PLANT FACT SHEET

Lavandula stoechas L.

GENUS *Lavandula* **FAMILY** Lamiaceae

COMMON NAMES French lavender, Italian lavender, Spanish lavender

EDIBLE PARTS AND USES

Edible parts: Spice, Honey, Leaves - tea, Flowers

The plant produces a dark golden honey.
The flowers are used as flavouring.
The leaves are used to flavour snails and rabbit in cooking. They are also used for a herbal tea.

DESCRIPTION

A shrub. It grows 0.6 m high. The stems are much branched. The leaves are greyish green. They are narrow or sword shaped and do not have teeth. The flowers are small. They are dark purple and 6-8 mm long. There are deep purple bracts at the end of the flower. These are 10-50 cm long.

HABITAT

It is a warm temperate plant. It grows in rocky places and open pine forests. It is drought tolerant. It suits hardiness zones 8-11. Kyneton Botanical Gardens. Hobart Botanical Gardens 1

PRODUCTION

Cultivation

It spreads by seeds. Plants can be grown by cuttings.

NOTES

They are used in medicine. There are about 28 Lavandula species. It can be invasive.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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