

# French lavender

*Lavandula stoechas*



Small woody shrub, which are characterized by its aroma and the violet spikes in its crown. These spikes, usually small (2 to 8 cm), consist of small tubular flowers, present between the bracts.

It has two recognized subspecies:

- *L. stoechas pedunculata* - previously considered *L. pedunculata*. It has considerable variation within the subspecies and can be subdivided in various ways. It is native of many regions of the Mediterranean, with some populations in the Atlantic coasts of Spain and Morocco.

- *L. stoechas luisieri* - has less interconnected petals. It is common in Portugal and adjacent regions of Spain.

More info:

[https://www.amu.bio/\\_french\\_lavender](https://www.amu.bio/_french_lavender)

## Cultivation

The species of *Lavandula* are native to rocky and poor soils of the Mediterranean basin, many of these species occur naturally in chalky soils.

The *Stoechas* species tolerate more acidic soils, usually all *Lavandulas* prefer sandy and well-drained soil, and should be made lighter clay soils by adding generous amounts of organic matter (preferably), or inert materials such as sand.

A fresh out plant of a greenhouse will have trouble surviving to a hard frost, however survives without problem if it is progressively used to the cold.

Must be placed in a location exposed to the sun, if planted in dark places, will have poor growth, flowering and reduced lifetime.

They are usually drought-tolerant plants without difficulty supporting the hot climate, dry Mediterranean summers, however plants that have not time to settle or have grown in pots require more care.

When planted in dry or late spring should be watered regularly in summer until the first autumn rains. So the ideal is to plant in the fall or early spring, when, in normal years, it will rain enough for the plant to settle in the soil.

Must be aware that excessive watering harms the plant.

The cultivation is usually accomplished through a plant part, preferably with roots taken of well developed, healthy plants and with good characteristics.

The transplant can be made to a final location, with a spacing of 40 to 50 cm between plants.

## **History**

Typical of the Mediterranean region, lives in abundance in the forests of our country.

In the spring they colour of violet a huge tracts of uncultivated land throughout the south, interior and Portuguese West.

## **Utilization**

Abundant in our country, French lavender is a part of the Portuguese tradition, particularly as regards the rustic culinary and landscape application.

Is used in health, for its antispasmodic action. It is also used as relaxing and functional imbalances in the upper abdomen.

Externally it is used to treat circulation problems.

Several studies highlight the cancer-fighting qualities of this plant, and prevention of degenerative diseases.

The flowers are very much appreciated by bees and originates a quality honey, yellow color, aroma and taste very sweet due to the high concentration of fructose, which makes it highly recommended as a natural sweetener in diet free of sugar (sucrose).