

Lavender Munstead

Lavandula angustifolia 'Munstead'

A genus of 21 aromatic perennials and shrubs that are found throughout Mediterranean regions, the Middle East and India. Lavenders are among the most popular plants for herb gardens, having subtle coloring and delightful fragrance. The hardier kinds make attractive hedges, while tender variants may be grown under cover. Lavender differs in habit, foliage and flower color, which range from typical lavender-blue to various shades of purple and white.

DESCRIPTION

Lavender *angustifolia* 'Munstead' is a mid spring to early summer-flowering shrub with silver-grey, linear leaves. The mauve blue flowers appear on stalks up to 30-60cm /12-24in tall.



PARTS USED

Flowers, oil

PROPERTIES

An aromatic, tonic herb with sweet scent. It relaxes spasms, benefits the digestion, stimulates the circulation and uterus and lowers fever.

USES OF THE HERB

Culinary

Fresh flowers are crystallized or added to jams, ice creams and vinegar.

Medicinal

Internally for indigestion, depression, anxiety, tension headaches, migraine and bronchial complaints.

Externally for burns, sunburn, rheumatism, muscular pain, cold sores and insect bites.

Aromatic

Flowers are popular for use in potpourri and other crafts. The deep color holds well when dried.

Ornamental

The compactness of Munstead Lavender makes it ideal for planting as a border or small hedge.

Economic

Oil is used in perfumery and toiletries.

CULTIVATION

Well-drained soil in an open, sunny position.

Trim hedges and cut specimen plants back in spring to encourage bushiness. Lavender becomes woody with age and are best replaced every 3-4 years.

HARVEST

Flowers are picked as they begin to open and used fresh, distilled for oil or dried for use in infusions and crafts.



Height 30-60cm/12-24in x
Spread 30cm/12in