



EDIBLE
GARDENING
SERIES

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Lavender

In the 16th century, lavender was used for insomnia, depression and anxiety. In the 19th century, it was used for digestive problems, now it is mainly used for relaxation. Its greatest use is aromatherapy. Each variety of lavender has an individual characteristic.

There are three different bloom cycles:

- **1st Round Bloomers:** Spanish, French, Goodwin Creek, Gray start blooming in late spring and usually bloom 4 to 7 weeks.
- **2nd Round Bloomers:** English lavenders (*Lavendula angustifolias*) are English, Munsted, Hidcote, Hidcote Pink, Jean Davis & Vera. Flower early to mid-summer. Their flower colors include various shades of purple, white, pink and lavender blue. They form mounds of foliage from 8 inches to 2½ feet tall and wide. This is the best culinary variety because it is the sweetest. Hidcote has deep violet flowers. Munstead is another classic lavender. A long bloomer and makes a good low hedge.
- **3rd Round Bloomers:** English lavender hybrids (lavandins) are the work horse of lavenders. They have lots of blooms, and grow to just the right size. Provence, Grosso, Fred Boutin, Hidcote Giant, White Grosso. These are the ones to line the drive or border a garden with. Vigorous plants that grow 2½ to 4 feet tall and wide and bloom from mid- to late summer. Grosso Lavender is preferred for wand making and dried arrangements because flowers stay on them better. Provence has light violet flowers grows 2 feet tall and 3 feet wide and is the sweetest smelling lavenders. Most lavenders bloom for 5 weeks.

EXPOSURE

Full sun to part shade. The more sun they have the more they will bloom.

PLANTING

Needs well drained soil we recommend Soil Building Compost and Lime. Mulch around plants to conserve moisture and keep down weeds, use pea gravel, or decorative rock .

WATERING

Little or moderate water the first year, then little water.

FERTILIZING

Little or none. Apply lime each autumn.

USES

Both flowers and foliage can be used for culinary uses. Flowers may be used fresh in teas, lavender lemonade, ice cream, and salads or in baked goods. In the landscape they can be used as an informal hedge, edging or borders.

PRUNING

Every year you need to prune immediately after bloom. Pruning is necessary to extend the life of the plant. Lavender flower stems are usually a bright green while lavender foliage is gray. Cut back not only the flower stem, but also about a third of the gray leaved stem as well. It can be cut back further, but avoid pruning back so far that only the woody stems with no leaves are showing. At this point the plant may or may not push out more foliage, it may die. Plants that are not well pruned tend to have a tendency to fall apart.

Please turn the page for more information. ➡

HARVESTING

Harvest once the color of flower head is bright and vivid. Cut flower stems during the cool morning after dew has dried. Tie and hang bunches of lavender, or you can spread on a screen and let dry. Once the buds are dry they can be stripped and us in potpourri, sachets or even cooking.

- Attracts butterflies
- Good cut flower
- Deer resistant
- Evergreen
- Fragrant
- Cutting
- Culinary