

# Growing [lavender]

*Lavandula angustifolia*

## QUICK FACTS

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USDA ZONES

**5–8**

SUNLIGHT

**Full Sun**

## AT A GLANCE

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For culinary lavender, grow *Lavandula angustifolia* cultivars only -- 'Munstead', 'Hidcote', 'Vera', or 'Folgate'. Avoid *L. x intermedia* (lavandins) for cooking; their high camphor content makes them bitter and medicinal-tasting. Harvest flower buds when one-third are open for peak flavor.

## PLANTING CHECKLIST

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- Match site to sun requirements above before buying
- Test soil drainage — dig a 12" hole, fill with water, time it (should drain in 1–2 hrs)
- Dig hole 2x wider than rootball, same depth
- Backfill with native soil — do NOT amend the planting hole
- Water deeply at planting and weekly for first 3 weeks
- Mulch 2" deep, keep mulch 2" away from trunk/stems

## FULL GUIDE WITH SOURCES

<https://outdoorplantcare.com/vegetables/growing-lavender-herb/>

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