

GARDEN SPOT NURSERY

Lavender 101

Lavender is a great addition to your garden. Adding lavender to your yard will not only attract butterflies and other pollinators, it will repel mosquitos. This gorgeous herb is resistant to deer and cats, so you will be able to enjoy your lavender crop endlessly. Lavender requires full sun, little watering and no fertilizer, making it the perfect choice for new gardeners. Plant in well-draining, sandy soil and enjoy the infinite benefits of growing your own essential herb.

- English Lavender (*Lavendula angustifolia*)

“The Cooking Lavender”

Where it's from: Mediterranean
How tall: 2-3 feet
Zone: 5, -20°F
How to Use It: Medicinal, Oil, Culinary

- French Lavender (*Lavendula dentata*)

Feature: Toothed leaves, flowers last longer
Where it's from: Mediterranean, North Africa
How tall: 3 feet
Zone: 8, 23°F
How to Use It: Potpourri, soaps, dried for ornamental purposes

- Spanish Lavender (*Lavendula stoechas*)

Feature: Rabbit ear bloom
Where It's From: Portugal
How tall: 2 feet
Zone: 7, 10°F
How to Use It: Oil, soaps, lotions, perfumes, air freshener

- *Lavendula intermedia* (*angustifolia* x *latifolia*)

Feature: Prolific bloomer, large spikes, intense flavor
How tall: 3 feet
Zone: 7, 0°F
How to Use It: Oil, dried bundles, culinary

Recipes

- Lavender – Fresh Fruit

- 1 cup cantelope, cut bite-size
- 1 cup strawberries, cleaned and cut
- 1 cup green grapes
- 1 cup sour cream
- 3 tsp ground lavender

Prepare fruit. Mix sour cream, brown sugar and lavender. Serve fruit with sour cream mixture as a topping.

- Lavender Pisco Sour

- ¼ cup pisco
- 2 tbsp fresh lime juice
- 2 tbsp lavender syrup
- 1 large pasteurized egg white
- Pinch of table salt

Combine all ingredients in a cocktail shaker. Fill shaker to top with ice. Shake vigorously for 20 seconds. Strain into a coupe glass, garnish with lavender sprig.