

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 smoothened 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



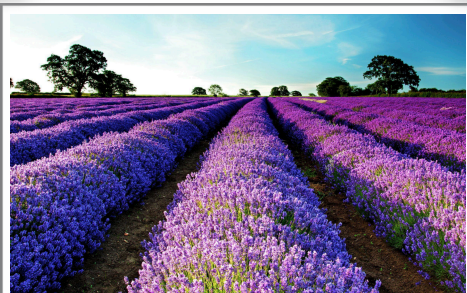
The Anti' s:

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

J W Farms7.com

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.

