

HERB SCENTS



Western Reserve Herb Society

A Unit of The Herb Society of America

Cleveland, Ohio



Volume 77 Issue 11

April 2020

Western Reserve Herb Society, a non-profit organization, is dedicated to promoting the knowledge, use, and delight of herbs through educational programs, research, and sharing the experience of its members with the community

UNIT MEETINGS

Unit Meeting

The Wednesday, April 15, 2019, Unit Meeting is CANCELLED due to COVID-19. If by some miracle the lock-down is lifted and the Cleveland Botanical Gardens is open, we will inform everyone by email.

TABLE OF CONTENTS

- ✿ Herbal Notes from the Chair – p. 2
- ✿ HSA News – pp. 2-3
- ✿ Garden Notes – pp. 3
- ✿ Herb Fair Information – pp 4-5
- ✿ Tinctures, Tonics & Teas – pp. 5-6
- ✿ Membership – p. 6

MONTH AT A GLANCE STAY TUNED FOR UPDATES

- 4/1 Committee Reports Due
- 4/15 ~~Unit Meeting~~ CANCELLED
- 4/22 ~~Culinary Meeting at Loretta Paganini's School of Cooking~~ CANCELLED
- 4/30 ~~HSA Frankenmuth Unit's Annual Luncheon~~ CANCELLED

LOOKING AHEAD

- 5/1 Committee Reports Due
- 5/20 Unit Meeting and Annual Luncheon
- 6/19 Handmade-paper Workshop

APPENDIX I

April is Ohio's Native Plant Month

APPENDIX II

Cottage Food Production Rules

APRIL BIRTHDAYS

April's birth flower is the daisy, which conveys purity innocence, and loyal love. It is also a flower given between friends to keep a secret. The daisy means "I'll never tell". The sweet pea is also considered an April birth flower. Sweet peas signify blissful pleasure, or they can be used to say good-bye.

- 6th Jan Downing
- 12th Lynn Griffin
- 12th Lois Mills
- 19th Carol Gedeon
- 20th Jewelann Stefanar
- 20th Sharon Schubert
- 21st Barbara Zuik
- 22nd Mary Lynn Fruit
- 23rd Corinne Reid
- 23rd Toni Becker
- 25th Carol Braverman
- 28th Cornelia Ryan
- 29th Joy Moore



WESTERN RESERVE HERB SOCIETY SLATE OF OFFICERS FOR 2020-21

- Unit Chair - Kathleen Hale
- Vice Chair - Lynne Griffin
- Recording Secretary - Claudia Cull
- Corresponding Secretary - Nancy Mueller
- Treasurer - Priscilla Jones
- Assistant Treasurer - (position not filled)
- Nominating Committee:
 - Marjorie Fow
 - Sara Fenderbosch
 - Jewelann Stefanar

HERBAL NOTES FROM THE CHAIR

GESUNDHEIT

Kathleen M. Hale, President, Western Reserve Herb Society

Like many of us, I had a German grandmother. She, herself, had never set foot in Germany, but she learned a little kitchen German from her own grandmother, and used to sprinkle her conversation with it from time to time. Actually, I have deduced that the form of German that she remembered no longer existed in Germany. It was old and rustic, and probably closer to Yiddish or Pennsylvania Dutch.

But we as a nation of immigrants have inherited the quaint Germanic expression "*Gesundheit!*" It is the customary response when someone else sneezes. It literally means "Health". I believe at one time the polite response was "*Gesundheit ist besser als krankheit!*", meaning "Health is better than sickness". Well...yes.

The thought and the expression are very old, and not originally a German idea. The Romans invoked Jupiter, and Pope Gregory is supposed to have originated the customary, "Bless you!" during a bubonic plague epidemic in Europe in the 6th century. There are equivalent phrases in Arabic and Chinese. It's just something people do. A sneeze is sometimes a sneeze. And sometimes it's the beginning of so much more.

So, here we are, faced with what is probably just the beginning of a planetary crisis, the COVID-19 pandemic. I have heard it suggested that all those now living will mark this time as a universally shared memory, similar to the catastrophe of 9/11 or the triumph of the lunar landing. None of us now alive remembers the 1918 Spanish Flu Pandemic, but that seems to be the closest analog...perhaps combined with the Stock Market Crash of 1929.

We hope that all of the above will be looked back upon as a load of hyperbole. But we know, as Gardeners, that this will be a gardening season like no other in our lifetimes. The birds are returning, and the garden plants are coming back to life, but at present we are not able to take up our garden tasks according to plan. The Cleveland Botanical Gardens (CBG) are closed to the public until at least the end of April. The next few weeks will tell the story of how virulent and widespread the infection will be, and that, in turn, will affect how long we will be advised to self-isolate and postpone our usual tasks. I will keep you updated.

I would like to express my gratitude and admiration to our current Garden Chairs, Bobbi Henkel and Paula Rossi, who are working daily to come up with a plan with our partners at CBG to get us back into the Garden in some meaningful way. And I would like to acknowledge how sensitive and responsive Caroline Tait

and Brian Gibbon of CBG have been in keeping us up to date, and in listening to our concerns. Together, we will keep the Garden safe and thriving.

Stay well. So far as I know, I am the first and perhaps only member of the Unit to be diagnosed with COVID-19, and I was one of the lucky ones who did not require hospitalization. I hope that by next week I will be fully recovered and immune for a good long time. But, on the whole, I can't recommend the experience. Stay well. Stay home. And stay tuned for updates as they become available.

Geshundheit!



Enjoy Virtual Herbal Living (Courtesy of COVID-19 and HSA)

This week, as each passing day seemed to bring guidance on just how much our day to day lifestyle would be changed, perhaps temporarily or maybe even permanently as a result of COVID-19, I found myself looking for both for anchors as well as opportunities afforded by this challenging time. Time and time again, I found myself returning to our collective passion, herbs, to both soothe and excite me.

As we are required to stay home, I have been looking at virtual ways to bring the outside world inside. While we are tethered to our homes, we can participate with others on the upcoming monthly HSA webinars or enjoy the many webinars in the archives of the member section of the HSA website.



The cancellation of the Charleston annual meeting creates an opportunity for many of us to gather this September to enjoy the Great Lakes District Gathering being held right in our back yard on the weekend of

September 11-12. I truly appreciate all of the support and offers of assistance provided by the members of our Unit. If you are spending your time at home baking, think about tucking away in your freezer a desert that might be shared with the other members of the Great Lake District at our Friday night dinner. Offer to lend a hand making Herb Fair products that will be sold at the gathering or favors for the goodie bags or help Hedy Westra refresh the Glow flower pots with new dried materials. Or put together a raffle basket to be sold at the Gathering (proceeds help us to grow our District Fund that is used support HSA's many programs). Give me a call and I will be delighted to find a way you can help us from your home.

For the first time, HSA will be hosting a virtual annual meeting. You, as a member, can attend from the comfort of your home without travel or hotel expenses. Continue to go on the website to explore the Herb of the Month, consider applying for a GreenBridges™ certification or explore *Claytonia virginica* L. and *Hamamelis virginiana* L. (this year's Notable Native Herbs™), buy some herbal products (with great discounts) from our business members. Urban Herbal has a wonderful hand sanitizer you might want to keep handy in your home. Or write an article for next year's *The Herbarist* or for the HSA blog. As you can see, the possibilities are limited only by your imagination.

Stay well, and consider using this time to explore the joys of virtual herbal living.

Pamela Goetsch, Great Lakes District Membership Delegate

GARDEN NOTES

When I watch those news briefings with the reporters asking our leaders what they are going to do next, I feel sorry for the leaders. Tough to predict and plan when you don't know what is going to happen next isn't it?

Happily, the garden carries on without us. Those enchanting crocuses and tulips were raising their leaves when I was in there a few weeks ago. There were also lovely examples of courageous witch hazel and golden winter aconite and purple vinca blossoms. They seem not to have heard the news about social distancing and are proceeding as usual.



Rob Dzurec, our horticulturist, and two new gardeners will work with us on Tuesdays and Thursdays in the Herb Garden. Bernadette Gallagher a delightful young woman, will surely be helping us. Sabrina Kozsey may be helping, but that decision is pending. Holden Forests & Gardens (HFG) are committed to providing us with

assistance to replace Robin (with Rob) and our interns and Richard (with assigned HFG gardeners). They were aware that we would need help even before COVID-19, and they are committed to that end.

We WRHS gardeners actually do have special status with CBG. Although other volunteers are not admitted during the CBG closure, WE ARE ALLOWED INTO CBG even while it is closed. That may change, but as of March 13, the head of volunteers, Caroline Tait of HFG Horticulture, Brian Gibbons of CBG Horticulture, Rob Dzurec our Horticulturist, and Andrew from security, were all part of an email that let us know **we are "special" and will be admitted to the garden the same as CBC's regular employees.** If we receive a change in that status, I'll let you know immediately.

Now, that said, let's not get crazy here. We wouldn't have gardened in April anyway, right? Plus, the State of Ohio wants us to stay home unless we have to go out (groceries, pharmacy, gas station, etc.) and the Federal Government doesn't want any gatherings larger than 10 people. We are taking planning for our gardening season day by day. Paula notes that the vendors are well for now, but also tentative in their planning.

We have ordered plants for the garden and are tentatively planning to plant them in May. But, if the same current social-distancing restrictions apply, we may need to adjust our usual routines quite a bit. Think with us about how we can do that. Your suggestions will be welcomed.

We may need to plan to assure than no more than 10 people at a time are in the garden. Maybe we could divide the garden to be sure we don't have more than 10 combined in directly adjacent sections. 10 over in Culinary and Medicinal would be a lot perhaps, but if part were early and part were later, maybe not so bad. Likewise, another small group over in Trial and Cutting near Dye. We'll need to work together to plan who can plant when and how. THOSE ARE IDEAS not a plan yet. Good thing we are a truly flexible group.

I think it is likely we will conduct our "Garden Opening" online rather than in the Smith Room, but maybe I'll be pleasantly surprised by April 30.

We have another month to see how life evolves before we make any firm plans. Meanwhile, our job is to take care of ourselves, our families and our communities. It will be a different year in the garden and in our group than we've seen before. Different is the only thing that is for sure. Except... this is a group of the most caring, nurturing humans I have ever known. We know how to adapt to change. We are gardeners. We are made of good stuff and we will help each other. We are indeed special to CBG and to each other. Please stay tuned to your WRHS emails. If Paula and I learn anything new

and important, we will send out information as soon as we know it is definitive. Stay well my friends.

Bobbi and Paula

CULINARY MEETING

The APRIL 22 MEETING at Loretta Paganini's School of Cooking has been CANCELLED.

HERB FAIR INFORMATION

Tussie Mussies

When planning your home gardens, please consider planting some of the plants we always need for Tussie Mussies.

- ✿ We need more broadleaf sage such as Berggarten (not common sage, which is rather spindly in appearance.).
- ✿ We never have enough of the following:
 - Lavender
 - Rosemary
 - Purple sage
 - Golden variegated sage
 - English thyme
 - French thyme
 - Oregano
 - Savory
 - Marjoram
- ✿ We need lots of foliage cuttings such as Lamb's Ear, Dusty Miller, and lavender dentata. We did not have any Lamb's Ear in last year.
- ✿ As always, we are collecting medicine/pill prescription bottles. Please remove the labels and the caps. Once we are back in the garden, for your convenience you may leave bottles on the green cart.

Thank you all so much!
Kathy Petersen & Tussie Team

Jams & Jellies

Jelly makers, are you bored during this in-house quarantine?

I received an email from Pat Roberts asking for a jelly recipe. Pat said she'd like to make some while she is home-bound to give as a gift to a friend who liked our lime jelly. I am inspired.

What a fine way to use our time and get our minds on much more fun things! If you're healthy and have some sugar and jars around, there are recipes to make jelly with juice concentrate, or ginger, or carrot cake, etc. You get to warm up your kitchen, be creative and contribute to the Herb Fair Jam and Jelly stash. Do this only if you can and are healthy. Job one is to stay well. But I'm making at least one batch of experimental lemon-rosemary. I have a rosemary bush currently

blooming on my screened-in porch. I'll let you know... I consider making Herb Fair supplies an act of Faith.

Bobbi Henkel, Jams, Jellies and Chutneys Herb Fair Section Coordinator

Cards and Confections

Handmade-Paper Workshop June 19

On February 28, members received an email asking if they would be interested in participating in a Handmade Paper Workshop at the Morgan Paper Conservatory in Cleveland. The response was great-- 24 members said they were be interested in making paper for the Herb Fair 2020.

The first workshop will be held on June 19, 2020, from 9:30 am to noon, at Morgan Paper, 1754 East 47 Street, Cleveland.

A second workshop is pending for July 31 and would be offered to everyone who was not able to attend the first class. Each workshop is limited to 16 people.

On March 10, I sent an email to let members who signed up know where they fell on the list. However, we are now in the midst a serious virus outbreak. It is my hope that the June 19 date will be safe for all us. And if not, we will carry on and be patient and reschedule it for another time.

Donna Payerle
Cards & Confections

Herb Fair Kick-Off Meeting/Update

By Kathy Shriver

Dearest Herb Society friends, these are very strange times we are in. I imagine we would all like to think that by summer, things will be back to "normal", but with each day, the news seems to get worse. It's not a surprise really. In many situations throughout life, things will become much worse before they get better.

I want to speak now about Herb Fair. Herb Fair is planned for October 10, 2020 from 10:00 am to 3:00 pm.

Let me share a bit of what we discussed at the Herb Fair Kick-Off Meeting on March 11, 2020. I was joined there by my Co-Chair Lynne Griffin and several of the Section leaders.

Beth Schreibman-Gehring has a lovely Fragrance Department planned with home and personal fragrance items being offered, including a 75th anniversary blend/scent.

Donna Payerle has modified Nature's Bounty Boutique to become Cards & Confections and she is planning on featuring a significant number of our famous pressed flower cards. She will also feature confections and is

looking for herbal delights, including candied flowers and herbs as well as traditional ones. Donna offered a pressed flower card workshop the next day at CBG and it was well attended and some very lovely cards were made.

It was a great start, with more workshops to come once we are no longer social-distancing. Likewise, a hold is being placed on candied violets for now. With self-isolation/social-distancing, we can't teach new members how to do this, so we may only be able to have violets candied by our veterans if they grow them. But Donna hopes to offer candied herbs and rose petals as the seasons progress and we are no longer restricted socially.

Kathleen Hale is leading a Sewing Department, possibly called "Stitches in Thyme" or "A Stitch in Thyme" and will feature the catnip sewn mice, other sewn scented items, aprons, and possibly tote and/or garden bags. She has generously donated a significant amount of herbal/garden-themed fabric to the cause.

Barbara Klante let us know that after she and I meet with Jillian Slane of CBG for a thorough walk-through, we will have actual dimensions on how much more space will be available to us to use in The Ellipse, which CBG has graciously offered to give us. She will continue to order linens and tables for us so that we can set up early on Friday. We discussed the option of using different color tissue and/or bags this year as a nice touch for the 75th anniversary.

Cornelia Ryan represented Creative Recycling; they plan to offer pretty much what they have each year, which is always wonderful and exciting to browse through.

Mary Beth Kohl represented Culinary; we discussed some new blends being offered in the public arena that WRHS could do quite well. These things are popular and sell online for a lot of money so they could be very nice items to have available to our customers at a nice price point. We also talked about the need for certain herbs which Culinary is often in need of and Mary Beth and Paula will let us know what they need (such as lovage) so that you can plant them in your home gardens.

We also discussed adherence to strict hand hygiene and food safety practices as they relate to any department that is making food items. This is just good business practice, as well as what the State of Ohio requires.

A very important point is that we cannot accept inversion-canned jellies this year. Water bath canning is the ONLY acceptable means to process jams, jellies, fruit butters and fruit chutneys for sale. We had a workshop to teach this to all members of the unit but due to COVID-19 we had to cancel and we plan to reschedule.

There are very descriptive instructions on how to make canned products (jams, jellies, fruit butters and chutneys) on the website along with all other essential documents, which all members should read.

Two documents which discuss in detail the specifics of labeling can be found in Appendix II of *Herb Scents*. We will strictly follow the rules this year so please read and familiarize yourself with what is required. Lots of tips are available online (everything is on our Members Only Page under "Herb Fair Resources") and Lynne and I can be a resource for any questions.

Kathleen Gips shared her visions for Herbal Talks and Herbal Workshops. For the talks: "Herbal Vinegars" by Lou Ann Hanink; "Scented Leaf Geraniums" by Kathleen Gips; "The Art of Natural Fragrance" by Beth Schreiber-Gehring; "Edible Flowers" by Kathy Shriver; and "Savory Seasonings" by Mary Beth Kohl.

For the Herb Fair Workshops, Kathleen has proposed: Gardener's Bug Away Spray with essential oils of lavender, lemongrass and peppermint and Exfoliating Sugar Hand Scrub with essential oils of lavender and lemon.

We thank Carol Braverman and Libby Filak for also joining us and contributing to our discussion.

We are still in need of department leaders for Bakery and Wreaths & Dried Arrangements.

I will schedule an online recap for all those department heads that couldn't be with us as well as ANY member of the unit who would like to hear more about what we are doing for Herb Fair probably in the middle of April. You can call in from the comfort of home and "visit", listen, learn and share. The log in/phone number will be sent by email first week of April.

Kathy Shriver, Chair
Lynne Griffin, Co-Chair

TINCTURES, TONICS & TEAS Beth Schreiber-Gehring



My Dear friends,

My goodness, what seven short days can do. Last week at this time I was planning my herb gardens, doing reiki

sessions and having tea parties. Then suddenly the world was upended by an invisible marauder.

After many pleas from me, my sister and my nephew in Paris, I finally received a call from Alex, my son in New York: "Mom, we want to come home for a while. New York feels really frightening. We don't know how to see it through...even going out to rent a car feels terrifying."

Two hours later Jim and I loaded both our cars with food, masks, Clorox wipes, cat carriers and hand sanitizer and drove into New York like thieves in the night. I have never seen it so desolate. My beloved New York is a war zone.

At midnight, we all left the city for the unforeseeable future. They are now safely in quarantine at my sister's summer home in Gates Mills. They are safe and I am so grateful. Eight hours later, Governor Cuomo began the process of shutting down the city, showing me once again that instincts and timing are everything.

These are truly scary times but we do what we can do when we are called to. Ladies, we can do so much, even isolated in our homes. We were made for these times. We are the gardeners and the healers.

We know how to make teas that soothe and herb blends that help make even the simplest foods feel special. We know how to use our herbs to support immunity, wellness and healing. We know how to preserve the harvest. We know how to create beauty with our flowers and leaves. And we know how to build gardens big and small, full of herbs, fruits and vegetables.

These are the timeless and important skills that we know and teach. These are the skills that right now the world needs to heal and to begin to hope again. I will be continuing my work on the WRHS Facebook page and the WRHS blog throughout this time because our community needs us.

I would like to invite you ...well actually I'm begging you to contribute a post or two! All of you. I don't care what you write about. Wreaths, potpourri, healing herbs, culinary herbs, recipes, teas, herblore, gardening, spa water, soil... Send pictures too. Whatever you send I will edit with joy and print with love.

We have the opportunity to make such a difference right now. We are The Western Reserve Herb Society and our entire community needs to learn our skills. This is how we can make a difference right now and in this time

of isolation it could be one of the most important things we've ever done for someone that we've never met.

I love and miss you all so much. Take good care of yourselves. I am here and well, if you need anything at all. The garden will wait for us. We obviously have more important things to do.

Beth Schreiber-Gehring

MEMBERSHIP

A Message to Prospective Members

Although WRHS, along with the rest of the world, is on the sidelines during the COVID-19 outbreak, our society is still in place to resume when it is again safe to gather together. Events will be rescheduled and our garden will reopen. Nature is resilient and so are we.

Many new members are close to completing their requirements to become Active Members. Please keep track of your meeting activities. Keep a lookout for WRHS emails and check the website for updates. Someday soon our Herb Garden will be opened again and we will run out and get our hands dirty, be renewed and welcome you as full-fledged members.

Donna Payerle
WRHS Membership Chair

FROM THE EDITOR



Hellebore from my garden

I will send out a reminder for the May Herb Scents on April 20. Hopefully we will be back in the Garden and have our Annual Luncheon in May. I'm sure there will be lots of news to communicate. In the meantime, stay safe and healthy.

Sherry Schmidt

Mailing Address

Cleveland Botanical Garden
11030 East Boulevard
Cleveland, Ohio 44106
216-721-1600

www.westernreserveherbsociety.org

Unit Chair

Kathleen Hale
280 Grey Fox Run
Bentleyville, Ohio 44022
440-537-1764

kmbhale@gmail.com

Editor

Sherry Schmidt
3617 Lytle Road
Shaker Hts., Ohio 44122
216-991-7059

sherry@7ofc.com

Appendix I



April 2020 is Ohio's First Native Plant Month
Cuyahoga Soil and Water Conservation District

We know it's not quite Spring but it is right around the corner. This April we are celebrating the first Native Plant Month.

On June 27, 2019 Governor Mike DeWine signed Ohio House Bill 59 into law, which designates April as "Ohio Native Plant Month." This is due in large part to efforts made by Former First Lady of Ohio, Hope Taft and Horticulturist, Nancy Linz.

This law has been enacted to increase the awareness of Ohio's native plants and the benefits they provide to our health, wildlife, environment, and economy. Plants, even small ones, have large impacts regarding stormwater, pollination of plants and crops, honey, carbon uptake, oxygen output, pollution reduction, food and shelter for wildlife, landscaping/ aesthetics, and soil health. Ohio is one of the first states in the country to dedicate an entire month to its native plants.

Starting on April 1, Cuyahoga SWCD and other members of the Lake Erie Allegheny Partnership for Biodiversity (LEAP) will promote a different native plant each day. Over the course of ten years each of these plants have been featured as one of LEAP's Native Plants of the Year.

For more information and events: www.leapbio.org www.ohionativeplantmonth.org



Purple Coneflower



Swamp Milkweed

Great List of Ohio Native Plants for Gardeners!

The link below is to a wonderful list of 231 native plants found in Ohio

This list was recently compiled by Hope Taft and Debra Knapke (Jan 20, 2020) and is based on Robert Henn's book, *Wildflowers of Ohio*. Hope and Debra expanded Henn's list to include many of the native plant species found in the Heritage Garden at the Ohio Governor's Residence (see bottom of list for sources and references).

[CLICK HERE to download this list.](#)

The information in this Appendix is from: *Cuyahoga Soil and Water Conservation District Newsletter Winter 2020*
A special thanks to Marjoris Fow for sending this information.

Cottage Food Production Operation

What is a Cottage Food Production Operation?

A "Cottage Food Production Operation" is defined in Chapter 3715 of the Ohio Revised Code to mean, a person who, in the person's home, produces food items that are not potentially hazardous foods, including bakery products, jams, jellies, candy, fruit butter, and similar products specified in rules. These foods must be labeled properly, or they will be considered misbranded or adulterated.

"Home" means the primary residence occupied by the residence's owner, on the condition that the residence contains only one stove or oven used for cooking, which may be a double oven, designed for common residence usage and not for a commercial usage, and that the stove or oven be operated in an ordinary kitchen within the residence.

What Foods are Permitted to be Manufactured for Sale or Distribution by a Cottage Food Production Operation?

Permitted foods are non-potentially hazardous bakery products (such as cookies, breads, brownies, cakes, fruit pies, etc.); candy (including no-bake cookies, chocolate covered pretzels or similar chocolate covered non-perishable items, jams, jellies, fruit butters; granola (including granola bars and granola bars dipped in candy); popcorn (including flavored popcorn, kettle corn, popcorn balls, caramel corn, but does not include un-popped popping corn); unfilled baked donuts; waffle cones; pizzelles; dry cereal and nut snack mixes with seasonings; roasted coffee (coffee may be whole beans or ground); dry baking mixes (for making items such as breads and cookies); dry herbs and dry herb blends; dry seasoning blends (such as dry barbecue rubs and seafood boils); dry tea blends; flavored honey, fruit chutney, maple sugar, and dry soup mixes containing commercially dried vegetables, beans, grains, and seasoning.

What Foods are NOT Allowed to be Manufactured for Sale or Distribution by a Cottage Food Production Operation?

A "Cottage Food Production Operation" is not permitted to process acidified foods, low-acid canned foods, potentially hazardous foods or non-potentially hazardous foods not listed above. *Low-acid food* means any food with a finished equilibrium pH greater than 4.6 and a water activity greater than 0.85. *Acidified food* means a low acid food to which acids or acid foods are added (Ex. Beans, cucumbers, cabbage, puddings, etc.). *Potentially hazardous food* means it requires temperature control because it is in a form capable of supporting the rapid and progressive growth of infectious or toxigenic microorganisms (Ex. Raw or cooked animal products, cooked vegetables, garlic in oil, cheese cakes, pumpkin pies, custard pies, cream pies, etc.).

What are the Requirements for the Labeling of Cottage Food Products?

A "Cottage Food Production Operation" is required to label all of their food products properly, which include the following information on the label of each unit of food product offered or distributed for sale:

1. Statement of Identity - the name of the food product;
2. Net Quantity of Contents - the net weight, in both U.S. Customary System and International System;
3. Ingredient List - ingredients of the food product, listed in descending order of predominance by weight;
4. Statement of Responsibility - the name and address of the business;
5. The following statement in ten-point type: "This Product is Home Produced."

An ingredient that is or contains protein from a "major food allergen" must have the presence of the allergen declared by common name in the ingredient statement or by placing the word "Contains" followed by the name of each major food allergen present in the food. The "Contains" statement must be immediately after or adjacent to the ingredient statement. The "major food allergens" are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans. The type of tree nut (e.g., almonds, walnuts, pecans, etc.), fish (e.g., anchovies), and crustacean shellfish (e.g., crab, lobster, shrimp, etc.) must be declared.

Note: If nutrient content claims (i.e. low fat, salt free, etc.) or health claims (i.e. may reduce heart disease) are made, the product must bear all required nutritional information in the form of the Nutrition Facts panel. All labeling components are to comply with 21 CFR Part 101, food labeling. The FDA Food Labeling Guide is an excellent resource of the proper labeling of food products. The web address for the FDA Food Labeling Guide is:

<https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Labeling/Nutrition/ucm2006828.htm>

What does the Statement "This Product is Home Produced" Mean?

The statement means that the food product was produced in a private home that is not subject to inspection by a food regulatory authority.

Where may Cottage Food Production Operations Sell Their Food Products?

Cottage Food Products may only be sold in Ohio. Cottage Food Products that are properly identified and labeled may be sold directly to the consumer from the home where the products are produced. They may also be sold through grocery stores, registered farm markets, registered farmers markets, and sold and/or used in preparing food in a restaurant. Cottage food may also be sold at festivals or celebrations, on the condition that the festival or celebration is organized by a political subdivision of the state and lasts for a period not longer than seven consecutive days.

Does a Cottage Food Production Operation Need to Acquire a License to Process and Package Food Products?

No. A "Cottage Food Production Operation" is exempt from inspection and licensing by the Ohio Department of Agriculture. However, all food products, including those produced and packaged by "Cottage Food Production Operations," are subject to food sampling conducted by the Ohio Department of Agriculture to determine if a food product is misbranded or adulterated.

Questions? Contact ODA Division of Food Safety; 1-800-282-1955 Ext 4366; E-mail: foodsafety@agri.ohio.gov

BASIC REQUIRED FOOD LABELING COMPONENTS LABEL EXAMPLE (COTTAGE FOOD PRODUCTION)

This label example is just one way to present the information required on a food product label. Information may be placed in different ways and may appear on more than one label. Labels must comply with all applicable regulations and all information must be accurate and not misleading.

Foods cannot be made with partially hydrogenated oils. Additional information can be found at:

<https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm449162.htm>

Ingredient List—Ingredients shall be listed by common or usual name in descending order of predominance by weight. Meaning, the ingredient that weighs the most is listed first, followed by the next heaviest ingredient, with the ingredient that weighs the least listed last. Any ingredient that is composed of two or more ingredients (sub-ingredients) must list those sub-ingredients parenthetically following the name of the ingredient. The label of any food that contains an ingredient that is or contains a protein from a "major food allergen" shall declare the presence of the allergen by its common or usual name either in the list of ingredients or placing the word "Contains" followed by the name of the food source from which the allergen is derived immediately after or adjacent to the list of ingredients (e.g. Contains: wheat, soy, milk, eggs, almonds).

Ref: ORC 3715.023; CFR 21, Part 101.4; FALCPA—Public Law 108-282, Title 2

Statement of Identity—The Statement of Identity is the name of the food. The name shall be the common or usual name of the food and shall accurately identify or describe the basic nature of the food or its characterizing properties or ingredients.

Ref: ORC 3715.023; CFR 21, Part 101.3

State of Responsibility—Shall include the:

Business Name
Street Address
City, State, Zip Code

All information in the Statement of Responsibility shall be continuous. If the business name is listed in the local telephone directory, the street address may be omitted. If the business name is listed in the local telephone directory, a Post Office Box may be used in place of the street address.

Telephone numbers, web-site addresses, and e-mail addresses are permitted, but not required. This type of extra information shall not be placed between the Ingredient List and the Statement of Responsibility.

Ref: ORC 3715.023; CFR 21, Part 101.5

CHOCOLATE CHIP COOKIES

INGREDIENTS: ENRICHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR (MOLASSES, SUGAR), SEMI-SWEET CHOCOLATE CHIPS (SEMI-SWEET CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER), SOY LECITHIN, VANILLA), VEGETABLE SHORTENING (SOYBEAN AND COTTONSEED OIL, MONO AND DIGLYCERIDES, ARTIFICIAL BUTTER FLAVOR, BETA-CAROTENE (PRO-VITAMIN A-ADDED FOR COLOR), MILK CHOCOLATE CHUNKS (SUGAR, COCOA BUTTER, MILK, CHOCOLATE LIQUOR, SOY LECITHIN, VANILLIN), EGGS, MILK, BAKING POWDER (POTASSIUM BITARTRATE, CORN STARCH, BAKING SODA), NATURAL FLAVOR, SALT, BAKING SODA.

Agriculture Cookie Co.
8995 E. Main Street
Reynoldsburg, OH 43068

NET WT. 8 OZ. (227 g)

This product is home-produced.

Net Quantity of Contents—The term "NET WEIGHT" or an appropriate abbreviation shall be used when stating the Net Quantity of Contents in terms of weight. The Net Quantity of Contents shall be declared in both the U.S. Customary System and the SI (metric system). The second declaration shall be stated parenthetically.

The quantity of contents shall be placed on the principal display panel. It shall be within the bottom 30 percent of the area of the label panel in lines that are generally parallel to the bottom of the package as it is designed to be displayed.

Ref: ORC 3715.023; CFR 21,
Ref: Part 101.7; FPLA, Title 15—Chapter 39, 1453(a)(2)

Cottage Food Declaration—

Food products that are manufactured in compliance with Ohio's Cottage Food Rules, must be properly labeled and bear the statement, "This product is home-produced." in 10-point type font.

The statement means that the food product was produced in a private home that is not subject to inspection by a food regulatory authority.

Ref: ORC 3715.023

ODA—Ohio Department of Agriculture
CFR—Code of Federal Regulations
ORC—Ohio Revised Code
FPLA—Fair Packaging and Labeling Act

FALCPA—Food Allergen Labeling and Consumer Protection Act
The principal display panel (PDP) is that portion of the package label that is most likely to be seen by the consumer at the time of purchase.

The 8 major food allergens are milk, eggs, tree nuts (e.g., almonds, walnuts, pecans), peanuts, wheat, soybeans, fish (e.g., anchovies) and Crustacean shellfish.