

Josephine's Hot Chocolate

(provided with permission from Kathy Gehrt
author of *Discover Cooking with Lavender*)

3 cups whole milk or half-and-half
2 teaspoons dried lavender buds
1 ounce bittersweet chocolate, chopped
1 tablespoon Dutch-process cocoa powder
2 tablespoons sugar
1/8 teaspoon kosher salt
1/2 teaspoon pure vanilla extract

1. Pour milk into a medium saucepan and stir in lavender buds. Set over medium heat and bring just to a boil.
2. Remove mixture from heat and steep for 3 to 5 minutes, or longer for a stronger lavender flavor.
3. Strain the milk to remove the lavender buds, and then pour the milk back into the saucepan. With the saucepan over medium heat, whisk in the chopped chocolate until melted and smooth.
4. Whisk in the cocoa powder, sugar and salt; remove from heat and whisk in the vanilla extract.
5. Divide among coffee mugs. Top with whipped cream or homemade marshmallow. (Kathy includes a recipe in the book.)

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Ten Wonderful Gifts You Can Make With Lavender

(without sewing, gluing, nailing or painting!)

presented by Susan L. Harrington, CEO
(Chief Education Officer)
Labyrinth Hill Lavender

Monster Spray

Add 4 to 8 drops of lavender essential oil to 4 ounces of distilled water in a small, clean spray bottle. Shake well before using to spray away "Monsters" in a child's room.

Bath Sachets

Combine 1 cup oatmeal, 1/2 cup dried lavender buds, 1/2 cup sea salts, 1/2 cup Epsom salts and 1/2 baking soda in a bowl. Mix thoroughly and divide into large tea bags. If handled carefully, you can rub the bag over your skin for added benefits.

Oatmeal Milk Bath Recipe

Process 1/2 cup oatmeal in the blender until finely ground. Add 2 cups milk powder and process until well mixed. Pour into a bowl, add 1 cup corn starch and 1/2 cup baking soda, mixing all ingredients very well. Grind 1/2 cup dried lavender, and stir into the powdered mixture. If desired, add a few drops of essential oil and mix well. Add three tablespoons (or more, if you like) to your next bath to soothe your soul and soften your skin.

Lavender Milk Bath Sachet

Place 1 rounded tablespoon each of dried lavender buds, instant powdered whole milk and oatmeal in a 4" x 5" press & brew tea bag. Seal the open edge with an iron. Place sachet under warm running water for a skin-soothing, mind-calming spa bath.

Basic fizzy bath salt recipe

Mix 4 cups of salt (Epsom salt, sea salt, etc, or a mixture of them) in a glass bowl. Stir in 2 cups baking soda. Add 40 to 50 drops of lavender essential oil stirring well to remove any lumps. Last, add 1 cup of citric acid. Give the whole thing a really good mix, then pour it into waterproof jars. It's important not to let water get at your new fizzy bath salts, because that will start the fizzing before you want it!

Greeting Card Sachet

Decorate a large Press 'n' Brew teabag (<http://bit.ly/Tea-Bags>) with a stamp. Add a tablespoon or two of dried lavender then seal with an iron or use a curling iron. When enclosed in a greeting card it only needs a little extra postage to send this fragrant gift in a thank you note or any greeting card.

Fragrant Lavender Bath Salts

Mix 1/4 cup baking soda and 1 cup salt (Epsom, sea salt, or a mixture) together in a large bowl. Add 20 drops of organic lavender essential oil and 1 tablespoon organic lavender buds; blend well. Use right away or package in a jar. To use: Sprinkle in your bath as the water runs. Seal tightly between uses to retain the lovely lavender scent.

Lavender Honey Sugar Scrub

Combine 1/2 cup sugar, 1 tablespoon oil, 1 teaspoon honey, 2 to 3 drops of lavender essential oil in a bowl and mix well. To use, scoop out a small amount and gently rub on dry areas of skin such as feet, elbows and knees. Rinse well with warm water.

Lavender Sugar

Process 1 cup sugar and 2 tablespoons lavender in a blender just until the flowers are crushed. (Be sure to use only culinary lavender.) Sieve out large pieces and store sugar in a glass jar at least one week before using. Sweeten a cup of tea for a fragrant break from your busy day. This sugar will keep for about three months.

Lavender Fields Indoors

Place approximately 1/2 cup dried lavender buds into a small muslin bag. Firmly knot the opening. Toss the bag into your dryer when doing sheets. It leaves a light fresh scent. The muslin bag scent will last for 5-7 dryer loads and can be refreshed with a few drops of lavender essential oil.

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