



LAVENDER

Lavandula angustifolia (lah-VAN-dew-lah an-gus-tih-FOH-lee-ah)

PERENNIAL | LAMIACEAE FAMILY

ZONES: 5-9

EXPOSURE: FULL SUN

MATURE HEIGHT: 1-2 FT | SPREAD 3-4 FT

BLOOM: PURPLE | SUMMER



HERB & VINE

— healing plants —



Medicinal



Culinary



Aroma



Pollinators



Resistant

This aromatic herb is a wonderful ornamental which produces tons of fragrant flowers, attracting bees, butterflies and hummingbirds. As a medicinal herb, Lavender has antibacterial and anti fungal properties. Used to cure everything from headaches to sunburns, its soothing scent relaxes the mind, while collagen regenerating agents in the plant renew your skin.

- Culinary: fresh or dried lavender can be used to flavor various dishes, adding a unique floral note to food and drinks.
- Therapeutic*: analgesic, antibacterial, antidepressant, antifungal, anti-inflammatory, antiseptic, sedative.
- Mix lavender with vinegar and water for an anti-bacterial, anti-microbial, and anti-fungal cleanser.

Caution: consult a doctor if you're pregnant or breast-feeding.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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