



Fact Sheet

Bay Laurel

Laurus nobilis



DESCRIPTION

Bay Laurel is a plant that has a long and interesting history. Bay has long been a symbol of glory and honour and victory since the times of Apollo when he wore a crown of Bay leaves to honour his beloved Daphne. Throughout ancient Greece and Rome, Kings, Scholars, Victors of Athletic prowess and other notables were presented with wreaths or crowns of Bay leaves to honour their achievements. In 776 BC at the first Olympics, champion athletes were awarded garlands of Bay leaves.

PARTS USED

Leaves, essential oil



USES

A staple ingredient in French and Spanish dishes. Bay leaves are an integral ingredient in bouquet garni, a traditional French seasoning for soups, stews and sauces.

Medicinally

Although history has suggested a vast array of medicinal attributes including snakebite, Bay is used today for mostly external problems such as sprains, rheumatism, ulcers and psoriasis.

Ornamental

Bays work wonderfully in containers and are good plants to train formally. Nothing makes a grand entrance than a pair of clipped standard bays.



CULTIVATION

A slow growing aromatic evergreen. Grows to a height of 11m/35ft, although in indigenous regions it has been known to reach 18m/60ft. Prefers full sun to part-shade in a rich well-drained soil.



HARVEST

Leaves can be collected throughout the year and used fresh, or you can dry them for use later. Hang loose bunches in a dark dry shed or cupboard. Store dried leaves in an airtight container. Used within twelve months, as they will begin to lose their flavour by then.

Lil Imp a new cultivar of bay laurel same attributes as with a normal bay tree but in a miniature form. Fantastic for pots or topiary. Compact growth and tight uniform habit.

Height 3m (10ft) x
Spread 1-2m(3-6ft)



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