberries, blueberries, cranberries or cherries; or chopped pitted (unpeeled) peaches, nectarines, plums, or apricots
- 2 tablespoons dried culinary lavender buds
- 1 tablespoon fresh lemon juice

Instructions

Stir together the sugar, water, and fruit in a medium nonreactive saucepan over medium heat. Bring to a boil, stirring, then adjust the heat so

until the lavender is ground fine. Stir the lavender sugar through a fine mesh sieve into a large bowl, discarding any lavender bits. Measure out 2/3 cup of the lavender sugar and reserve for crumble topping.

Thoroughly stir the cornstarch into the lavender sugar left in the large bowl. Stir in the peaches, strawberries, and raspberries until evenly incorporated. Evenly spread out the mixture in a nonstick spray coated 9- by 13-inch (or similar) flat ovenproof dish.

For the crumble topping: Very thoroughly stir together the flour, reserved 2/3 cup lavender sugar, baking powder, and salt in a large bowl. Drizzle the butter over the mixture. Mix with a fork until the butter is evenly incorporated; the mixture will look crumbly-clumpy. Sprinkle it evenly over the fruit. Bake (middle rack) for 30 to 40 minutes, or until the top is nicely browned and the fruit is bubbly. Let stand to cool slightly. Serve immediately, or store, refrigerated, for up to 24 hours. (It will lose its crispness if stored longer.) Let return to room temperature or rewarm before serving. Garnish servings with ice cream or whipped

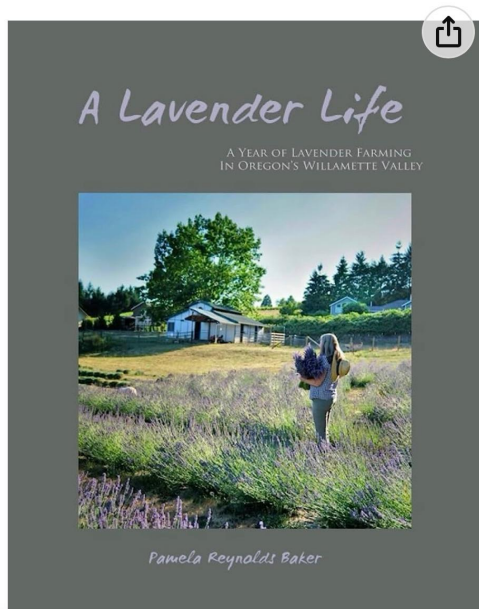
(c) Nancy Baggett, Best-Loved Lavender Recipes, 2023

the mixture boils gently. Cook, stirring occasionally, for 5 to 10 minutes, until the fruit is soft. Stir in the lavender buds and lemon juice. Set aside, covered, and let the syrup infuse for at least 1 hour or up to 4 hours, tasting occasionally until the desired flavor is reached.

Strain the syrup through a fine mesh sieve into a large measure; press down on the solids to push through as much liquid as possible. If you have less than 2 cups of syrup, add enough water to make 2 cups. Rinse out the saucepan. Add the sieved syrup, bring back to a boil, and boil for one minute. Cool slightly. Pour into a clean storage bottle, cover airtight, and refrigerate for up to 3 months. Makes a generous two cups of syrup.

Pair with ice cream, melons, or your favorite beverage or sparkling water.

**From Lavender Farmer to Published Author:
Pam Baker of Little Lavender Farm
Dundee, Oregon**



In the heart of Oregon's Willamette Valley, Pam Baker lovingly tends **Little Lavender Farm** and Little Lavender Shop, where she enthusiastically grows and shares her beloved lavender. After 25 years of teaching English Composition at the high school and college level, Pam embarked on a new adventure and established her farm along with her husband Mark, pursuing her long-held dream of cultivating lavender. The farm's melodious name originated from a conversation between Pam and Mark as they were just starting out. When Mark asked Pam what she planned to name her little lavender farm, she thought "Little Lavender Farm" actually sounded fitting, so the memorable name stuck.

Pam recently published "**A Lavender Life: A Year of Lavender Farming in Oregon's**

Willamette Valley," a memoir reflecting on her personal lavender journey. Through the memoir's pages, Pam invites readers into her world, gleaned wisdom gathered over seasons of nurturing lavender and family. The book reflects the natural rhythms of farm life through the seasons. Spring ushers in fresh beginnings as the lavender starts to bloom, summer sees cherished family bonding during the busy harvest, autumn prepares the fields for rest as cutting back and propagating begins, and winter offers quiet moments of reflection and renewal.

While managing the fields and her off-site shop (located in downtown Newberg), Pam persevered through countless drafts to complete her memoir. When asked how she balanced the demands of running a farm and a shop with writing her book, she advises chipping away at projects bit by bit each day, learning from mistakes along the way, and embracing the growth that emerges from challenges. Woven throughout "A Lavender Life" are heartwarming tales of family bonding and the farm's natural rhythms moving through the seasons.

Through her writing, Pam hopes to share the spirit of Little Lavender Farm - inspiring gentleness, connection, and appreciation for simplicity. She aims to convey the treasures of lavender and the profound beauty of life living close to the land. Her advice to aspiring lavender farmers echoes lessons from her decade-long journey: embrace each step with curiosity, patience, and care to fully savor the process.

Beyond her published memoir, Pam generously shares her lavender expertise through her website and blog. With nearly a decade of hands-on experience, she offers guidance and insights into lavender as a plant, various products, and the farming lifestyle. Her writing includes proven recipes for fragrant lavender culinary creations, aromatherapy crafts, and more. Whether interested in starting a business or just learning, her website has something for everyone. Lavender farming, though deeply rewarding, requires immense dedication, perseverance, and passion for the land. This is evident as Pam gets a great sense of reward from crafting aromatic lavender delights like soap and distilling essential oils, chronicling lessons learned through years of trial and error.

Pam's story resonates with her authentic devotion, not only to lavender, but to genuinely sharing her decades of lived experiences. At Little Lavender Farm Shop, she warmly welcomes visitors into her world of purple hues and wonderful creations. Her memoir *A Lavender Life* captures the essence of slowing down, forging connections, and living in harmony with nature.

If you would like to further enjoy Pam Baker's insights, here are some ways to connect with Little Lavender Farm:

Website: littlelavenderfarm.com

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

Facebook: <https://www.facebook.com/littlelavenderfarm/>

Telephone: 503-832-2492

Book: "**A Lavender Life: A Year of Lavender Farming in Oregon's Willamette Valley,**" (Also available on **Amazon**)

Shop Address: **108 S College St, Newberg Or.** Hours: Wednesday 2-7;

Friday-Sunday 11-5

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

Become a Member

Have you thought about being a member of Lavender Northwest?

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**

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**

And finally, Dear Readers...

"Learning never exhausts the mind."

--Leonardo da Vinci





Lavender Northwest

PO Box 1230

Silverton, OR. 97381

Send Us An
Email



Lavender Northwest | PO Box 1230, Silverton, OR 97381

[Unsubscribe oregonlavenderassn@gmail.com](mailto:oregonlavenderassn@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by info@lavender-nw.org powered by



Try email marketing for free today!