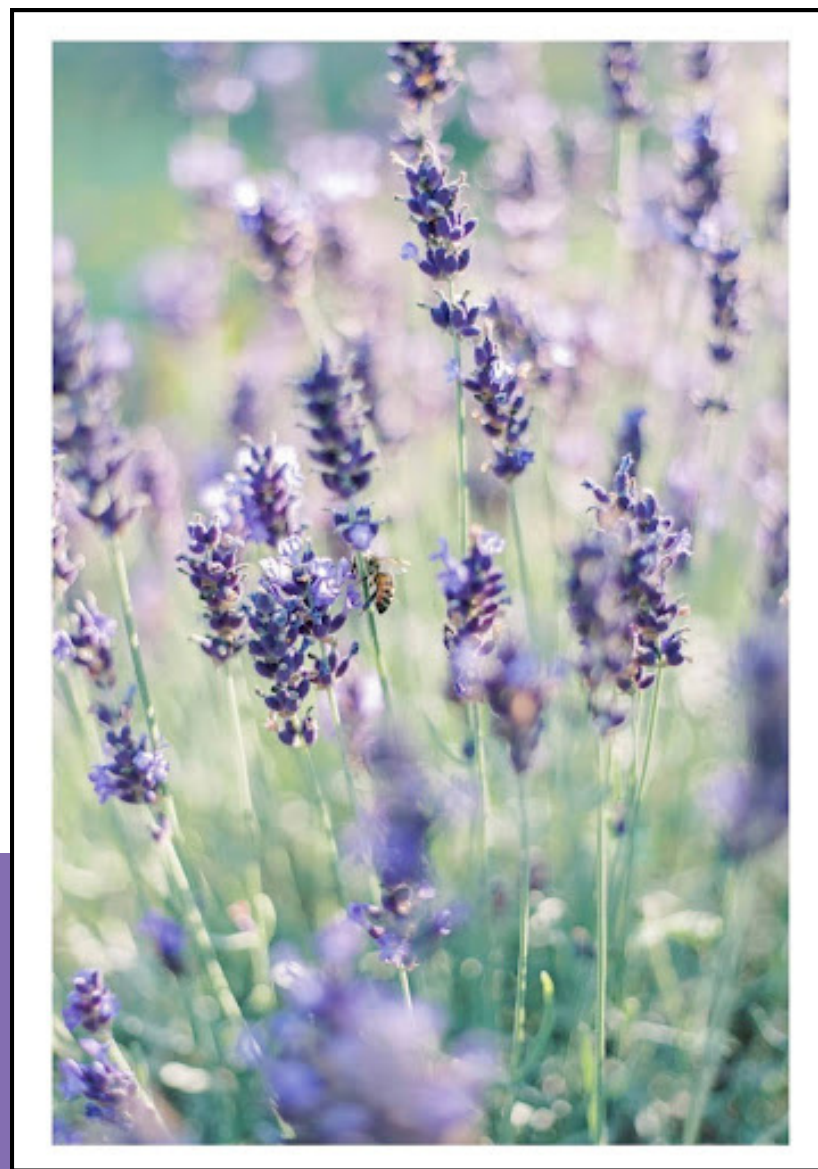




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# *Lavender*

# *101*



An Introduction to Growing Lavender in Ontario



# *Agenda*

PLANTING

PRUNING

TYPES

BENEFITS

PRODUCTS



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# *Planting Lavender*

Lavender is native to the Mediterranean Region, but some types can be successfully grown in Ontario.

## Soil

Good Drainage

Sandy or sloping location

## Full Sun

## Plants vs. Seeds

Better success with plants as varieties can be misidentified as seeds



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# Pruning

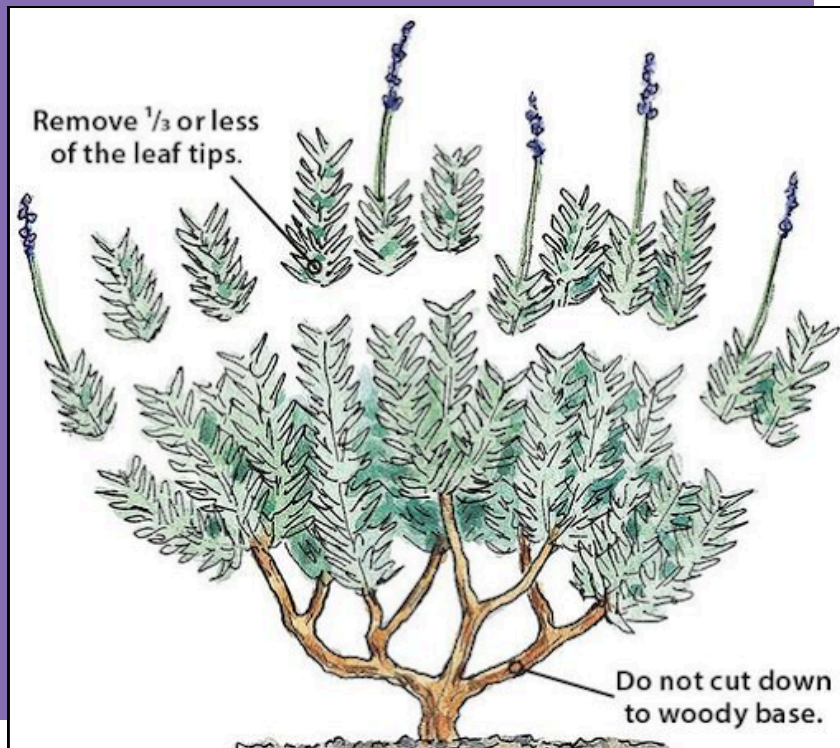
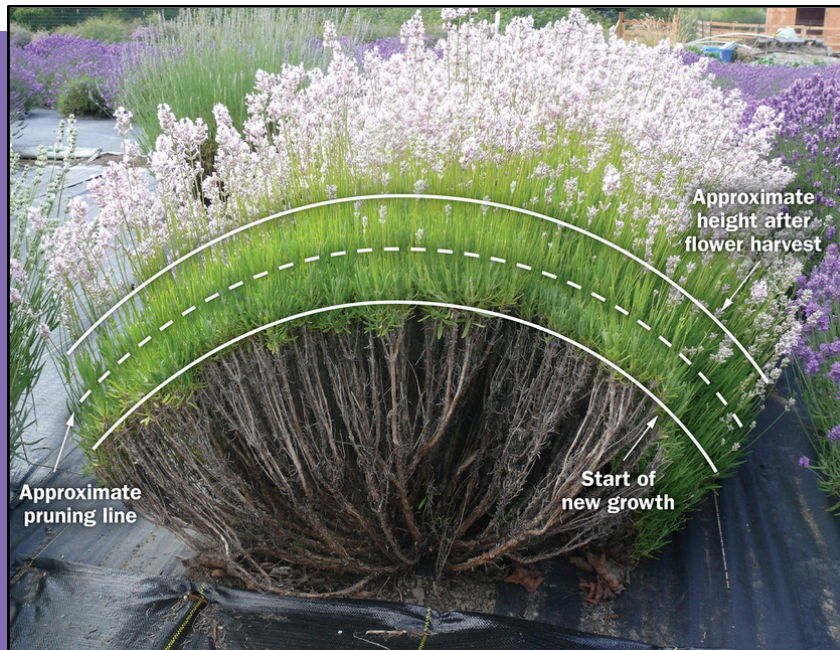
Essential to avoid long stems for plant health

Best done after flower harvest (August)

Spring pruning should only be done to remove winter-killed tissues

If significant regrowth, a second, lighter pruning can be done in late summer

Nice rounded shape





# Lavender Types

ENGLISH (*Lavandula angustifolia*)

FRENCH (*Lavandula x intermedia* / lavandins)

SPANISH (*Lavandula stoechas*)

Many varieties, or cultivars, are found within each type.



**Grosso**

**Provence  
Blue**

**Royal  
Purple**

**Hidcote**

**Hidcote  
Giant**

**Melissa**



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# *Lavender* *Types*

## SPANISH

*(Lavandula stoechas)*

- Not hardy in Canada
- Great for pots as a annual
- Beautiful flowers

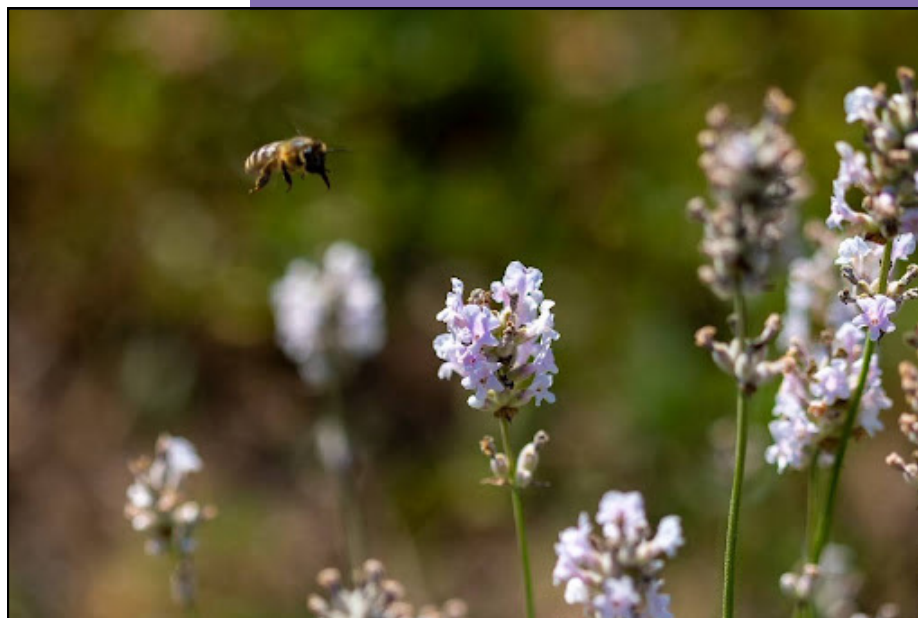


# Lavender Types

## ENGLISH

(*Lavandula angustifolia*)

- Sweeter scent & taste-  
great for culinary uses
- Different colours
- More showy flowers
- Earlier blooming



# Lavender Types

## FRENCH

*(Lavandula x intermedia)*

- Long stems with light purple flowers & buds
- Great for distilling & bundles
- More medicinal scent- used in personal care products & sachets
- Later blooming





# *Lavender Benefits*



## Headaches & Memory

Can reduce severity & frequency of headaches. Studies show improved test scores.



## Mood disorders

Calming & mood-boosting properties can help with anxiety, depression & fatigue.



## Skin Health

Naturally anti-inflammatory & anti-bacterial. Beneficial for acne, psoriasis & abrasions.



## Sleep

Excellent natural remedy to treat insomnia and improve sleep quality.

# *Lavender Products*



## Dried Bundles & Buds

Prevent moths in your sweaters

Dryer bags or stored with linens/clothes for scent

Culinary lavender



## Linen & Cleaning Sprays

Naturally anti-microbial

Can be used on all surfaces

Helps you sleep



## Bath & Body Products

All-natural ingredients

Nourishing for dry skin

Calming



## Soy or Beeswax Candles

Clean burning

Relaxation & stress reduction

Improved sleep



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## Learn more



For more information about the OLA & our member farms, visit:  
[lavenderontario.org](http://lavenderontario.org)

To learn more about growing lavender, read:  
[Growing lavender in Ontario: an introduction for prospective growers](#)