

LAVENDER

Lavandula angustifolia

SEASON: *Flowers in early summer; leaves any time*

GROWING TIPS

- Lavender loves full sun, dry weather & quick draining soil.
- Pinch tips of young plants to encourage good shaping.
- Prune by about 1/3 to 1/2 after flowering, then again in late summer.
- Propagation by cuttings: Fill a pot with potting soil, poke several holes with finger/pencil. Clip off the top 4-6 inches of a fresh stem that isn't flowering; immediately plunge into water. Strip bottom half of leaves and plant in the prepared pot. Keep moist, warm, and in indirect sun. Rooting takes about 3 to 6 weeks.



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BENEFITS

Garden

- attracts butterflies, bees, other pollinators; adds beauty

External

- skin soothing, calms irritation & sensitive skin, antimicrobial

Aroma

- the scent of lavender flowers calms stress & helps you sleep

HARVESTING & PRESERVING

- Harvest after dew or rain has completely evaporated.
- Snip flowering stems, pull or clip off leaves.
- Air Dry - in a single layer over paper towels or screen for several days, or hang upside down in bunches.
- Store - in brown paper bags or glass jars out of sunlight for 9-12 months.

USES FOR FLOWERS

- **Infused Oil:** 1 part dried flowers/leaves covered with 2 to 3 times as much oil; optional: add a splash of high proof vodka to the dried plant right before adding oil, to extract more compounds
- **Lavender Salve:** Melt together 4 oz infused oil + 0.65 oz beeswax. Add optional 12 to 24 drops lavender EO
- **Lavender Lotion Bars:** Melt together 1/4 cup infused oil + 1/4 cup beeswax + 1/4 cup mango/shear butter. Add optional 18 to 36 drops lavender essential oil.
- **Lavender Vinegar:** 1/2 cup fresh flowers or 1/4 cup dried + 3/4 to 1 cup heated vinegar; steep for a few days then strain. Use as a hair rinse, fabric softener, and in natural cleaning recipes.
- More lavender ideas & projects at TheNerdyFarmWife.com!
- **Lavender Tincture:** 1/2 cup fresh flowers or 1/4 cup dried flowers covered with 3/4 to 1 cup of 100 proof vodka. Steep 3 to 4 weeks, then strain. External uses: rub on temples for headaches, apply to scalp, combs & brushes to discourage lice, dilute 5 to 8 drops of tincture in 2 to 3 tablespoons of water to treat minor sores or skin irritations.
- **Lavender Body Butter:** 5 oz refined shea butter + 2 1/2 oz lavender infused oil + 1/2 tsp purple Brazilian clay (optional) + 30 drops lavender essential oil. Use a hand mixer to whip the shea butter until light & fluffy, then beat in the other ingredients. Let sit overnight, then whip again the next day for a lighter texture. Fills 2 to 3 four-ounce jars.