



# ANOTHER HERB HERBERT FAVOURITE HERBS FACT SHEET

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## Lavender Sweet *Lavandula x heterophylla*



**L**avenders 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

Sweet lavender is a perennial variety of lavender with a very sweet fragrance. It is a cross hybrid between *L. angustifolia* and *L. dentata*. The oil from this particular lavender is used in dried sachets, scented soaps, perfumes and potpourri. Sweet lavender is deer resistant and drought tolerant.

### 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. Widely used as an antiseptic and toiletry herb in ancient times by the Greeks, Romans and Arabs.

### 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 color holds well when dried.

#### 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 is 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.



Don't forget  
Herbs book,  
"Wonderful World  
of Herbs."

