

More lavender farms in the Applegate Valley

BY BONNIE RINALDI

Thirty years after Jim and Dotti Becker began Goodwin Creek Gardens' lavender nursery, others in the area are finally catching on. Lavender originated in the Mediterranean and loves the same rocky, well-drained soil and hot summer days that southern Oregon grapes enjoy.

In 2012 six southern Oregon families, who were inspired by the beauty of lavender and who had planted hundreds of lavender plants on their properties, discovered each other and the "Southern Oregon Lavender Loop" was formed. Combining the experience of 30-year veterans with the enthusiasm of complete novices, they are working together to create a unique lavender experience and lavender destination in southern Oregon.

In addition to Goodwin Creek Gardens' lavender nursery, there are five more lavender farms in the "loop." Applegate Valley Lavender Farm opened in 2010. Two more lavender farms, Two Sisters Lavender Farm and Lavender Fields Forever, are opening this year. In 2014, Luna Blue Farm and The English Lavender Farm will open.

The Lavender Collection & Demonstration Garden at Oregon State University's (OSU) Southern Oregon Research and Extension Center (located in Central Point) was also recently added to the loop. There lavender lovers can see

over 80 varieties of lavender growing in one place.

You can visit Goodwin Creek Gardens, Two Sisters Lavender Farm, Applegate Valley Lavender Farm and Lavender Fields Forever on Fridays, Saturdays, and Sundays, during July and August. The Lavender Collection & Demonstration Garden at OSU is open daily for self-guided tours.

While visiting the farms, you can pick your own lavender, distill lavender essential oil, purchase lavender bouquets and plants, and shop the farm stores for lovely lavender items. Lavender can be used for culinary purposes, to decorate and scent your home, to fragrance your bath and body, or as a focal point in your garden.

Each farm has its own unique personality.

- **Goodwin Creek Gardens**, owned and operated by Jim and Dotti Becker, is located in Williams. This nursery specializes in aromatic plants such as lavenders and scented geraniums. They have three greenhouses on seven acres and recently were certified organic by the US Department of Agriculture.

- **Applegate Valley Lavender Farm** opened in 2010. Deborah and Jeff Thompson were seeking a cash crop for the farm they had purchased from Deborah's parents to complement the vineyards planted in the

Applegate Valley. After traveling to the Sequim Lavender Festival in Washington, they knew they had found the right thing in lavender. They have over five varieties of lavender on six and a half acres on Highway 238 between the Provolt and Applegate stores. You will also find cute little lambs and colorful chickens at the Applegate Valley Lavender Farm.

- **Two Sisters Lavender Farm** is a laid-back kind of place opening in July 2013. Dan and MaryAnne Loughran and the two sisters, Kylie and Rachel, run this farm of 2,000 lavender plants, alpacas, llamas, chickens and more. They offer more than 14 varieties of culinary and aromatic lavender. They are located in Williams.

- **Lavender Fields Forever** also opens in July 2013. John and Bonnie Rinaldi planted 1,000 lavender plants in seven varieties for their aromatic, crafting and essential oil qualities. They distill lavender essential oil on their farm and offer the opportunity to distill your own blend of lavender essential oil. You can find their farm just outside Ruch on Hamilton Road.

- **Luna Blue Farm** (opening in 2014) is located in Williams. After moving to Oregon, Crystal and Brett Pyren started a farm growing their own food. They were inspired by the lavender ice cream in Sequim, Washington, and the tranquility of visiting lavender farms and rose gardens. They began planting their lavender farm and rose garden in 2012.

- **The English Lavender Farm** (opening in 2014) is located on Thompson Creek Road in the Applegate. Derek and Sue Owen currently have over 2,000 English lavender plants and plan eventually to plant over ten acres of lavender fields; they



"Lovely Ladybug" photo was taken by Deborah Thompson at Applegate Valley Lavender Farm, and won third place at the Oregon Lavender Association photo contest in 2012.

hope to host weddings and other events during the lavender season.

The Oregon Lavender Festival will be held at lavender farms all over the state of Oregon from July 12 – 14. Farms in southern Oregon will be open extra hours and plan special craft and distillation demonstrations along with specialty lavender food items, artisan booths and more to celebrate the weekend festival. Please join them! Find more information at <http://www.oregonlavenderdestinations.com/festival.php>.

For more information about the Southern Oregon Lavender Loop, go to <https://www.facebook.com/SouthernOregonLavenderLoop>.

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Heavenly hounds and cosmic kitties

BY JEFFREY JUDKINS, DVM

"We are stardust," sang Joni Mitchell in her 1970 song "Woodstock." As it turns out, she was more right than she could have known. Many of the elements that make up our human bodies, and the bodies of every living thing on earth, have origins in the formation of the universe. "These elements were ejected into space by the force of the massive explosion, where they mixed with other matter and formed new stars, some with planets such as Earth... The iron in our blood and the calcium in our bones were all forged in such stars. We

are made of stardust," says Louisiana State University physicist Edward Zganjar.

It's a profound concept to realize that everything on earth—from our backyard oak tree to our cat's hair ball—all share common elements that were formed in the stars billions of years ago. Indeed, we, our beloved pets, and everything in the ground below and heavens above are made of recycled materials. To quote another line from another classic 70s-era tune, "we have all been here before."

Okay, cool. We are all one. But what,

you might ask, does this have to do with holistic veterinary medicine? Quite a lot, actually. This concept supports one of the most basic premises in natural medical modalities, such as herbology and homeopathy: from the plants, animals, rocks and waters of our world come the medicines that can help heal us and our animal companions. Since we all are made of basically the same "stuff," our bodies resonate similarly with the substances of our natural world. The very same homeopathic arnica that you might take for your bruised arm will work just as well for your feline's bruised knee. The same Chinese herb formula that slows mast-cell tumor growth in humans does the same for your beagle's mast-cell tumor.

A colleague in Canada practices

holistic veterinary medicine two days a week, and naturopathic medicine for humans two days a week—in the same clinic with the same pharmacy of natural medicines. Now this is not to say that *all* herbs and supplements used with humans are appropriate for animals or vice versa. Nor does this diminish the amazing, often lifesaving power of pharmaceutical drugs. And no doubt there are things in the natural world with which you or your pet might "resonate," but not in a good way—the same world that gives us aloe vera and echinacea gives us scorpions and arsenic. Overall though, modern science validates the concept that we have more in common with the beings that live with and around us than one might think.

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