

History about Spice

"In the past few years, lavender has become quite the plant—for gardens, herbalists, and craftspersons. With its current popularity, lavender graces the gardens of many homeowners and the fields of many commercial growers.

Lavender is indigenous to the mountainous areas of the countries bordering the western European part of the Mediterranean region. When early travelers brought it back, the plant spread fairly rapidly to other parts of the world, and by the sixteenth century, lavender was already a much-loved plant in English gardens. The first lavender plants found in America made their way here sometime after the first European settlers.

Records show lavender has been in use for over 2,500 years. The early uses of lavender were at least as numerous as today's, but they tended to be more of a medicinal nature. Biblical references to lavender are found in the gospel of Luke by the name used at that time, spikenard. Lavender was also used in ancient Egypt for mummification, and the Romans scented their public bathhouses with it. The name lavender is derived from the Latin verb lavare —to wash." - **High Country Gardens**

Sources

All recipes are from books available for check out at Town Hall Library

- **Book: Zero Proof Drinks & More: 100 Recipes for Mocktails 7 low-alcohol Cocktails.**
 - By Maureen Petrosky
 - 641.874 PET
- **no-churn ice cream: Over 100 Simply Delicious No-Machine Frozen Treats**
 - By Leslie Bilderback
 - 641.862 BIL
- **Website:** High Country Gardens
 - <https://www.highcountrygardens.com/content/gardening/lavender-history>



Information

"Spice up Your Life" is a monthly "Take & Make Spice Club Kit" featuring a variety of unique spices, herbs, or blends.

Kits Include

- Information on the featured spice.
- Two recipes (1 baking & 1 cooking).
- A small packet of featured spice-enough for **all of the recipes**.

Share your experience with us

Once you have created your culinary masterpieces at home, we'd love you to share photos with us.

Send to reference@townhall.lib.wi.us and you might be featured on the Town Hall Library Website

One-Per-Household

Take & Make Spice Club Kit are free, but supplies are limited. Please, take one kit per household.



Take & Make Spice Club Kit



Spice Up Your Life



April Dried Lavender Buds

Blueberry Lavender Syrup

Ingredients

- 1 cup (250 mL) granulated sugar
- 1 cup (250 mL) fresh blueberries
- 1 cup (250 mL) water
- **1/2 tsp (7 mL) dried lavender**

Directions

- In a small pot, combine sugar, blueberries and water. Bring to a boil. Reduce heat, add lavender, and simmer for about 10 minutes, until all of the sugar is dissolved.
- Using a fine-mesh sieve set over a bowl, strain out the berries and lavender, pressing the berries with the back of a spoon to all the juice out
- Pour the syrup into a bottle or a container with a squeeze lid, such as a mason jar. Store for up to 4 weeks in the fridge.

Blueberry Lavender Spritz

MAKES 1
DRINK

Ingredients

- 1 oz (30 mL) Blueberry Lavender Syrup
- Syrup
- 1/2 cup (125 mL) club soda, chilled
- 5 or 6 fresh blueberries
- 1 sprig fresh lavender (**optional**)

Directions

- Pour Blueberry Lavender Syrup into a glass. Top with club soda and stir.
- For garnish, drop blueberries into the glass and add lavender sprig (**if using**).



Lavender Ice Cream

Ingredients

- 1 cup milk
- 3 tablespoons lavender buds
- One 13-ounce can of sweetened condensed milk
- Finely grated zest of 1 lemon
- 1 tablespoon fresh lemon juice
- Pinch of salt
- 2 cups heavy cream

Directions

- Warm the milk and lavender buds together in the microwave for 30 to 60 seconds. Set aside to steep and cool completely, then strain off the buds.
- In a large bowl, combine the lavender milk, sweetened condensed milk, lemon zest, lemon juice, and salt.
- In a separate bowl, whip the heavy cream until it reaches a soft peak. Fold the cream gently into the lavender mixture, then transfer to a shallow freezable container.
- Cover the ice cream with plastic wrap or waxed paper pressed directly on the surface of the ice cream, and place in the freezer for 6 hours.
- Scoop and serve with fresh berries, peaches, apricots, lavender-caramel sauce, almond toffee, or chopped toasted almonds.



Lavender Ice Cream with lavender meringues - Both recipes are in the book available for check out.

Variations of Lavender Ice Cream

LAVENDER-ALMOND: Almond works wonderfully with floral flavors, and lavender is no exception. Replace the cup of milk with almond milk, and fold in 1/2 cup crushed toasted almonds with the whipped cream. This version is not bad with a shot of amaretto, too.

LAVENDER-PEAR: Peel, core, and cut 3 ripe pears into chunks. Cover with water and boil until tender, then strain and set aside to cool. Place the pears in a blender and puree. Add slowly to facilitate blending, then freeze as directed.

BLUEBERRY, HONEY, AND LAVENDER: Combine a pint of fresh ripe blueberries with 2 tablespoons of honey in a small sauté pan over high heat and cook, stirring, until they get juicy and jammy. Cool completely, then add to the recipe. Pass through a fine-mesh strainer before freezing as directed. The berries give the dish a nice lavender hue.

LAVENDER-TANGERINE: Replace the almond milk with 2 cups of cow's milk. Warm the sugar, milk, lavender, and vanilla, then allow to cool completely. Strain and add 1 cup of tangerine juice and the zest of 2 tangerines before freezing as directed. You can do this with oranges, but the tangerine flavor is more floral and therefore more special.

How to Brew Lavender Tea



- Place dried lavender flowers into a loose tea strainer.
 - The amount of lavender buds you use is up to you - the more buds the stronger the flavor.
- Bring the water to a boil, and once boiled pour the hot water over the lavender flowers.
- Let steep for about 5-10 minutes, until it's reached your desired strength.