PLANT FACT SHEET

Lavandula latifolia Medikus

GENUS *Lavandula* **FAMILY** Lamiaceae

COMMON NAMES Spike lavender, Sweet lavender

EDIBLE PARTS AND USES

Edible parts: Leaves - spice, Flowers - oil, Flowers - tea

The flowers produce an essential oil that has been used to flavour salads, jellies, and other prepared foods. The flowering parts are used for a herbal tea. They are also used as a flavouring for olives.

DESCRIPTION

A herb. It grows 0.9 m high and spreads 1.2 m wide. The leaves are broad and greyish-green. The flower spikes are purple. They are on long stalks. These often have 3 branches.

HABITAT

It is a warm temperate plant. It suits hardiness zones 7-10.

NOTES

There are about 28 Lavandula species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2ba72ad7-5021-45f2-96f9-b8dfe6466781