



# Know What You Grow!



# Lavender

**Scientific Name:** *Lavandula* (species)

**Recommended Varieties:**

- **English varieties** (*Lavandula angustifolia*) mentioned above, are also used for culinary purposes and for scent.
- **French hybrids** (*Lavandula x intermedia*) are considered number one for scent.
- **Spanish varieties** (*Lavandula stoechas*) have a distinctive flower form. '[Otto Quast](#)' is a UC Davis Arboretum All-Star selection
- **Companion Plant For:**
- Vegetable Gardens: Attracts butterflies, bees, and other beneficial insects.

## Growing Information

**Perennial**

- Lavender is a perennial shrub that enjoys full sun, well-drained soil, and low water. Lavender will not tolerate wet, poorly drained soil.
- Space plants 1 to 2 feet apart.
- Depending on variety, they will reach 2 to 4 feet in height

**Ideal Planting Window**

- Lavenders can be grown from seed or cuttings taken in spring or fall.

**Growing Guidance**

- Drip irrigation systems are recommended, as overhead watering tends to break plants apart and promote disease
- Prune lavender after flowering to keep plants from becoming woody.

**Further Information:** [Lavenders For California](#)



## Interesting Facts

The English word lavender is generally thought to be derived from Old French *lavandre*, ultimately from the Latin *lavare* (to wash), referring to the use of oil infusions from the plants.

Commercially, the plant is grown mainly for the production of [lavender essential oil](#) of lavender. English lavender (*Lavandula angustifolia*) yields an oil with sweet overtones, and can be used in balms, salves, perfumes, cosmetics, and topical applications.

US Food and Drug Administration considers lavender as [generally recognized as safe](#) (GRAS) for human consumption. The essential oil was used in hospitals during World War 1.

### Adverse effects

Some people experience [contact dermatitis](#), allergic [eczema](#), or facial [dermatitis](#) from [topical](#) use of lavender oil on skin.

[Wikipedia](#)

## Contact Information



### RIVERSIDE COUNTY MASTER GARDENERS

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## Drying and Storing

You can dry any part of the plant. However, the flower buds are the most popular because they have the highest concentration of essential oils.

The leaves are edible and fragrant too, and there are lots of great uses for them in cooking and crafting. So, you might want to try also drying the leaves and sprigs of the stems.

For drying, harvest buds just as flowers are about to open. The stem should be cut back to just below the first set of leaves. Hanging bunches or using a drying rack are the two easiest methods. It can take a few days or more for your lavender to dry completely.

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## Suggested Uses



### Lavenders used in gardens

Lavenders are popular among gardeners. Sometimes their petals are dried and sealed in pouches for good [scent](#), and sometimes put inside clothes or in a closet to repel moths.

### Lavenders in food

Lavenders are also used in cake decorating because the flowers can be candied. Sometimes they are used in flavoring baked goods and chocolate desserts, and sometimes uses it to make a "lavender sugar". Lavender flowers are also used to make tea. The French make lavender syrup, which is used to make lavender [scones](#) and lavender marshmallows. [kiddle.com](#)

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