



This post is designed as a printable reference.

Culinary Lavender Reference Guide

Lavender has been used in cooking for generations, but it rewards care and restraint. This reference is meant to serve as a simple guide — something to return to when choosing, using, or storing culinary lavender.

Lavender Best Suited for Cooking

For culinary use, choose **English lavender** (*Lavandula angustifolia*) whenever possible. These varieties offer a softer flavor and lower camphor content.

Common culinary varieties include:

- **Hidcote** – slightly fruity, well suited for baking
- **Royal Velvet** – sweet with a mild citrus finish
- **Munstead** – balanced, herbal, and versatile
- **Buena Vista** – naturally sweet and consistent
- **Folgate** – mild and approachable

Note: Some lavandins are grown for fragrance or oil and are not ideal for cooking. Provence is one exception, best used sparingly in savory dishes.

Which Part to Use

- **Buds:** primary culinary use
- **Leaves:** occasionally used in savory blends

- **Stems:** not recommended

How Much to Use

Lavender should be subtle.

A good starting point:

- $\frac{1}{2}$ to **1 teaspoon dried buds** per recipe
- For infusions: **1 tablespoon per cup of liquid**, then taste

You can always add more. You cannot remove bitterness once it appears.

Best Uses by Type

Sweet dishes

- Syrups
- Sugars
- Shortbread and baked goods
- Ice cream and custards

Savory dishes

- Meats and marinades
- Salad dressings
- Herb blends

Fresh vs. Dried Lavender

- **Dried lavender** is easier to control and most commonly used
- **Fresh lavender** is stronger; use less

Both should be grown without chemical treatments and intended for culinary use.

Steeping & Cooking Tips

- Avoid long steeping times
- Do not boil lavender
- Taste frequently
- Pair with citrus, honey, vanilla, or herbs

Storage Guidelines

- Store in a cool, dry place
- Protect from light and moisture
- Handle gently to preserve oils

Properly stored lavender keeps flavor for **6–12 months** or longer.

What to Avoid

- Lavender grown for crafts or oil
- Essential oils in cooking
- Overuse

A Note From the Farm

Cooking with lavender mirrors how it is grown — thoughtfully, patiently, and with intention. When chosen carefully and used with restraint, lavender brings quiet depth rather than distraction.

This guide reflects traditional culinary understanding and is shared for educational purposes.