

# Lavender

*Lavandula*

*jwfarms7.com*



English Lavender (*Lavandula angustifolia*), French Lavender (*L. stoechas*), Woolly Lavender (*L. lanata*) and Spanish Lavender (*Lavandula stoechas*) are the most widely cultivated lavenders. English Lavenders are considered culinary lavenders like Munstead, Hidcote, and Royal Velvet known for the smoothed excellent flavors for many dishes in the culinary world.

Lavender is very hardy and drought tolerant. It is widely cultivated for its essential oils. The EO is used in a variety of products including soaps and lotions. The dried buds may be used as well in soaps, potpourris and even in culinary uses. It is sometimes used to flavor drinks, icings, sweets and more. Mostly, lavender is known for its medicinal uses. The Lavender plant is an excellent pollinator.



Lavenders are considered an evergreen meaning it keeps its leaves all year long, even in winter. It only flowers in the summer. Different varieties bloom at different times and durations. They are hardy and drought resistant. The purple flowers are considered buds and are sparsely arranged along the sprouting stem during the summer blooming season. The stems are called lavender stalks and can be used in many decorative ways. Their shining oil glands that are impeded along the plant hairs that cover the flowers, leaves, and stems are where the fragrance comes from making the entire above ground plant fragrant and usable.



Lavender has over 30 species and is considered part of the MINT family, Lamiaceae. It is native to the Mediterranean. They are common to many across the world used in all types of gardens from medicinal, herb, flower gardens and more.

Headaches  
Fever  
Colds  
Boost Mood  
Reduces Stress  
Sleep  
Kills Bacteria  
Anxiety  
Pain  
Inflammation  
Nausea  
Skin  
Antiseptic  
Hair  
Heart Health  
Digestive Issues  
Allergenic  
Depression  
Healing  
Wound Healing  
Nervous Stomach  
Calming  
Burns  
Menstrual Cramps  
Sexual Dysfunction Relief  
Cough  
Cancer Related Pain  
Respiratory Health  
Immune System Support  
Insect Repellent  
Cognitive Function



Teas  
Tinctures  
Fresh Buds  
Essential Oils

The Anti' s:

Antioxidant  
Anti-Inflammatory  
Antidepressant  
Antibacterial  
Antifungal  
Antimicrobial  
Antiviral  
Anti-Aging  
Anti-Spasmodic  
Anti-Colic

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### Caution

- Generally, Lavender is safe.
- Allergic reactions are possible.
- Like with anything, less is more and use with caution.



- Used with Lemon and Peppermint, Lavender is considered an antihistamine.
- By itself, Lavender can be a sleep aide.
- By itself, Lavender can be an anxiety help

Active ingredient(s): Terpenes (e.g., linalool, linalyl acetate), alcohols, ketones, polyphenols, flavonoids.

