



Lavandula

Marie Siegel

April 19, 2021



The name Lavender is derived from the Latin *lavandus*, “to be washed,” probably because it was used in ancient times to perfume bath water.

Lavandula Angustifolia- Mint family (Labiatae)



Lavender Past and Present

- A staple in gardens around the globe for centuries
- Medieval times: powdered lavender was used as a condiment and preservative to mask disagreeable flavors.
- In England circa 1265 cuttings were often used as floor bedding to keep pests away
- France used lavender as a cash crop for lavender oil industry, produces over 1,000 tons of lavender essence each year
- North America commercial production around 1924 in Seattle, WA

Lavender Lore



- Lavender, together with St. Johnswort and several other herbs were **smoked in fires set on St. John's Eve (June 23) in medieval times**. The purpose of the fires was to purify the air of evil spirits to ensure the protection of the people, their animals and their crops.
- **Astrological Sign: Mercury** rules medicinal plants affecting the brain, nervous system or speech, including lavender, lily of the valley, marjoram, parsnips.
- Lavender has long had the reputation as an aphrodisiac.
- One old belief advocates sprinkling lavender on your head as an aid in maintaining chastity (if that's what you want.)

Lavender Flowers



The lilac-colored tubular flowers are arranged in successive whorls up the stem.

Flowering time is generally May to September.

Lavender Stems



The stems, growing 1 or 2 feet high, are grey-green and angular, with flaking bark.

Lavender Leaves



The leaves are opposite, sessile, downy and lanceolate (shaped like the head of a lance; of a narrow oval shape, tapering to a point at each end) to oblong-linear.

English versus French Lavender

English Lavenders or varieties of *Lavandula angustifolia* can be called true or common lavender, and are the most aromatic, with a milder, more floral scent.



French Lavender or *Lavandula dentata*, actually has small pale flowers cradled in colorful petals called bracts, and short evergreen leaves with a more pungent, camphor note.



English versus French Lavender

Important differences:

Hardiness. A big difference between French and English lavender is that the latter is much hardier. French lavender is only hardy through about zone 8 and won't tolerate cold winters.

Size. French lavender is large and will grow from about 2 to 3 feet (61-91 cm.) tall and wide, while English lavender stays much smaller and more compact, although it may grow up to 2 feet (61 cm.).

Bloom time. The flowers on these plants are similar in size, but they last much longer on French lavender. This variety has one of the longest bloom times, starting in spring and continuing to produce flowers throughout the summer.

PLANTING AND GROWING

Propagation

- Lavender can be grown from seeds or cuttings Lavender seeds will not grow true to variety, so new plants will be a variation of the parent plant, whereas cuttings are the same as the parent plant.
- Shelf life of seeds is about one year, but can be stored in the refrigerator to prolong planting.
- Can take up to three months to grow roots enough to transplant in the garden.
- Once in bloom will most likely not look like the plant pictured on the seed packet as little care has been take over the years to prevent hybridize seeds.
- Best and easiest when grown from cuttings.

PLANTING AND GROWING

Cultivation

- Light-colored mulches, such as sand and gravel, help produce sturdier plants.
- Mulching with oyster shells has been found beneficial.
- Roots easily with late spring and early summer cuttings treated with rooting hormone.
- Can be planted in one part perlite and one part baked cat litter (cat fit) in 50% shade.
- Perennial; hardy to zones 5-8.

PLANTING AND GROWING

Pruning

- Likes to be pruned
- Base of the plant can become too woody
- If flowers not removed will show signs of stress and will compensate by branching out in different directions.
- Lavender grows fast, a planted in spring can double in size by fall.
- YEAR ONE: To maintain health of plant over time prune flowers off plant when you put it in the ground or trim around plant to encourage new growth.
- YEAR TWO: prune when plant comes out of dormancy and starts to grow foliage. This will invigorate the plant and encourage more flowers to form. Harvest flowers before fall. Pruning the plant into a ball will keep the foliage tight and compact while training the plant to take this shape.
- YEAR THREE: plant is considered full grown but will continue to grow until year five. Once fully formed it usually doesn't require hard pruning.

PLANING AND GROWING

Harvesting

- FIRST YEAR only a few stems, best to trim these before they flower completely to strengthen the plant.
- YEAR TWO: double size and will produce two or three small bunches.
- YEAR THREE: will grow normally by two-thirds.
- Blooms at different times in season, speed depends on the weather
- If used for crafts or cooking look for lavender buds and harvest the entire plant once a few flowers have begun to emerge from the lavender buds.
- Cut a bunch of about 100 stems, bundle with a rubber band toward the bottom of the bunch. Hang from a chain or rope upside down in a warm dark dry place with adequate circulation. Bunch will be dry within a few weeks. This preserves the color and keeps lavender from getting moldy.

Gardening Tips



- Lavender likes to grow lavishly in the sun, in well-drained soil.
- It does not do well in prolonged hard frost or frost immediately following extended rains.
- Plant against a house or a structure to give it adequate wind protection during colder months.
- One mistake people make with lavender is overwatering it. A deep watering once a while works best.
- Container gardens or raised beds are a great way to create the right environment to grow lavender.

Favorite Lavenders by Bloom Color

Richest purples

- *Lavandula angustifolia* 'Hidcote,' Hidcote Superior,' Imperial Gem,' 'Purple Bouquet'
L. x intermedia 'Impress Purple'

Darkest Blues

- *Lavandula angustifolia* 'Betty's Blue,' 'Blue Cushion,' 'Thumbelina Leigh,' 'Violet Intrigue'

Favorite Pinks

- *Lavandula angustifolia* 'Coconut Ice,' Hidcote Pink,' 'Little Lottie,' 'Melissa,' 'Miss Katherine'

Strongest Scent These lavenders are known for their high oil content and strong fragrance:

- *L. x intermedia* 'Fat Spike,' 'Grosso,' 'Hidcote Giant,' 'Impress Purple,' 'Provence,' 'Super'

Medicinal Lavender

Lavender is a medicinal Mediterranean shrub, which is cultivated for its aromatic flowers.

Designed by Quono Media Inc

Stay Fit, Stay Healthy, Enjoy Life

Medicinal Uses of Lavender

healthfitnessme.blogspot.com

Sleeping	Pain Relief	Anxiety
Headache	Massage	Dandruff
Moisturizer	Burns	Lip Balm
Allergies	Menstrual Cramps	Migraines
Insect Bite	Deodorant	Acne

An infographic with a purple background featuring a lavender field. It lists 15 medicinal uses of lavender in a grid format. The text is white and yellow. At the top left, it says 'Designed by Quono Media Inc'. At the top center, it says 'Stay Fit, Stay Healthy, Enjoy Life'. Below that is the title 'Medicinal Uses of Lavender' in a large, bold, white font. Underneath the title is the URL 'healthfitnessme.blogspot.com'. The uses are listed in a 5x3 grid of rounded rectangular buttons.

Medicinal Uses

- **Properties:** antispasmodic, carminative, diuretic, sedative, stimulant, tonic.
- Lavender is normally taken or **used in the form of oil** derived from the flowers by distillation with water.
- **Uses:** flatulence, migraine headaches, fainting and dizziness. It also has some antiseptic properties and is useful against putrefactive bacteria in the intestines.

Common Uses

- ❖ For relaxation lavender can be **used in baths and foot soaks.**
- ❖ Lavender tea is a **stress tamer and cold buster.**
- ❖ It can be used in the form of a cordial, lavender honey and lavender vinegar as a method **preventative health care.**
- ❖ **Disinfect your home** by boiling lavender in a large pot with the lid off. The aromatic oils fill the air, sanitizing and energetically cleaning the environment.

Culinary Versatility

- Lavender can be used in pesto, soups, stir-fries, sauces and marinades.
- It can permeate meals in the form of vinegar, added to drinks, dipping sauces and salad dressing.
- It can be used as a rub on meats as a lavender-rosemary salt and also in lavender lemonade.
- Can be added to ice cream, coffee, cakes and cookies.

Lemon Lavender Icebox Cookies

2 cups flour
1 cup confectioners sugar
½ cup cornstarch
1 tsp. food grade dried lavender
¼ tsp. salt
4 tsp lightly packed grated lemon zest
2 stick butter, cut into pats, chilled
2 large egg yolks
½ tsp. vanilla
½ tsp. lemon extract

In a food processor, pulse together the flour, sugar, cornstarch, salt, lemon zest and lavender until well blended. Add butter and pulse until the mixture resembles wet sand.

In a small bowl, mix together egg yolks and extracts. Put in food processor and pulse until large clumps of dough form.

Put the dough on a work surface and cut in half. Form each half into a log that is 8 inches by 2 inches in diameter. Wrap each log in plastic wrap and twist the ends closed.

Preheat oven to 350. Cut ½ thick slices of a log and place on a non-stick baking sheet (or sil pat covered baking sheet.) Bake until firm and golden on the edges (10-12 minutes). Cool on the pans on wire rack for 5 minutes then transfer to the racks with a spatula to cool to room temperature. Cookies may be stored in airtight container at room temperature for up to 3 days.

For additional lemon flavor:

Lemon Icing
1 cup confectioners sugar
4-5 tsp. fresh lemon juice

Mix icing ingredients adding water a little at a time. The thicker the icing the better it will stay on top of the cookie.

Martha Scott / <https://www.houzz.com>

Lavender Raspberry Lemonade

(*Rubus* spp. Brambles)

1/2 cup lavender flowers (use food grade)

2 cups water

½ gallon lemonade

1 pint fresh raspberries, cleaned and dried

Boil water and pour over the lavender flowers in a large glass measuring cup or bowl. Steep the flowers 15 minutes. Strain and pour into the pre-made lemonade. Chill.

when serving add 4-5 raspberries in a glass; muddle them slightly and pour in lemonade.

Karen O'Brien

The Herb Society of America's Essential Guide to Rubus

Lavender Simple Syrup

Ingredients

- 1 cup water
- 1 cup white sugar
- 1 tablespoon fresh lavender blossoms

Directions

- Combine water, sugar, and lavender blossoms in a small saucepan. Bring to a boil, stirring until sugar dissolves. Simmer for 1 minute. Remove from heat and let syrup steep, about 30 minutes.
- Pour syrup into a sterilized glass jar through a mesh strainer to remove blossoms; let cool.

Resources

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