



# Herbal Seasons

Sharing Knowledge about Growing and Using Herbs to Inspire Fellow Herb Lovers

June 2009

## Over the Garden Gate

Dear Members:

As most of you may have heard, the board of the WVHA was recently revised due to the resignations of Kathryn Hare and Judy McConnell. The remaining board members convened to appoint members to the vacancies and the board listed on page 2 is your board till the elections at the Fall Conference.

We met recently at the home of Melissa Dennison to work on conference preparations, followed by a tour of her green houses and fabulous gardens.

Kathy Flewelling, Anne Romance and Chuck, Diane Druga (new member from Clarksburg), and I all attended the United Plant Savers meeting in Rutland, OH. It was a very interesting experience. Some went on the robust walk with Paul Straus or the easy walk with Chip Carroll through the hills there that house one of the largest goldenseal collections in the world. Others attended the lectures by Rebecca Wood (trees) and George Vaughn (mushrooms) combined; Rosemary Gladstar (Herbal First Aid/Back Yard Plants); Tom Netz (Wind catchers); and Bevin Claire (Goldenseal). Afternoon rains kept all but the most hardy from the walks but we all enjoyed the talks and workshops under only slightly damp conditions. Some very healthy looking native plants were for sale and delicious foods were offered for lunch. A truly fun day. Everyone please keep on the lookout for more events like this one that we can offer as field trips to WVHA members.

Summer's almost here and as gardeners, we are planting madly in hopes of bountiful harvests later on. We hope you enjoy this issue's tips for green and healthy living in the coming months. Come join us at one of the fun events coming up.

Cheers,  
Ann Nye, President

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### **Herbal Seasons**

We would love to have your contributions to this publication. Articles you would like to see, questions you need answered, recipes to share, letters to the editor, etc. Herbal Seasons Newsletter is a forum for all members of the WVHA to use and enjoy.

### **Departments**

Over the Garden Gate  
Herbal Spotlight  
Herbal Tips  
Herb Gardening  
Herbal Cookbook  
Association News  
Congratulations  
Internet Resources  
Letters to the Editor  
Of Interest  
Calendar of Herbal Events

### **From The Editor**

Send or e-mail us your articles, calendar items, and news of interest to Association members. If you have anything to contribute in any of the departments, please see the following information for how to submit. If you can think of a Department we missed or would like to see, please let us know. Thanks to everyone who submitted articles and calendar events for this issue! – Lynn

Articles over 250 words may be edited. We reserve the right to decide what is appropriate for the newsletter. We apologize in advance for any typos, mistakes, and omissions – let us know where we goofed and we will make a correction next time!

Items for the Calendar of Events need: Date, Time, Event, Name, Place (City, State), Cost, and Description, Contact. Limit – 30 words

The deadlines for submitting all items are:

January Issue – December 2<sup>nd</sup>  
March Issue – February 2<sup>nd</sup>  
June Issue – May 2<sup>nd</sup>  
September Issue – August 2<sup>nd</sup>

Submit by e-mail to [lynnlassiter@hughes.net](mailto:lynnlassiter@hughes.net), put WVHA Newsletter in the subject, and your ad or article in the body of the e-mail if possible. **Or mail to:** Lynn Lassiter, HC 50 Box 198, Arnoldsburg, WV, 25234.

### **WVHA Board of Directors:**

**President:** Ann Nye, [nyeann@ma.rr.com](mailto:nyeann@ma.rr.com)

**Vice President:** Melissa Dennison,  
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**Secretary:** Andrea K. Lay,  
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**Membership Chairman:** Katherine Flewelling,  
[kaflew@wildblue.net](mailto:kaflew@wildblue.net)

**Conference Co-Chairs:** Dot Montgillion,  
[smokecamp@iolinc.net](mailto:smokecamp@iolinc.net) and Priscilla Vance,  
[yellowbear@suddenlink.net](mailto:yellowbear@suddenlink.net)

### **Members-at-Large:**

Michele McCune, [skybriarwood@aol.com](mailto:skybriarwood@aol.com)

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[lindarobinette50@verizon.net](mailto:lindarobinette50@verizon.net)

**Website:** [www.wvherb.org](http://www.wvherb.org)

**Webmaster:** Ann Schenk, [aschenk2@mac.com](mailto:aschenk2@mac.com)

Need Member assistance? Contact Kathrine Flewelling, RR2, Box 71E, Proctor, WV 26055,  
[kaflew@wildblue.net](mailto:kaflew@wildblue.net)

### **Advertising Rates**

**Members** may list calendar events for **free**, 30 words limit each event. Business card size ads are \$5 for members. Double size ads are \$10 and so on.

**Non-members** may list one calendar event free and any additional events for \$5 (30 word limit each event). For non-members, business card size ads are \$10, double size ads \$20 and so on. If we have to do any scanning of photo, etc. there will be an additional \$5 charge.

Free calendar events can be e-mailed to:  
[lynnlassiter@hughes.net](mailto:lynnlassiter@hughes.net)

Mail ads, events with check payable to WVHA, c/o Susan Patterson, 160 Jackson's Mill Rd., Weston, WV 26542

### Lavender Liqueur Balls

2c. vanilla wafers  
2c. ground pecans  
2c. powdered sugar  
2 T. cocoa  
1 T. pecan syrup  
1/2c. Lavender Liqueur

Mix dry ingredients together. Add syrup and liqueur and knead together.

Roll into 3/4 inch balls then roll in:  
1/2c. powdered sugar

Store airtight and let flavors blend before serving.

From Ann Nye

### Lemon Lavender Biscotti

Beat together till thickened:

2 eggs  
1c. sugar

Add:

1/4c. canola oil  
1t. Lavender Liqueur

Mix together and stir into above:

2c. flour  
1t. baking powder  
1/2t. Salt

Then stir in:

1T. lemon zest  
1T. fresh lemon verbena leaves, ground  
1T. fresh lavender leaves, ground

Divide dough in half, dust hands and pastry cloth with powdered sugar. Shape each half into a 2" x 12" strip and place both on parchment lined baking sheet and pat down to 1/2" high. Bake at 350 degrees for 30-35 minutes.

Cool 5 min. on rack then cut into 3/4" wide slices with a serrated knife.

Place on ungreased sheet and bake 5-7 minutes more. Store airtight.

From Ann Nye

### Lemon Lavender Bites

1c. biscuit mix  
1/2t. almond extract  
1/4c. butter  
2T. sugar  
1T. lemon juice  
1T. hot green tea  
1T. fresh lemon verbena leaves, ground  
1T. fresh lavender flowers, ground

Heat oven to 350 degrees.

Mix together then roll into 3/4" balls. Roll balls in:

1/2c. powdered sugar and place on parchment lined baking sheet about 1 1/2" apart. Bake 8-10 minutes till lightly browned.

From Ann Nye

### Lemon Lavender Nests

4 egg whites  
1/4t. cream of tartar  
1/4t. salt  
1c. sugar  
2t. cornstarch  
2t. Lavender Liqueur

Beat whites with tartar and salt on med. speed till frothy. Slowly add the sugar, beating on High till stiff and glossy. Then sift in the cornstarch as you continue beating, then add the liqueur and beat 30 seconds more.

Dollop onto parchment lined baking sheets in 2" circles, an inch apart. Twist a narrow spatula in center to make nests. Bake 30 minutes at

225 degrees, then 2 hours at 200 degrees. Cool 20 minutes before removing from paper. Store airtight. Before serving fill with lemon lavender sauce.

Sauce:

- 1 can sweetened condensed milk
- 1/2c. lemon juice
- 1t. lemon zest
- 2 egg yolks
- 1/4t. salt
- 1/4c. Lemon Lavender Liqueur
- 1/4c. fresh lavender flowers
- 1/4c. fresh lemon verbena leaves

Beat till well mixed on low speed then cook over low heat till begins to bubble, stirring. Cook 3 minutes more then remove from heat, cover and let cool 5 minutes. Strain out flowers and leaves.

Store in refrigerator with wax paper pressed on top to prevent a skim coat till ready to serve.

From Ann Nye

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**Fennel Seed Cookies**

- 2c. sugar, divided
- 2t. fennel seeds
- 1c. butter
- 2 eggs
- 1T. orange juice
- 1T. vanilla
- 1/2t. salt
- 1/2t. baking powder
- 4 1/2c. Flour

In processor, pulse 1c. of the flour with the fennel seeds. Then add the remaining sugar and the butter cut in 1/4 inch slices. Process till light and fluffy and butter is thoroughly mixed in(if beating with a mixer, beat for 3 min.). Add the eggs, one by one, pulsing after each 2-3 times , then the juice and vanilla. Combine the dry in ingredients and add to butter mix in a

large bowl. Mix will be stiff. Roll dough out on a floured surface or pastry cloth to a little less than 1/4 inch thick and cut into shapes with cookie cutters. Place on parchment lined or ungreased cookie sheet 1/2 apart. Bake at 350 degrees for 9-11 minutes till lightly browned on the edges.

These cookies are hard when cooled. If you prefer to soften, you can add a piece of fresh bread to the storage container. They are good dunkers, otherwise.

From Janice Sumpter and Dr. Amjad

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**Whole Wheat Calendula Bread**

- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cardamom (if available)
  
- 1/3 cup vegetable oil
- 3/4 cup brown sugar
- 2 eggs
- 1 cup cooked pumpkin or butternut squash
- 1/2 cup white wine (or sherry or juice etc)
- 1 handful of calendula petals, chopped

Mix dry ingredients together. Mix rest of ingredients together. Add wet ingredients to dry ingredients. Pour into a greased 9X5 inch loaf pan. Bake at 350 for 1 hour.

From Katherine Flewelling

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**Honey Calendula Butter Spread**

- 1/4 cup butter
- 1/4 cup honey
- Handful of (chopped) calendula petals)

From Katherine Flewelling

**UPCOMING EVENTS:**

**June 15<sup>th</sup>, Monday: Women in Agriculture Day, 9:00 am-12:00 pm**

Heritage Park Community Building, Spencer, WV. Special Guest Speaker, WSAZ Gardening Expert John Marra. Gardening, canning, and nutrition information will be discussed along with USDA programs for Women in Agriculture.

Open to Women in Calhoun, Roane and Jackson Counties.

To pre-register call 927-1022 or 927-0975.

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**June 27<sup>th</sup>, Saturday: Wild Herb Walk - 10am-3pm.**

Identification, harvesting and use of the wild growing herbs. The cost is \$35. Pre-registration is required; participants are asked to bring a sack lunch; herbal tea provided. Contact Anne Romance at 304-783-5271 or [anmari@mailstation.com](mailto:anmari@mailstation.com)

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**June 27<sup>th</sup>, Saturday: Lavender Fair 2009 - "Just Keep Dancing" - La Paix Herb Farm in Alum Bridge.**

Admission is \$5/person, \$10/family. Some workshops request a small fee for materials. For more information email [lapaix@hughes.net](mailto:lapaix@hughes.net) , [www.lapaixherbfarmproducts.com/lavender\\_fair\\_2008htm.htm](http://www.lapaixherbfarmproducts.com/lavender_fair_2008htm.htm)

**July 27<sup>th</sup> – August 1<sup>st</sup>: "Herbs" workshop at the Augusta Heritage**

Augusta Heritage at Davis & Elkins College, Elkins WVHA member Marion Harless will be

teaching an intensive 5-day hands-on workshop at the Augusta Heritage at Davis & Elkins College, Elkins in July. This will be her 31st year of teaching at Augusta. For more information on her workshop check out [www.augusta-heritage.com](http://www.augusta-heritage.com)

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**October 10<sup>th</sup> : WVHA Fall 2009 Conference: CELEBRATION OF HERBS 2009 – Jacksons Mill 4-H Grounds. WV building from 9 AM to 5 PM.** Regular and vegetarian box lunches will be available for \$10 each. Demos and workshops throughout day. Plenty of vendors. For more information contact Dot Montgillion at [smokecamp@iolinc.net](mailto:smokecamp@iolinc.net)

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**Note to Members: If you wish to be put on to receive the newsletter via e-mail, send an e-mail to [lynnlassiter@hughes.net](mailto:lynnlassiter@hughes.net) Please put r 'Herbal Seasons PDF' in the subject line and make sure that we have your current e-mail address.**

## **Announcing the launching of Jim Duke's new web site: GreenPharmacy.com**

It has been a busy week in the garden with several press appearances, followed by the launch of my new website [GreenPharmacy.com](http://GreenPharmacy.com).

### **Eat your weed-ies**

First, I was featured in an article about edible weeds in Wednesday's May 27 edition of the Wall Street Journal. Not only am I quoted in the article "It's Salad Days for Weeds," but reporter Anne Marie Chaker produced a folksy video interview with me that is available to online viewers. Read the [article](#) here or go directly to the [video](#).

One thing leads to another and yesterday reporter Brittany Morehouse from the Washington DC CBS station was in the garden for another interview that aired locally last night on the 11 o'clock news. You can [view the segment](#) at WUSA9.

These media appearances give a good reason for me to start talking about my all new website, [GreenPharmacy.com](http://GreenPharmacy.com), subtitled "Dr. Jim Duke's Botanical Desk Reference" and produced in collaboration with Janel Hopper Associates. On the site, we are collecting many of my past and present writings. It should be a convenient way for people to keep up with my ongoing activities.

My thanks to Aceer Foundation for its generous sponsorship of the site.

Sincerely,



Jim Duke  
GreenPharmacy.com

## **Lavender**

I guess it is my love of the English countryside that makes me so fond of lavender. The fragrance of this plant always takes me back to some of my favorite gardens there.

It is one of those scents, like newly mown summer grass or a fresh snowfall that triggers an emotional response in me. If I had my way I would plant it with abandon, but unfortunately I've always struggled to grow it. Not to be defeated I have discovered that if I choose the right variety and plant it in containers I can have this cherished herb in my garden.

There are several species of lavender, with the most popular being English, Spanish, French and the lavandins. In my humid, mid-south garden I have had the most success with a lavandin called 'Provence'.

No matter what the type, all lavenders thrive in growing conditions similar to their native habitat along the Mediterranean coast. They prefer moist, cool winters and hot, dry summers. Well-drained soil and a full day's sun are also essential for robust plants and plentiful blooms.

Gardeners in the northern United States should select varieties that are cold tolerant. Some lavenders will survive temperatures as low as -10 degrees F. Another option is to plant your lavender in a container that can be brought indoors for winter. Just make sure that it receives plenty of light while indoors.

An additional perk to planting in containers is that you can control the soil quality. If your garden soil is like mine with heavy clay, potting up lavender is an easy way to satisfy this plant's need for good drainage. A soil mixture of 1/3 sand, 1/3 topsoil and 1/3 compost works well and if you place a few shards from broken terra cotta pots in the bottom of the container before you add the soil, you will improve the drainage even more.

In the humid South, try Spanish lavender or French lavender. Both seem to be more tolerant of the steamy climate. As an extra precaution, make sure your plants are located where they will receive good air circulation. This will cut down on disease.

Although lavenders are native to the Mediterranean, they are not all that drought tolerant. It is important to give them consistent moisture, especially during the first few years while they establish a strong root system. Water low to the ground to keep moisture off the leaves and in early morning, around 5:00 a.m. is good. If you water during the heat of the day, moisture tends to evaporate before plants can soak up an adequate amount. Many people water in late evening or at night, but I prefer early morning because it gives plants a chance to dry before nightfall. And this can help cut down on problems with disease.

Like most herbs, lavender requires little feeding. You may find that it is beneficial to apply an all-purpose fertilizer in early spring as new growth emerges. It is also a good idea to lightly prune them at this time to keep them in shape. You can cut them back again in summer after they flower.

### **Lavenders to Try**

**Lavandula angustifolia (English Lavender), 'Hidcote'** - silvery grey leaves and deep purple-blue flowers, zones 5 - 9

**Lavandula angustifolia (English Lavender), 'Munstead'** - blue-purple flowers, compact grower, long bloom time, zones 5 - 9

**Lavandula x intermedia (Lavandin), 'Provence'** - light purple flowers borne on long wands, zones 5 - 9

**Lavandula x intermedia (Lavandin), 'Grappenhall'** - dark violet flowers, zones 5 - 9

**Lavandula x intermedia (Lavandin), 'Grosso'** - purple flowers, very fragrant, zones 5 - 9

**Lavandula dentata (French Lavender)** - dark purple, stocky flowers, long bloom time, zones 8 -9, good choice for Southern gardens

**Lavandula stoechas (Spanish Lavender)** - dark purple, stocky flowers, zones 8 -9, late spring bloom time, good choice for Southern gardens

Reprinted with permission from P. Allen Smith: [http://www.pallensmith.com/index.php?id=52&searched=Lavender+plants&advsearch=allwords&highlight=ajaxSearch\\_highlight+ajaxSearch\\_highlight1+ajaxSearch\\_highlight2](http://www.pallensmith.com/index.php?id=52&searched=Lavender+plants&advsearch=allwords&highlight=ajaxSearch_highlight+ajaxSearch_highlight1+ajaxSearch_highlight2)

Excerpted from **Herb Crafts** by P. Allen Smith

### **Lemon and Lavender Bath Sachet**

Scarlet O'Hara described her mother as smelling of lemon verbena. What a wonderfully clean and comforting scent. You can smell like Mrs. O'Hara too with this bath sachet.

#### **Materials:**

Muslin  
Fresh Lavender  
Fresh Lemon Verbena  
Ground Oatmeal  
Muslin  
String

#### **Directions:**

Place herbs and oatmeal in the center of a piece of muslin. Fold the sides up and tie with string. Hang from the faucet as you fill your bath tub.

### **Stale Air Freshener**

These little baking soda tablets are perfect for freshening up garbage cans, musty hampers and stuffy spaces. You can also drop one in the washer to add fragrance to your laundry.

#### **Materials:**

Baking soda  
Muffin Tin  
Water  
Your Favorite Essential Oil

#### **Directions:**

Make a paste with baking soda, a few drops of essential oil and water. Scoop into a muffin tin and set aside to dry.

### **Lavender Vinegar**

Lavender vinegar can be used as a fragrant fabric softener, a bath fragrance, glass cleaner or when diluted in water (8 parts water to 1 part vinegar) as a facial toner, hair rinse or deodorizing body splash.

**Materials:**

Enough lavender leaves and flowers to fill a one quart jar half full.

White Vinegar

Sterile, Glass One Quart Jar with a Screw-On PLASTIC Lid

**Directions**

Place the lavender in the jar and fill with vinegar.

Screw on the lid. Vinegar will react with metal so use a plastic lid. If your lid is metal, cover the top of the jar with plastic wrap before screwing on the lid.

Place the jar in a dark place for 4 weeks, shaking occasionally.

Reprinted with permission from P. Allen Smith: <http://www.pallensmith.com/index.php?id=16584>

## Lavender Bottles and Lavender Wands

from Susan Patterson

**Project Supplies:**

For each lavender bottle, all you will need is about 13 or 14 lavender flower stems, with the stem, measured from the bottom of the flower bud, being at least six inches long. You'll also need either thin twine or thin ribbon to tie.

For the lavender wands, you will need 13 long stemmed lavender flowers and your choice of thin ribbon. The ribbons shown in our two samples are about 1/2" wide, but narrower ribbon would work very well - it will just take a little longer to weave.



## How to make Lavender Bottles:

Gather about 13 or 14 lavender flower stems and allow them to wilt for a while, until flexible. Tie in a bunch, with a 12" length of thin string or twine fastened just below the flower heads, as shown in photo at far left.

Take one end of the string and wind it clockwise around the lavender flowers, ending at the top. Take the other end of the string and wind it counterclockwise, ending at the top. You will only need to go around the flowers two or three times. Tie both ends of the string together and trim remaining ends. See photo at left for details.

To finish, bend each stem up and over the flower heads. Try to get the stems fairly evenly spaced to create a "basket" effect. Tie the stems together just past the end of the flower heads with string or narrow ribbon, finishing with a small bow, as shown in picture on the right. Cut stems evenly and hang to let the completed lavender bottle dry out completely.



## How to make Lavender Wands:

Gather 13 long stemmed lavender flower stems and allow to wilt for a while, until flexible. the stems together and stagger flower heads a little to avoid bunching and to lengthen the bud shape. Tie a 40" piece of ribbon just below the flower leaving one end of the ribbon



them  
Hold  
the  
flower  
1/2"  
heads,  
about

10 inches, and the other end about 30" long, as shown in the photo at far left.

**Note:** Narrower ribbon, 1/4" or smaller, could be used very effectively in this craft. If you do use narrower ribbon, just be aware that you will need a longer length to complete the weaving and make adjustments accordingly.

Fold the shorter length of ribbon up into the flowers, then fold all of the stems up and over the flowers as well, as shown in the photo at left.

Begin weaving the longer ribbon in a simple under and over pattern through the stems. You will need to keep the tension even, and to adjust the placement of the stems to keep them evenly spaced, especially on the first two rows of the weaving pattern.

Push in the loose ribbon end and any stray lavender buds as you work, increasing the tension as you get toward the end of the flowers to close in the wand.

When you have finished weaving, tie the two ribbon ends together to secure. You can now finish the lavender wand in a number of ways - you can simply tie a bow in the two ends of the ribbon and even off the stems, leaving them in a natural state. Or, if you have enough ribbon left, you can wind it around the stems in a spiral, bringing it back up to tie in a ribbon with the shorter ribbon end, as shown in our examples at right. Or you can tie the ribbon in a long loop for convenient hanging.

Once you have made one lavender wand, you can experiment...try weaving over and under two stems placed together, or varying the weave design. Try different widths and types of ribbon...regardless of the end result, you are sure to find a use for every lavender wand that you produce.

### **Suggested Uses for Lavender Bottles or Wands**

- Try hanging several lavender bottles in your clothes closet
- Hang just one around the neck of a clothes hanger to imbue your favorite blouse with a delicate scent of lavender.
- Tuck several lavender wands in your lingerie drawer or linen cupboard.
- Make lavender wands or lavender bottles to give as gifts. What could be nicer to receive than a specially wrapped gift embellished with a lavender wand...or even better - an entire selection of homemade lavender wands, nestled in an attractive basket or box?
- When the lavender fragrance begins to fade, renew it with a drop or two of Lavender Essential Oil

### **INTERESTING WEB SITES:**

[www.localharvest.org](http://www.localharvest.org) - find local Farmer's Markets by state and locale.

[www.wvbg.org](http://www.wvbg.org) - West Virginia Botanical Garden link.

[www.heirlooms.org](http://www.heirlooms.org) - the website for Appalachian heirloom bean & tomato seeds based at Berea, KY. Very informative!

[www.WVfarm2U.org](http://www.WVfarm2U.org) - the website for local farmers/growers to contact for sales, information about local farmer/tailgate markets in WV. Great information for prospective customers.

[www.onlineplantguide.com](http://www.onlineplantguide.com) – national plant guide developed by Thomas E. Pope. PhD and Neil Odenwald, PhD. Includes digital photos of plants across the entire United States.

[www.kvbirdclub.org](http://www.kvbirdclub.org) - home of the Kanawha Valley Bird Club and listings for the Kanawha Valley Master Naturalists' class schedule.

[www.therosemaryhouse.com](http://www.therosemaryhouse.com) - herbs, teas, plants, classes, events, herbal links.

<http://groups.yahoo.com/group/wvherb> - WVHA e-group forum for sharing ideas, information, calendar events (monthly calendar can be printed out), files, photos, etc. Newsletters and events will be posted there. This group is restricted to WVHA members and select resource people.



**Herbal Seasons**  
1289 Smoke Camp Road  
Weston, WV 26452

**Moving?** Please return your Mailing label along with your new address. Thank you!

[www.wvherb.org](http://www.wvherb.org)

The mission of the West Virginia Herb Association is to promote the ethical and environmentally sound propagation, cultivation, harvest, and use of herbs in West Virginia.

**Membership Form, Change of Address Form**

Yes, I would love to join the West Virginia Herb Association (**WVHA**).

I am very interested in:  Growing Herbs,  Cooking with herbs,  Continuing Education,  Improving my Health with Herbs,  Creating Herbal Art. **Note:** CEU's available.

Volunteering sounds like fun!  Have my Regional Coordinator contact me.

There is a change in my contact info.  This is a renewal of my dues.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

County: \_\_\_\_\_

Phone, Fax: \_\_\_\_\_

Email, Website: \_\_\_\_\_

Business Name: \_\_\_\_\_

**Member Dues**

- Individual \$20  Family \$30  
 Professional \$50  Corporate \$100

Please return your completed membership Form and check or money order to:

**WVHA** c/o Susan Patterson  
160 Jackson's Mill Rd.  
Weston, WV 26542