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# LAVENDER BUDS™

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August 2006

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## INTRODUCING OUR NEWSLETTER

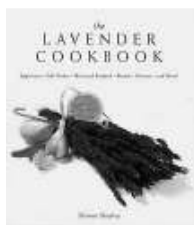
Lavender education, discussion, history, quips and quotes...these are the things we thought about when we decided to write our first newsletter. Kudos go out to Linda Gray, Club Member #1 and TLF store manager, for taking on the development, creating and writing of this, your first edition. We hope you enjoy our newsletter and welcome your comments and suggestions for future issues. ♦

## INSIDE THIS ISSUE

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## Cooking with Lavender

### Honoring Sharon Shipley



For several years now, we have carried *THE LAVENDER COOKBOOK* by Sharon Shipley in our farm store. More than 120 recipes are included in the book, as well as helpful tips on

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## I Love Lavender! Club Royal Velvet Members receive their August Box!

This month our Royal Velvet Members are receiving what we think might just be the most "valuable" box of all. The box includes a bottle each of Rose Geranium Hydrosol, Rosemary Hydrosol, Immortelle Hydrosol, and a bar of our handcrafted lavender soap.

Our soap is hard milled from pure vegetable oils and scented with pure essential oils (not fragrance oils) that last throughout the life of the bar. We cure the soap for a minimum of 3 months before packaging. We have Classic Lavender, Lavender w/French Green Clay, Lavender Rosemary, Lavender Rose Geranium, and Lavender Grapefruit.

ROSE GERANIUM HYDROSOL (*Pelargonium x asperifolium*/P. roseate/P. graveolens) is a natural co-product of distillation. Inhaling its spray is said to be anti-depressive and to relieve hot flashes. It can be used as a facial tonic for mature skin, and it balances dry/oily skin combination. It balances the male and female energies, bringing balance to our psyche.

ROSEMARY HYDROSOL (*Rosemarinus officinalis*) is a natural co-product of distillation. It is a mental and physical stimulant. It can be used as a facial tonic for normal skin. Use it as a hair rinse to promote healthy, shiny hair and to prevent hair loss.

IMMORTELLE aka EVERLASTING (*Helichrysum italicum*) HYDROSOL stimulates healing of wounds and tissue damage. Use this as a post-surgery mist to speed healing of incisions

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growing and preserving lavender and a wealth of lavender resources. For over 20 years, Sharon Shipley was the owner and director of Mon Chéri Cooking School and Caterers in Sunnyvale, CA. Sharon studied the culinary arts extensively throughout Europe, receiving certificates from La Varenne, Cordon Bleu, and Lo Scaldavivande. In 1998, the International Association of Culinary Professionals named her "Caterer of the Year."

We learned just recently that she passed away quite suddenly in April 2006. In her honor we are sharing with you a recipe from her book.

### **grilled lavender honey breast of chicken**

¾ c. white wine vinegar or lavender wine vinegar  
¼ c. grated lemon zest  
½ c. fresh lemon juice  
¼ c. extra virgin olive oil  
¼ c. lavender honey or honey  
1 Tbsp. dried culinary lavender buds, finely ground in a spice grinder  
1 ½ tsp. fresh lime juice  
1 tsp. sea salt  
¼ Tbsp cracked black pepper  
8 boneless chicken breast halves with skin

In a large bowl mix all the ingredients except the chicken. When well mixed, add the chicken and turn to coat. Cover and refrigerate for 4 hours.

Preheat grill to medium. Remove the chicken from the marinade and place skin side down on the grill. Cook, turning the chicken every 5 minutes and brushing occasionally with the marinade for 15 minutes or until the chicken is no longer pink when tested with a knife. Discard any remaining marinade. ♦

Recipe from **THE LAVENDER COOKBOOK**  
by Sharon Shipley (Running Press; May 2004;  
\$16.95/trade paperback)

## **LAVENDERS – OUR PICK**

### **THE STORY OF "GROSSO" LAVENDER**

We use Grosso lavender in so much of our product that we thought you might be interested in the history of this lavandin\*.

Pietro Grosso was born in Italy, at Cumiana (Torino), in the village of Porta, in February 1917. In 1935 Pietro Grosso moved with his whole family to the Vaucluse region of France, where they ran a farm. They cultivated lavender and vegetables (particularly onions and asparagus), many kinds of fruits (mainly cherries) and a vineyard.

Pietro, now called Pierre, began to cultivate lavandin (*lavandula X intermedia*) from his arrival in France, at the beginning of the 1930's. Probably at the beginning of the 1950's, he found an old abandoned lavender field at Caseneuve, near Apt. Here, among dead plants, there was just one still living, a beautiful lavandin plant. He collected it, took some cuttings and in April the following year planted them out. He then began to produce and sell this new lavender.

People bought the lavandin of the Grosso farm because it grew quickly and proved to be resistant to a progressive drying disease of plants, transmitted by insects. At the beginning of the 1970's, Pierre Grosso decided to register his new variety at the *Syndicat* of Sault. From 1972-1975 the lavandin 'Grosso' began to be planted in preference to the variety 'Abrialii'.

Now it represents about three quarters of the cultivated lavender in Provence and is one of the best known cultivars all over the world.

\* Lavandins are sterile hybrids between *L. angustifolia* and *L. latifolia* known as *Lavandula x intermedia*.

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## LAVENDER BUDS™

### FEATURED PRODUCT

After many years of developing products for you, we decided to share the wonders of herbal healing with our pets. Our new line has been developed specifically for dogs, taking into account their PH and extra sensitive senses.

Each dog is different, so always involve your vet when introducing new remedies. Warning: never use aromatherapy products on cats, birds or other exotic pets and animals.

Try our **Doggie Flea Spritzer**. Our herbal infusion includes herbs that repel fleas from jumping on your dog's coat. Repeat spritzing each time you and your dog play outside. Good for your dog park visits so keep an extra bottle in the car. During the **month of August**, our Flea Spritzer is only **\$11.00**, more than a 10% savings. Use Discount Code **FLEA-08** when checking out (valid on internet purchases only). [www.thelavenderfields.com](http://www.thelavenderfields.com) ♦

*Grosso-continued from page 2*

Pierre's lavender farm went on to produce two or three millions cuttings a year, prepared by French and Spanish female workers.

In 1989, feeling homesick, he returned to Cumiana, where he lived, until his death in March 1996. ♦

Note: In each newsletter we'll feature a lavender varietal. If you have a lavender that you'd like to know more about, email [ellen@thelavenderfields.com](mailto:ellen@thelavenderfields.com) or give us a call and we'll be happy to research it for you.

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## Lavender Tips and Hints

*"The virtue of this essential oil are many: it is appreciated for afflictions of the brain, for hysterical vapors, and for epilepsy.....four or five drops of essential oil in a spoonful of wine taken before eating.....fortify the stomach."*  
Quoted from literature dating back to 1755

We don't recommend essential oil in wine but the uses for essential oils are limitless. Here in Southern California we've been fighting an almost losing battle with ants this summer. We have found that essential oil in alcohol (vodka) works better than the most powerful chemical product. Take a 4 oz. spray container and fill it with 3 ounces of alcohol. Add 1 ounce lavender essential oil. This may seem like a lot of oil to use but the solution will last a long time. Mist the entry point and trail of ants.

Bonus: the room smells luscious! ♦

### Grosso Essential Oil on Sale

To help you out with the ants, our specially priced product this issue is our 100% certified organic essential oil. After our annual July distillation, the oils sit for one year before bottling them in the fall of the next year. Like fine wine, they 'soften' over time, becoming finer as time passes. Our supply is limited each year. We're now preparing to bottle the 2005 oils. In order to make room for our 2005 distillation, we are offering **1 oz. Grosso** essential oil from the 2004 distillation, regularly priced at \$28.00, for \$22.00. That's more than a 20% discount. Offer valid on internet orders only (through 9/30/06, while supplies last). You'll use Discount Code **OIL-08-09** at checkout. ♦

[www.thelavenderfields.com](http://www.thelavenderfields.com)

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and needle wounds, reduce swelling and bruising, and detox the liver of anesthetics. The oil of Immortelle is a strong anti-hematoma, anti-inflammatory and is considered 'sacred'.

The Annual Members Party will be held on Sunday, **August 20, 2006** from 3-6 in Temecula at the gorgeous Marie Carrie Winery. We hope all the members and their guests will join in on the fun.

If you'd like information on how to become a valued Royal Velvet Club member, go to our website for all the details.  
[www.thelavenderfields.com](http://www.thelavenderfields.com) ♦