

APOTHECARY GARDEN PROJECT



Laurus nobilis



Common Name: Bay tree, bay laurel

Type of Plant? (e.g. annual, shrub etc) Evergreen tree or large shrub

Size of the Plant when mature: 8-12m height, 8m spread

Where is the plant native to? Southern Europe

Soil Ph: Neutral, Alkaline, Acidic

What are the ideal growing conditions for this plant? (e.g. soil conditions, temperature):

Full sun, part shade in well-drained soil

When is the best time to propagate this plant? Mid spring to late summer

What is the best way to propagate this plant?

From seed or semi hardwood cuttings

What is the perceived health/medicinal benefits of this plant?

Aids reduction of inflammation caused by arthritis, has antibacterial and antifungal properties, helps digestion, reduces congestion, helps to reduce stress hormones

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Laurus nobilis (cont.)



Are there any Negative effects of this Plant?

May interfere with blood sugar control, may interact with pain and sedative medications

Is there any Folklore associated with this Plant?

The bay tree was sacred to Apollo, Greek god of prophecy, poetry, and healing

Laurus means 'praise' and nobilis means 'famous or renowned'. In Roman times it became a symbol of excellence for poets and athletes. The word laureate means 'crowned with 'laurels'

It was considered a powerful antiseptic and used to prevent disease, in particular the plague