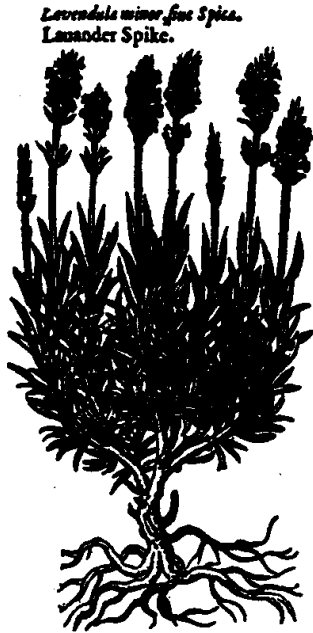


Lavender



I am not aware of any particular association of Lammas and lavender (except for the lovely alliteration of those twin L's), except that it blooms at Lammastide in Seattle.

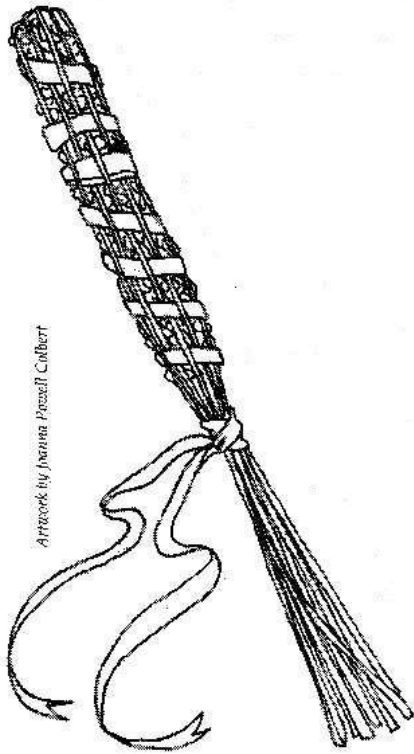
When I took a nine-week class on herbs from a local herbalist, EagleSong of RavenCroft Garden, she assigned us all the task of getting to know one plant. We were to spend time with it, daily if possible, and get to know it in every possible way, from the scientific study of its components to its many medicinal and culinary uses. The plant I chose was lavender, a favorite of mine before, but now it is entwined with my life on a much more intimate basis.

The name lavender comes from the Latin verb "to wash;" both the Romans and Greeks scented soap and bathwater with the herb. In the Middle Ages, it was considered a herb of love. Kate Greenaway in *Language of the Flowers* says it means distrust. But another source (from before the days when I became scrupulous about writing down bibliographic information) says it means constancy and loyalty, sweetness and undying love, "fervent but silent heart," and good luck. That's how I feel about it.

It's a herb of Mercury. Perhaps that's why Linda Ours Rago in *The Herbal Almanac* says that lavender stimulates the brain and makes learning easier. Starhawk in *The Spiral Dance* lists it as a plant to be used in working spells for love, money and business, creative work and psychic work.

For a thorough discussion of lavender, even including information on how to distill it, see the entry at Botanical.com, from *A Modern Herbal* by Mrs. M. Grieve:
<http://botanical.com/botanical/mgmh/l/lavend13.html>

Lavender Wands



I've been making lavender wands for years. You want to create your wands while the stalks are still fresh, as they are more pliable then. You will need:

- ❖ Odd number of freshly-picked stems (from a variety that has 18 to 24 inch long stems) with the leaves stripped off.. I usually make my wands out of 7 or 9 stems, but I've seen directions for wands made from 19 stems. Strip the leaves off the stems.
- ❖ 3 yards of 1/4 inch wide satin ribbon-- choose a color that's meaningful to you

Tie one end of the ribbon right below the bunched heads of the lavender buds. Then turn the bunch over, so the blossoms are pointing down and the stems are sticking up in the air. Bend down each stem, right above the blossoms, to form an umbrella or little cage. Weave the ribbon, satin-side up, in and out of the stems like a basket. The first two rows are the most

difficult as the stems tend to flop, cross and slip around. Pull the weave tight after you've done a few rows. Continue weaving the ribbon in and out of the stems until you've covered the flowers. I usually tie the ribbon off at this point, then wind it around the length of the stems to hold them together, and tie it off again at the bottom. Trim the ribbons and stalks but leave some dangling for a nice effect.

You can store these in a drawer or a closet to impart fragrance to your clothes or linens. I often attach them to Christmas gifts as decorations. Once they've dried, the scent can be released by stroking or squeezing the wand.

Lavender Cooler

Mary Preus served this lavender-flavored iced tea at tea parties at her Silver Bay herb farm in Silverdale, Washington. You can make it without the tea, although she notes that it adds body.

4 cups boiling water
20 fresh lavender flower heads with stems
2 teaspoons Earl Grey tea (optional)
1/2 cup light honey
juice of 2 oranges
Ice
Lavender sprigs and orange slices for garnishing



Pour boiling water over the lavender blossoms and tea. Steep for ten minutes. Strain and add the honey and orange juice. Chill. When serving, layer ice, lavender sprigs and orange slices in a pitcher. Add the Lavender Cooler and serve.

Lavender Lemonade

1/4 cup fresh lavender blossoms (or 1 T dried)
1 cup sugar
5 cups water
1 cup fresh squeezed lemon juice

Mix the sugar with 2-1/2 cups of water. Bring to a boil in a saucepan, stirring to be sure the sugar dissolved. Add the lavender to the hot sugar syrup. Remove from the heat and let steep at least 20 minutes, and up to several hours. Strain out the lavender. Add the lemon juice and remaining 2-1/2 cups water. Stir—the color will change. Serve garnished with lavender sprigs.

From Happy Valley Lavender Farm, www.happyvalleylavenderfarm.com

Lavender Margaritas

1 cup tequila	2 cups frozen unsweetened raspberries
1/3 cup triple sec	2 cups frozen unsweetened blueberries
1/4 cup limeade concentrate	4 ice cubes
1 cup canned coconut milk	1 teaspoon dried lavender buds

In a blender, combine the tequila, triple sec, coconut milk, and lime juice. Cover and turn to high speed, then gradually add berries and ice. Whirl until smooth and slushy. Pour into glasses. You can rub glass rims with lime and dip the rim in salt. Add a lavender sprig for garnish.

Joyce MacGowan, Owl Creek Lavender Farm, www.owlcreeklavender.com

References:

EagleSong, Ravencroft Garden, www.ravencroftgarden.com
Greenaway, Kate, *Language of Flowers*, Averill Books
Preus, Mary, *The Northwest Herb Lover's Handbook*, Sasquatch Books 2000
Rago, Linda Ours, *The Herbal Almanac*, Starwood Publishing 1992
Starhawk, *The Spiral Dance*, Harper & Row 1979

Lavender Recipes online:

Many recipes: http://www.herbsearch.com/herbofmonth/lavender_recipes.htm
Lavender Cheesecake & Lavender Lemonade:
http://www.happyvalleylavender.com/lavender_recipes.html
Lavender Margaritas: <http://www.owlcreeklavender.com/>
Also type in "lavender" as a search word at
www.epicurious.com