

# Lavender

*Lavandula angustifolia*



Lavender is a plant native to the Mediterranean region.

They are plants of the genus *Lavandula*, of the Lamiaceae family.

These are small evergreen shrubs.

The most common are the English lavender and *Lavandula angustifolia* (*L. officinalis*). Ornamental species usually are *L. stoechas*, *L. luisieri*, *L. dentata*, and *L. multifida*.

More info:

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

## Cultivation

Lavender can be propagated by seeds or cuttings.

Sow on the surface, only slightly pressing the seeds in the soil.

Alternatively, they can be covered with a light layer of sieved soil. Seeds can be sown in definitive places or in trays and pots, in this case being transplanted when the seedlings are large enough to be easily handled.

The seeds germinate usually between two to six weeks.

For propagation by cuttings, branches can be cut with about 10 cm long, removing the leaves from the bottom which will be buried in the ground.

The soil must be kept only slightly damp because the excess of water leads to rotting. The recommended spacing between plants can vary from 30 to 90 cm, depending on the size of the cultivated variety and growing conditions.

It is important to remove invasive plants that are consuming their resources and nutrients, and cut older branches that become woody.

## History

The essential oil of lavender (from the Latin lavare , "wash") was already used by the Romans for washing, bathing, flavoring environments, for washing clothes and as a healing product (indicated for insomnia, calming, relaxing, pain, etc.).

## Utilization

Lavender contains one of the essential oils most used in the world as the basis for a multitude of creams, shampoo, conditioners and other beauty products and cleaning.

Lavender-Spanish species (*L. stoechas*) and *L. dentata* and *L. multifida* are commonly used in landscaping, whereas the English-Lavender (*L. angustifolia* or *officinalis* L.) and French-Lavender (*L. x intermedia*) have greater aptitude for medicinal purposes and for extraction of essential oil for fragrance.

The main medicinal purposes are: analgesic, sedative, anti-inflammatory, antiseptic, relaxing and soothing.

The contemporary cuisine does not ignore the power of lavender, being used mainly in aromatic desserts. Lavender is also an integral part of the famous herbs of Provence, together with rosemary and thyme used for seasoning white meat mainly.

It is used by Chef's as Marc Veyrat and Alain Passard.