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KATHLEEN GIPS'

**VILLAGE HERB SHOP**

**HERB OF THE MONTH NEWSLETTER**

**SHOP OUR STORE**

**JULY 2010**



**Meaning in the Language of Flowers:**  
Courage; bluntness

[More about the meaning of flowers](#)

#### **Characteristics:**

Borage is a bushy herb with branching stems from a single tap root. It has prickly leaves and stems. It grows to about two or three feet tall. Borage sprawls in the garden and requires some space. Borage grows well in poor soil. The attractive, dainty peacock blue flowers in the shape of a star form in clusters on the tip of each stem. Blue stars cover the borage plants in July. The very prickly pointed leaves are four to six inches long, grey-green and oval.

## **Borage**

**Botanical Name:** *Borago officinalis*

#### **History:**

Borage is native to the Mediterranean coast, but has spread to many parts of the world. It grows wild in the European countryside. In Greek and Roman times it was thought to dispel melancholy and make one glad and merry. The Greeks put it in their wine cups to promote courage. Medieval literature credits borage as giving strength to the heart, courage and joyfulness to anyone who drinks wine infused with borage flowers. In Europe borage is used often as an herb that goes well with cheese. This was a favorite of American pioneers. Borage has sometimes been called starflower.

#### **Borage in the Garden**

Borage is an annual that is easy to grow from seed. Germination takes about a week. Borage grows well in full sun, but also will tolerate light shade. Its large leaves require frequent watering and may wilt in hot temperatures. Borage has a large, long taproot so it does not transplant well. Sow the seeds directly in the garden where you want them to grow. Since Borage seeds and new plants will tolerate light frost and cool temperatures, sow the seeds early in the spring. Borage can be grown from early spring through the fall here in our North Coast climate. Borage forms seeds easily, and will seed itself in your garden dependably coming up every year in the same location. Plant in border gardens or in containers. Plant where the blue flowers can be seen up close. Pinch the borage plants back to keep them from sprawling all over the garden. Borage has a short life cycle, so plant a crop in April and then again in July for successive

*Recipes*

## Chilled Cucumber Soup

### Ingredients:

2 cups chicken broth  
1 cup sour cream  
1 Tablespoon chopped chives  
2 teaspoons lemon zest  
2 cucumbers, seeded and peeled  
2 small borage leaves

### Directions:

Place all ingredients except sour cream into blender and blend well. Add sour cream and process until just blended. Chill. Serve with borage star flower garnish.



## Dragonfly Cheese

### Ingredients:

1 8-ounce package of cream cheese, softened  
1/2 cup or 4 tablespoons margarine or butter, softened  
2 T. finely chopped salad burnet  
1 T. finely chopped fresh chives  
12 borage flowers

### Directions:

Mix cheese and butter together with edible flowers and fresh herbs. Mix well. Add one tablespoon of mayonnaise if you would like a more spreadable mix. Chill overnight and serve with cocktail rye, crackers or vegetable sticks. Garnish with fresh borage flowers and serve on a bed of small borage leaves.

So plant a crop in April and then again in July for successive flowers.

Note: the leaves of borage are so bristly that they may cause contact dermatitis to sensitive skin.

## Harvesting Borage

Borage is grown for its lovely star shaped blue flowers and is an edible flower. Borage leaves wilt quickly after picking.

## Borage in the Kitchen

Borage has a slightly bitter, cucumber-like flavor. Young borage leaves are chopped and eaten in salads. Small leaves are excellent as cooked greens. Borage leaves are usually used fresh since the flavor is mostly lost with drying. Flowers can be tossed in fresh salads and served in cool beverages. Borage blossoms are used as cake and cookie decorations. Freezing borage flowers in ice cubes makes any summer drink a treat. Borage flowers can garnish meats and be tossed in soups served hot or cold. Borage has been called the "only true culinary flower." Ideas: serve fresh borage flowers with grapefruit, toss in potato salad, serve with fresh peas, present on top of cottage cheese, garnish your lemonade with borage stars, decorate a cake with candied flowers. Fresh blossoms make a spicy tea. Borage flowers make a delicious vinegar. The flowers can be candied or crystallized for confections and decorations. Borage flowers can be stored in the refrigerator between damp paper towels in a covered container for about three days.

## Medicinal Uses of Borage

The flowers encourage sweating and the leaves are diuretic. In times past it was recommended as an expectorant and spring tonic. It is anti-inflammatory and a very good skin emollient. Poultices and compresses of borage were used to soothe injured skin. Borage tea is still taken in Latin America for lung problems.

Borage Seed oil is rich in fatty acids that nourish the skin. Borage seed oil provides moisture to dry skin, and calms and soothes sensitive or damaged skin. It is a strong cell renewal oil and has been used for its anti-aging properties. Borage seed oil quickly heals damaged skin on heels and elbows. Borage seed oil is sold in capsules as a nutritional supplement. It is used to rejuvenate facial skin, especially the delicate eye area.

At VillageHerbShop.com you'll enjoy

## FREE SHIPPING

On orders of \$75 or more

Shop our online store today for popular products and our own VHS branded products!

[SHOP ONLINE](#) 

## Visit the Herb Shop

Tour our gardens  
Shop our unique gifts and  
herbal products  
Attend our classes and events  
Join our Herb Club  
Spend a lovely day in charming  
Chargin Falls



### Featured Products:



#### [Naturopatch Lavender](#)

\$15.95

Reg. Price \$19.95

[MORE INFO](#) 



#### [Scent Inhaler Stress Less](#)

\$3.95

Reg. Price \$5.95

[MORE INFO](#) 



#### [Basil Essential Oil](#)

\$5.95

Reg. Price \$7.95

[MORE INFO](#) 



#### [Thymes Eucalyptus Body Lotion](#)

\$19.95

Reg. Price \$22.95

[MORE INFO](#) 

### Recipes

#### *Starflower Salad Dressing*

##### **Ingredients:**

1/4 cup borage blossom vinegar  
1/2 cup olive oil  
1 tablespoon sour cream  
1/2 teaspoon sugar

##### **Directions:**

Whisk all ingredients together and use immediately to toss with fresh greens. Shake or whisk well before using.

#### *Borage Blossom Vinegar*

##### **Ingredients:**

1 cup white wine vinegar  
6 borage blossoms  
6 sprigs of salad burnet

##### **Directions:**

Put blossoms, salad burnet and vinegar into a glass container with a plastic lid (vinegar will corrode a metal lid). Allow to steep in vinegar for two weeks. Strain out herbs and rebottle herb vinegar into sterilized bottles with plastic lids. Put a fresh borage blossom into each bottle. The vinegar will be a lovely rose color.



### Our Upcoming Classes and Events

[VIEW ALL](#) 

- **Annual July Attic Sale at the Village Herb Shop**  
Shop our classroom for bargains galore!  
New bargains and treasures added every day!



New bargains and treasures added every day:

**Attic Sale includes:**

Excess products, one-of-a-kind gifts, craft items, displays, over-stock, seasonal items, bulk botanicals, and lots of herb shop stuff.

Join us for our once a year BIG sale. This is our ONLY sale of the year!!!!

### [Herb Gardening Group](#) **Wednesday, July 14**

Join our Green Team of herb garden enthusiasts.

**Work in Gardens:** 10:00am - 12:00pm

**Mini Herb Class and Lunch:** 12:00pm - 1:00pm

Our club will meet the second Wednesday of every month. We will work two hours to maintain the herb garden in the front of our shop. Learn to manage your herb garden by working in ours. Learn how to plant and maintain an herb garden by practicing hands-on gardening techniques. Each month club members will learn the best techniques to plant, fertilize, cultivate, grow and harvest herbs with organic gardening practices.

We will discuss uses of herbs and share the harvest. Come dressed for gardening and prepared to work in the garden from 10 am to 12 noon. Bring tools, scissors and gloves. After gardening, bring a sandwich and join Kathleen for lunch with an edible flower salad and herbal bread. We will enjoy new friendships and have an informal question and answer session. Unable to work in the garden? Bring your own lawn chair and learn while you watch us work. Membership is FREE. Join anytime.

**Herb Garden Focus**

**Wednesday, July 14**

*Prune lavender, fertilize lavender, prune sage, trim thyme garden, dry herbs for tea, make fresh herbal teas, basil culture*

**Wednesday, August 11**

*Preserving the harvest, butters, pastes and vinegars, fall pruning, drying herbs, thinning and transplanting.*

**Wednesday, September 15**

*Edible flowers. Take cuttings and "over winter" herbs; bringing rosemary inside, and rosemary culture.*

**Wednesday, October 13**

*Prepare the herb garden for winter. Fall clean-up, organic mulching.*

**Herb Gardening Club Benefits**

Herb gardening knowledge and learning from fellow herb gardeners. Free fresh cut herbs from the garden. Plant exchange among members. More

**Reservations Please.**

### [Chagrin Falls Annual Art Walk](#)

**Thursday, July 15 4:00pm-9:00pm**

**Friday, July 16 4:00pm-9:00pm**

**Saturday, July 17 12:00pm-5:00pm**

Tour the town with Lolley the Trolley and see artists and their work in every store. Refreshments will be served at each participating store in the village of Chagrin Falls. Entertainment on the streets every day.

Chagrin Falls boutiques and galleries will host over 50 guest artists plus live music and entertainment, free raffle drawings, shopping, free refreshments and fun.

Exhibiting artists will feature paintings, watercolors, oils, acrylics, folk art, pastels, sculpture, jewelry, ceramics, handbag designs, outdoor sculpture, wood carving, illustrations, silhouettes, photography, etchings, cartoon art and more.

For further information call Your HomeTown Chagrin Falls at 440-247-1895.

## Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for July's Craft:

**Layered Dill Sea Salt  
in a Glass Jar**

Join us for August's Craft:

**Lavender Lemonade Mix**

Join us for September's Craft:

**Cinnamon Peppermint Car  
Deodorizing Spray**

Follow our simple step-by-step do-it-yourself directions to make your own craft any day of the week.

All supplies are included for this one low price. **Fee: \$5.00 each.**

[LEARN MORE](#) ▶

*Village Herb Shop featured artists will be:*

**Thursday:** Jan Leach: jew elry artist

**Friday:** Robbie Grodin: fiber artist w ith alpaca

**Saturday:** Fran Clark: w atercolor and oil on canvas artist

**Village Herb Shop will be open for shopping during the extended Art Walk hours: 10 am to 9 pm Thurs and Friday.**

- **Herb Garden Design Basics and Maintenance**

**July 17, Saturday Seminar**

**10:00am to 12:00pm**

Is your herb garden running wild??? Did you forget what you have planted??? Is the whole garden filled with mint???

**Join us and learn how to design, plant, cultivate, maintain, prune and harvest your herb garden, including seasonal care for spring, summer, fall and winter.**

This program is suitable for those who are starting their first herb garden as well as experienced gardeners facing overgrowth and pruning challenges in their established gardens. Learn about herb garden ornaments, organic composting, fragrance gardening and theme gardens. Gain ideas from our **thirteen** herbal display gardens in the front of our shop. We will show you our favorite garden tools and organic fertilizers. The hand-out includes a month by month herb garden care guide. Bring your herb gardening questions and challenges. Bring a sprig of your mystery herb plant for identification. Free seed packet included with each reservation.

**Seminar Fee \$ 20.00 Advance registration required.**

- **Tea Tasting Club**

**Saturday July 24, 2010**

Two tea tasting seatings:

AM: **10:30 am to 12 noon**

PM: **2:00 pm to 3:30 pm**

Learn about tea, taste tea and have a tea party. We will taste two tea bag teas and two loose teas.

- Demonstrations of proper brewing techniques and tips on serving tea

- Taste a variety of teas: red, green, black, herbal

- Enjoy tea time desserts with friends

**Fee: \$5** at the door for each seat

Free admission if you bring tea time sandwiches, bread or dessert to share

**Reservations Required. Seating is limited .**

Join us to sip and savor!

Next Quarterly tea tasting will be held on October 23, 2010.

**Would you like to have a Tea Tasting Party for your group? Ask us!**

- **Herbal Mystery Garden Party**

**Thursday July 29, 4:00pm to 8:00pm**

**Floral Elixir Tasting - Demo: 5pm-7pm.**

**Mini Meal with Chef Lucille Cooking with Herbal Sea Salts: 6pm.**

**Herbal Treasure Hunt with prizes.**

**Appetizers, Lavender Lemonade.**

Join us for herbal fellowship and learning! This is our annual bring a friend night.

Bring a new friend to visit the Village Herb Shop and both of you will receive a \$5 gift card!!!!

AND >>>> If you are a Herb Club Member and your friend joins the herb club on our party night, you get one year free!  
Reservations Please.FREE!!!

- **Chagrin Falls Village Annual Sidewalk Sale**  
**July 29 to July 31**

For more information call Chagrin Falls Chamber of Commerce  
440-247-6607.

- **Making and Tasting Herbal Summer Teas**  
**August 7 10:30am to 12:00pm**

Herbal teas are delicious and have no caffeine. You will learn to grow the herbs for an herbal tea garden. Taste the flavors of herbal tisanes such as lemongrass, rose geranium, lemon balm and mint. Have you ever had basil tea?? Learn how to make hot and iced fresh herbal teas, dried herb tea blends and refrigerator herbal tea. Class will make two herbal tea blends to take home. One for relaxation and one for energizing.

**Class Fee: \$15 All materials included.**

- **Village Herb Shop 16 Year Anniversary**  
**Join us to Celebrate for the entire month of September**

- Spin the wheel on each visit and earn prizes and discounts!
- 16% off all purchases every Wednesday.
- Events every Saturday
- Counter specials every day!

**September 4:** Susan Albert Book Club with book discussion and related food.

**September 11:** Herbal Cooking Demonstration and Tasting with Chef Lucille.

**September 18:** Dill Program and Pot Luck Buffet featuring Dill.

**September 19:** Advanced Aromatherapy Seminar with Raziel. (Sunday)

**September 25:** Beecology presents program on bees, bee products and honey.

- **Summer Skin Care and Summer Make-up Tips by Esthetician, Jan Cellura**  
**July ? (Date to be determined, check web site for updates!)**

Many of our customers have discovered and fallen in love with Ecco Bella, the new line of Cosmetics and Skin Care Products that we introduced at the Village Herb Shop. We researched the available products looking for the highest quality, most natural products that are preservative free, non-animal tested, and can be applied to all skin types including the most sensitive skin. And, they are a great value compared to all those expensive, less natural commercial brands.

**Ecco Bella natural and organic anti-aging skin care** helps slow down the signs of aging with trillions of nutrient filled Vitamin Cells. It is Doctor-approved, anti-aging, natural and organic skin care that is preservative-free for sensitive skin.

**Ecco Bella cosmetics** are made from earth minerals infused with flower waxes. These are gluten-free, preservative-free cosmetics\* perfect for sensitive skin. This make-up glides on and lasts longer.

\*Foundation and mascara require mild preservatives.

**Esthetician Jan Cellura** has been demonstrating these products in individual half hour sessions, helping our customers learn how to take care of problem skin and keep their faces radiant. She will help you select the right make-up shades, and show how to properly apply foundation, blush, eye liner and lip color. This is a free service for our Herb Shop customers and there is no charge or obligation for these sessions. Sign up now to take advantage of Jan's extensive knowledge and get a close look at some products that we believe are really special. Bring your personal

summer skin care and make-up questions.

### **Reservations Please!**

**Fee: No Charge**

- **Do It Yourself Herb Crafts at the Village Herb Shop**

Offered in our upstairs classroom every day. Do it yourself and take home the product and the recipe for only **\$5!!!**

**May:** Lavender Shortbread (still available)

**June:** All Natural Automatic Dishwasher Soap (still available)

**July:** Layered Dill Sea Salt in Decorative Jar

**August:** Lavender Lemonade Mix

**September:** Cinnamon Peppermint Car Deodorizing Spray

**Fee: \$5** all materials and instructions are included

- **Renew Reuse Recycle Tip of the Month**

Village Herb Shop sells bulk herbs and spices for very low prices. Save money by bringing in your own jars for refill or taking a cup home in our paper bags. You will get the freshest dried herbs and spices you have ever tasted: guaranteed by the Herb Lady. We have dozens of dried herbs available: dill, chives, basil, parsley, fennel, garlic, onion, oregano, calendula, nutmeg and many more.

- **New Products Arriving Daily**

We have planned our buying to delight our customers, and to have new products arrive throughout the month, every month of the year. The store is filled with new merchandise for your shopping pleasure. Many new products for summer entertaining in the garden are already here and on display. We have a new shipment of fragrant square candles, loose leaf teas, fairy furniture, rubs and seasonings, seasoned sea salt, mortar and pestles, all natural bug spray, citronella incense, natural deodorant, sleep masks, honey lotion, green clay facial mask, asparagus pesto, dip keepers, herb garden markers. New products will continue to arrive throughout the year. Come in often to see what is new. We will always have unique products at great prices. You can expect great service and the best product selection around!!

- **NEW !!**

Follow Kathleen and the Herb Shop on Facebook.

**Add:** Ask the Herb Lady questions. Become a Facebook friend of the Herb Shop: KathleenGipsHerbShop

<http://www.facebook.com/profile.php?v=wall&id=1303813963>

*Join us at the Village Herb Shop for all the excitement.*

- **Crafters Space for Rent**

Do you have a budding business?? Do you have a talent??? Do you make a craft, creation or art that you would like to sell in the Village Herb Shop's Merchant's Loft? We will be happy to talk with you about renting a display space. If you would like to teach classes, the use of our classroom comes with the rental fee.

Some ideas: baby blankets, pet products, cupcakes, antiques, pillows, etc... Please stop in to see the loft area and to pick up an information sheet. Call Kathleen for details at 440-247-5029. We have three openings and they will fill quickly in July or August.

**Note:**

*The Village Herb Shop will be Closed on Monday , September 6 for the Labor Day Holiday*



**Chagrin Falls Shop Hours**

Monday through Saturday: 10 am - 5 pm

Sundays:

January through March: Closed on Sundays

April through August: 12:00pm - 4:00pm

September: Closed on Sundays

October through December: 12:00pm - 4:00pm

**Contact Village Herb Shop**

17 East Orange Street, Chagrin Falls, OH 44022

Phone: 440-247-5029 Toll Free: 800-836-9120

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