



THE SPOKES SPEAK - GEARED TO SERVICE

Rotary Club of the North Fork Valley

POB 1543, Paonia, CO 81428

WEB SITES: www.rotary.org www.rotary5470.org www.paoniarotary.org

Meeting Thursdays at Noon in the Paonia Town Hall

District 5470

Club 1180 - Chartered 12/20/22

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LAST MEETING: February 8, 2018

Club President James Schott presided over the meeting.
Thank you to Mike, Glenn and Felix for setting up.

Announcements:

- Bob Lario mentioned that Kate Zachman was the lucky winner of the super bowl pool!
- Karri mentioned that there are only 2 openings for that last home game of basketball. The sign-up sheets were passed around.
- Two \$50 scholarships were contributed to the scholarship fund in the name of Bill Barton from Claudia King & Eleanor Zoeller.

No visiting Rotarians or guests.

No Key Guest: Kate will hopefully have one next week.

Induction:

Greg Thompson and Sarah Bishop are co-sponsors of our first corporate membership. Solar Energy International (SEI) was inducted today as a Corporate Member. (Sarah is on the SEInternational board). Kathy Swartz, Marla Korpar and Beata Ramza will be rotating in attendance. Shawn will be joining SEI this spring and will be participating in Rotary also. President Schott performed the official induction and presented the membership certificate.

Program:

Betsy Marston introduced Carol Schott who talked about her Lamborn Lavender business and their farm. Carol is the "Estee Lauder" of Lavender. She and her husband James bought their farm on Lamborn Mesa in 2002. They have a large vegetable garden which they started 5 years after they moved here. They also have a flock of laying hens, raise 50 broilers, raise Highland cattle, which are good for beef but are slow growing, and Dorper sheep which shed their wool in the spring so you don't have to shear them. James founded the Haystack Mountain Goat Dairy for raw milk and cheese but two years ago he had enough of the goats so he passed them onto his farm hand, Jacob Gray.

Carol and James have seven grandchildren who come visit the farm on occasion. The goats led to the growing of lavender because Carol makes goat milk soap and uses the essential oils from the lavender in the soap.

Lots of interest in lavender on the western slope. The Lavender Association of Western Colorado has 25 people in it and they are sponsored by the extension agent. Lavender is a good crop for Colorado because it grows well and likes lots of sunshine, alkaline and well-drained soil but doesn't require a lot of water—"it doesn't like its feet wet". Carol and James planted their first lavender in the fall of 2009 but they lost 80% of it so they replanted in the Spring of 2010. Spring planting of lavender is better. Lavender is a beautiful perennial plant and the honey bees love it. Snow cover in the winter is very helpful because it keeps the lavender from drying out. Lavender hits its peak in seven years.

There are two different varieties of lavender: Spike lavender, which is not quite winter hardy, and English lavender, which is a culinary lavender and aroma-therapeutic oil. There is also Grosso or hydrosol (but it's not true lavender) that is the tall product and the biggest oil producer and is great in soaps and cleaning. Lavender grows best here in our valley because it's more winter hardy and is a good source of oil. Lavender does not like to be grown in pots because it spreads out. Lavender is mentioned in the Bible and in Roman writings—spikenard can be made from lavender. The word lavender is derived from the Latin word 'lavere' meaning "to wash". Lavender is also an antiseptic and anti-bacterial and was used for mummifying. It's been around a long time. Roman armies used distilled lavender oils to treat injuries. Lavender is also used in laundry, soaps and lotions.

Lots of friends and relatives help with cutting and processing lavender. They hang it upside down on hog wire to dry. (Lavender dries in four days in Colorado). When dried, the buds are taken off and cleaned by machine that a guy in Grand Junction retrofitted. The buds are then put into a copper still (up to 32 pounds) and drop into a big bucket; hook it up to the condenser and then it drips out. Then hydrosol is separated from the oil using a funnel—hydrosol is a product all its own. The copper still helps the oil to be sweet. On average they get 137 milliliters of oil from 30 pounds of buds. It takes about 4 hours to distill a batch. Lavender is propagated by cuttings—it doesn't come true to seed or cloning. Other plants can be distilled as well but Carol didn't get any oil so she started drying the lavender flowers.

More uses and products made using lavender include, but are not limited to:

- A new product: Big B's Apple Cider Vinegar is infused with lavender.

- Sweet Annie's herb.

- Sachets.

- Lavender buds with chamomile tea mixed with organic earl grey tea.

- Goat milk lavender organic lotion.

- Buds for cooking.

- Lip balm.

- Facial clay with lavender.

- Cleanser.

- Powder.

- Lavender Essential Oil Roll-On.

- Natural body powder for uses including diaper rash.

Lavender is sold at festivals, Azura, Blue Sage, Indigo Autumn, Lizzy's, 4th & Main Exchange and Isabelle Farm Store.

Remember to feed the polio jar. Also, pay your dues.

UPCOMING MEETINGS:

- **Feb. 22: Bob Lario and Doris Danielson:** on local real estate going nuts
- **March 1: Lindsey Ballyhoo:** dancer
- **March 8: A Little Help:** has a short documentary, Randy Campbell shows it
- March 15: open
- **March 22: John VanDenBerg:** on social services in our area, a novel approach
- March 29 is a fifth Thursday: no meeting. Potluck at Ben Lehman's Photography Studio 6:00 PM
- April 5: open
- April 12: open
- April 19: open
- **April 26: Dixie Luke:** on water



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