



Plants With A Purpose

***Lavandula angustifolia* 'Munstead'** (common name **English Lavender**)



Overview

This is a lovely addition to a horticultural therapy garden. Its grey green foliage is aromatic and its rich lavender coloured flower spikes in summer attract butterflies.

English lavenders is an evergreen, perennial shrub which is mounding and compact. It is slow growing to 30-45cm high and wide and requires full sun. It likes a ph range of 7 to 8.5 in a sand to clay loam soil. Once established it requires only occasional watering. Fertilise before new growth and hedge trim annually to maintain shape

Horticultural Therapy Uses

Its flowers can be used in perfumes, sachets and medicinal purposes. Oils can also deter insects when placed in a cupboard.

Lavender tea is also a refreshing beverage and lavender flowers can be used for their rich flavour in biscuit or cake recipes (1 tablespoon of lavender to a butter recipe and 2 tablespoon of lavender flowers to a white cake recipe) lavender flowers can be used fresh, frozen or dried.