



The Good Herb

A monthly newsletter with ideas for
using the bounty of the garden!

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Lavender

English lavender is a hardy perennial with silver gray leaves and purple to pink flowers. When purchasing lavender, be sure to read the description as nurseries sometime sell French or Spanish lavenders, which won't make it through our Michigan winters. Lavender blooms very heavy in mid to late June, and then continues to bloom in lighter amounts through summer into early fall. The flowers are best harvested just as the blooms are opening. Simply bundle 12-15 stems with a rubber band and hang them in a well ventilated place to dry, which takes about 2 weeks. I like to pick the early blooms. As the summer season goes on, lavender goes from having a sweet floral scent to more of a camphor scent, which is not desirable for either aromatherapy or culinary use. Lavender can be used in cookies, brownies, as well as savory blends such as Herbs de Provence, along with sachets, fragrance oils, and a wide variety of aromatherapy and medicinal uses.

Lavender Punch

- 2 c. water
- 2-3 inch sticks cinnamon
- 1 teaspoon whole cloves
- 3 T. fresh lavender flowers or 1 T. dried lavender
- 4 c. purple grape juice
- 1-12 oz. can frozen limeade concentrate
- 1 - 2 liter bottle ginger ale
- 1 lime, sliced for garnish

In a covered 1 quart pan heat water, cinnamon, cloves and lavender to boiling. Turn off heat, cover pan and steep for 10 minutes. Strain into a container or punch bowl and discard particles. Stir in limeade and grape juice. Add ginger ale and ice or ice ring to chill. Garnish with lime slices if you wish. Makes about 1 gallon.

Lavender Granola

- 4 T. butter
- 1 cup honey
- 2 T. dried Lavender
- 2 C. oatmeal
- 1 c. dried cherries
- 2 c. sliced almonds
- ½ t. salt

Place butter, honey, and lavender in medium saucepan and warm slightly. Cover and let steep for 10 minutes. Preheat oven to 250 degrees. Line a sided cookie sheet with parchment paper.

In a large bowl, pour the oatmeal, cherries, almonds, salt and honey mixture. Stir well. Place on cookie sheet and bake for 45 minutes, stirring after every 15 minutes. Cool and break apart. This can be made ahead and frozen.

Lavender Chocolate Chip Cookies

- Preheat oven to 300 degrees
- 2 sticks soft butter or oleo
 - 1 cup lavender sugar (or regular sugar)
 - ½ t. baking soda
- Beat with electric mixer for 15 minutes until fluffy, add
- 1 ½ c. flour
 - 1 t. cider vinegar
- Mix well, add
- 1 T. lavender buds (fresh or dried)
 - 1 cup chocolate chips
- Finish mixing. Drop by teaspoon onto cookie sheet. Bake 20-25 minutes. Makes 24- 30 cookies.