PLANT FACT SHEET

Lavandula multifida L.

GENUS *Lavandula* **FAMILY** Lamiaceae

COMMON NAMES Fernleaf lavender, Egyptian lavender

EDIBLE PARTS AND USES

Edible parts: Herb, Leaves, Flowers

The aerial parts are used for a liqueur.
The leaves and flowers are used as a spice in cooking snails.
The leaves and flowers are used as a garnish in traditional bread.

DESCRIPTION

A herb or shrub. The stems are grey and woolly. The leaves are twice divided. The flowers are dark blue or violet. They are on long stems above the leaves.

HABITAT

It is a Mediterranean climate plant. It is damaged by frost. It suits hardiness zone 7-11.

PRODUCTION

Cultivation

It can be grown from seeds.

REFERENCES

INFOODSUpdatedFGU-list.xls

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

Tbatou, M, et al, 2016, Wild Edible Plants traditionally used in the countryside of El Jadida, Coastal Area in the Center of Morocco. Life Sciences Leaflets 75:28-48

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8709462a-1dbf-4df2-b366-3226adaaeec6