

# Lavender

A FRESH-SCENTED HERB IN THE LAMIACEAE FAMILY

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**FUN FACT: EGYPTIANS USED LAVENDER DURING THE MUMMIFICATION PROCESS FOR A FRESH-SMELLING SCENT!**

## COMMON USES

The flowers and leaves are used as an herbal medicine either in the form of lavender oil or as an herbal tea.

The flowers are also used as a culinary herb, most often as part of the French herb blend called herbes de Provence. Lavender is also utilized with essential oils, helping scent certain products.



## FEATURED RECIPE: SPARKLING LAVENDER LEMONADE

- 2 cups water
- 1 Cup Raw Honey
- 2 Tbsp Organic Culinary Lavender Buds
- 1 Cup fresh lemon juice
- 2 Cups sparkling water
- lavender sprigs and lemon wedges, for garnish

Combine the water, honey and lavender buds in a small saucepan. Over medium heat, bring the mixture to a boil. Remove from the heat as soon as the syrup comes to a boil. Set aside and allow the mixture to steep for 10 minutes. Strain the lavender buds from the syrup and let it cool. Discard lavender buds. Combine the cooled syrup and lemon juice in a pitcher. Add sparkling water. In tall glasses, pour the Sparkling Lavender Lemonade over ice, and garnish lavender sprigs and lemon wedges.

## HARVESTING AND STORAGE

**Harvest:** Cut the lavender stems that have flowers. Do this early in the flower cycle, and morning, after the dew has dried but before the heat of the sun draws out too much of the essential oils (you will want those intact to evoke the scent in your home).

**Storage:** Dry in bunches or on screens and store in a cool, dark place. Some varieties are best for stems and others for flower buds.

