



ONTARIO
LAVENDER
ASSOCIATION

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

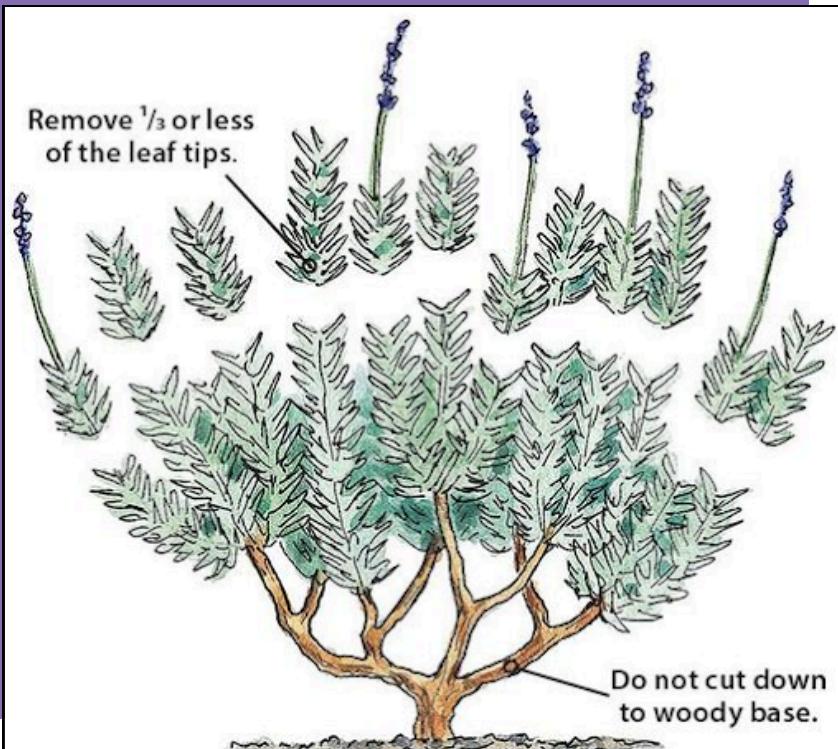
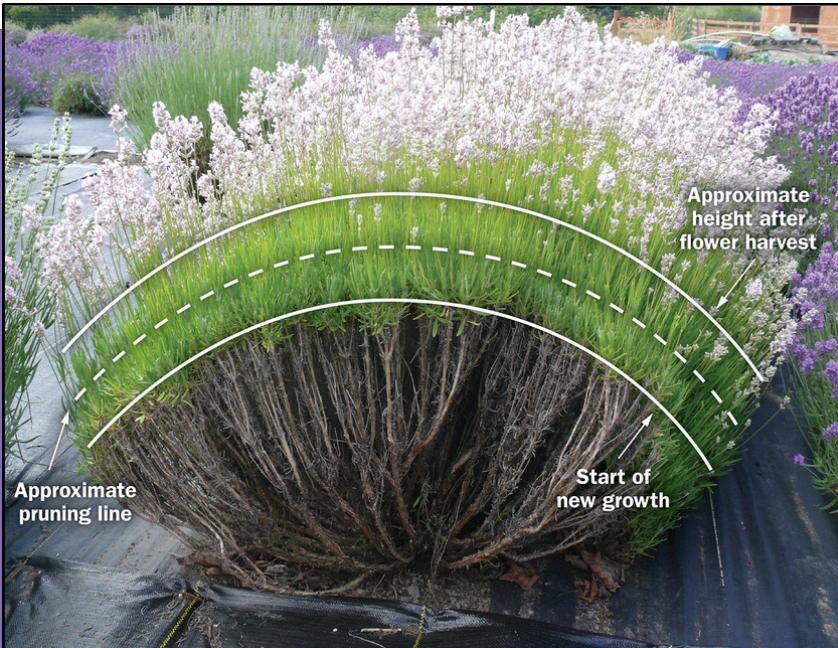
Full Sun

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.



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Lavender Types

SPANISH (*Lavandula stoechas*)

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



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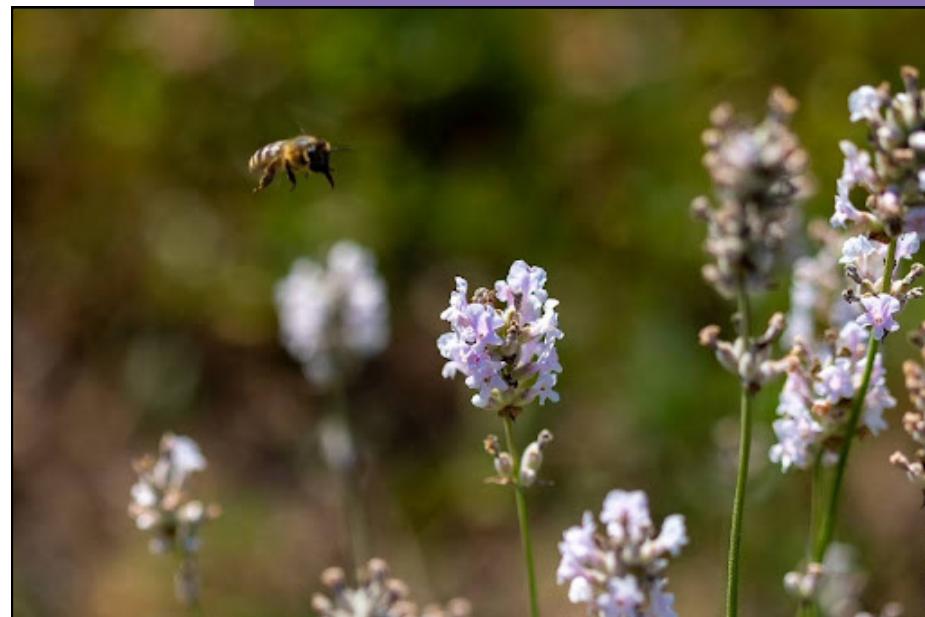
Lavender Types

ENGLISH

(Lavandula angustifolia)



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



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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



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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.



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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

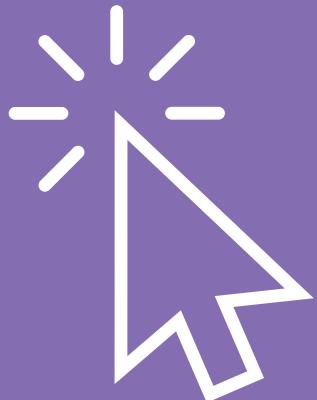


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Learn more



For more information about the OLA & our
member farms, visit:
lavenderontario.org

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