

APOTHECARY GARDEN PROJECT



Lavandula angustifolia



Common Name: Lavender

Type of Plant: Shrub

Size of the Plant when mature: 30-90 cm tall

Where is the plant native to? The Mediterranean.

Soil Ph: Alkaline

What are the ideal growing conditions for this plant?

Full sun on well-drained, poor, or moderately fertile soil

When is the best time to propagate this plant?

Spring- early autumn

What is the best way to propagate this plant?

Softwood or semi-ripe cuttings or from seed

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

Strong anti-bacterial and anti-inflammatory properties so good for treatment of minor burns, cuts, bites, stings, and rheumatic aches. Also useful for anxiety, depression, insomnia, and restlessness.

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Lavandula angustifolia (cont.)

Are there any Negative effects of this Plant?

Generally thought to be safe for most people. However, stop using in the case of allergic reaction: hives, difficulty breathing; swelling of your face, lips, tongue, or throat or severe drowsiness.

Other common side effects may include constipation, headache, increased appetite or skin irritation when used topically.

Is there any Folklore associated with this Plant?

Lavender is derived from the Latin word 'lava' meaning 'to wash'. The Romans used lavender in their bath water and introduced it to this country.

It continued to be cultivated in monastic gardens until Tudor times when it became used for its fragrance, to reduce tiredness and ease stiff joints.

Later it became used as an insect repellent and to ward off the plague

In the 17th century it was grown in huge quantities in France for the perfume