

# Lavender



<b>Uses</b>	<p><b>Aromatherapy:</b> Inhaling lavender oil can help with headaches, nervous disorders, and exhaustion. It can also help with anxiety, stress, and sleep disorders. <b>Skin conditions:</b> Lavender oil can treat fungal infections, wounds, eczema, and acne. It has antibacterial and antifungal properties. <b>Pain relief:</b> Lavender oil can help with pain after surgery, menstrual cramps, and other types of pain. <b>Burns:</b> Lavender's anti-inflammatory, antibacterial, and antiseptic properties can help treat burns and prevent scarring. <b>Sleep:</b> Lavender oil can help with insomnia and promote restful sleep.</p>
<b>Warnings</b>	<p>Can cause constipation, diarrhea or headaches in large doses. Take care if using sedatives as lavender's sedative effects combined with pharmaceutical sedatives can cause breathing difficulty.</p>
<b>Soil</b>	<p>Lavender grows best in well-drained, slightly alkaline soil with a pH of 6.7-7.3.</p>
<b>Sun</b>	<p>Lavender needs at least 6-8 hours of direct sunlight a day Lavender can tolerate some shade, but it prefers a hot, open, sunny spot If growing indoors, use artificial lighting to supplement the sun</p>
<b>Temp.</b>	<p>Lavender's ideal temperature range is 15 - 29 C</p>
<b>Water</b>	<p>Lavender is native to a hot, dry Mediterranean climate, so you should wait until the soil is almost dry before watering Overwatering can cause root rot, which is the most common reason potted lavender dies</p>
<b>Care Tips</b>	<p>Prune regularly after flowering to maintain shape. Avoid overwatering and excessive fertilization</p>

<h2 style="text-align: center;">Pests</h2>	<p>Common pests of lavender include aphids, whiteflies, and green capsid bugs. Organic solutions to control these pests include neem oil spray, and beneficial insects.</p>
<h2 style="text-align: center;">Disease</h2>	<p>Lavender is susceptible to fungal diseases so good soil hygiene and excellent drainage are essential for prevention.</p>
<h2 style="text-align: center;">Propogate</h2>	<p>Lavender is most commonly propagated through taking stem cuttings from the plant, which are then rooted in soil, as producing seeds from lavender plants in cultivation is not very reliable; therefore, propagation primarily happens via cuttings or dividing established root systems.</p>
<h2 style="text-align: center;">Harvest</h2>	<p>When to harvest; For culinary use: Harvest when the buds are fully colored but before the flowers open. For drying: Harvest when the plant is starting to flower, but not yet in full bloom. This is usually around mid-July. For pot pourri and dried arrangements: Harvest when the flowers are starting to open but before they are fully developed.</p> <p>How to harvest: Use sharp pruners or scissors to cut the stems just above the woody part of the plant. Leave a few inches of green growth to encourage the plant to grow back. Cut stems about 8 to 12 inches (20-30 cm) long</p>
<h2 style="text-align: center;">Store</h2>	<p>Spread the freshly cut stems out on a cloth to dry. After a few days, hang them in bunches in a cool, dark, and airy room. Once fully dried, gently shake the flowers from the stems into a container. Store in a lidded jar in a cool, dark place. Dried lavender can last 2-3 years if sealed. When preserved as oil it can last for up to 3 yrs.</p>
<h2 style="text-align: center;">Science</h2>	<p><a href="https://www.sciencedirect.com/topics/pharmacology-toxicology-and-pharmaceutical-science/lavender">https://www.sciencedirect.com/topics/pharmacology-toxicology-and-pharmaceutical-science/lavender</a></p>