

The Herb and Spice Club

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LAVENDER

Lavender has a rich history dating back thousands of years. Here's a brief overview:

Ancient Civilizations (3000 BCE - 500 CE)

- Lavender was first cultivated by the ancient Egyptians, who used it for perfumes, cosmetics, and medicinal purposes.
- The Greeks and Romans also valued lavender for its fragrance, medicinal properties, and as a symbol of love and devotion.
- Lavender was used to perfume clothes, homes, and public baths.

Middle Ages (500 - 1500 CE)

- During the Middle Ages, lavender was used extensively in herbal medicine, particularly for its calming and antiseptic properties.
- Monasteries cultivated lavender for use in medicinal remedies and as a source of income.

Renaissance and Beyond (1500 - 1800 CE)

- Lavender became a popular ingredient in perfumes and fragrances during the Renaissance.
- In the 16th century, lavender was introduced to England, where it became a staple in many gardens.

Modern Era (1800 CE - present)

- In the 19th century, lavender oil became a popular ingredient in aromatherapy and perfumery.
- Today, lavender is cultivated worldwide for its essential oil, which is used in a variety of products, from cosmetics and cleaning products to pharmaceuticals and food.

Interesting Facts

- Lavender is derived from the Latin word "lavare," meaning "to wash."
- Lavender was a popular ingredient in medieval love potions.
- Lavender is a natural moth repellent and is often used in sachets and potpourri.

Lavender's history is a testament to its versatility, beauty, and enduring popularity.



DID YOU KNOW?

HERE'S A FASCINATING FACT:

IN ANCIENT EGYPTIAN CULTURE, LAVENDER WAS CONSIDERED A SACRED HERB, ASSOCIATED WITH THE GODDESS NUIT, WHO REPRESENTED THE NIGHT SKY AND THE MYSTERIES OF THE UNIVERSE. LAVENDER WAS USED IN RITUALS AND CEREMONIES TO PROMOTE SPIRITUAL GROWTH, PEACE, AND PURIFICATION.

IN FACT, LAVENDER WAS SO HIGHLY VALUED THAT IT WAS OFTEN USED AS A FORM OF CURRENCY IN TRADE. AND ITS CALMING PROPERTIES WERE BELIEVED TO WARD OFF EVIL SPIRITS AND MISFORTUNE.

ISN'T THAT AMAZING?

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WHERE TO FIND IT !!

Walmart in Du Quoin has it occasionally in the fresh herb section. You can order dried food grade on Amazon.



Lavender is a versatile herb used in various ways across cultures. Here's a glimpse into how lavender is used in French, Mexican, Russian, and Chinese traditions:

French

1. "Culinary": Lavender is used in French cuisine, particularly in desserts like lavender honey ice cream and lavender shortbread cookies.
2. "Perfumery": France is famous for its lavender perfumes and fragrances, often used in aromatherapy and skincare products.
3. "Herbal remedies": Lavender is used in traditional French herbal medicine for its calming and antiseptic properties.

Mexican

1. "Traditional medicine": In Mexican folk medicine, lavender is used to treat anxiety, insomnia, and digestive issues.
2. "Culinary": Lavender is sometimes used in Mexican cooking, particularly in desserts like lavender-infused chocolate or lavender-scented cookies.
3. "Ceremonial": Lavender is used in some Mexican ceremonies and rituals for its purifying and protective properties.

Russian

1. "Herbal remedies": Lavender is used in traditional Russian medicine for its antiseptic and anti-inflammatory properties.
2. "Tea": Lavender tea is a popular herbal remedy in Russia, often consumed for its calming effects.
3. "Cosmetics": Lavender is used in Russian cosmetics and skincare products for its soothing and anti-aging properties.

Chinese

1. "Traditional medicine": Lavender is used in traditional Chinese medicine for its calming and sedative properties.
2. "Culinary": Lavender is sometimes used in Chinese cooking, particularly in desserts like lavender-infused tea or lavender-scented pastries.
3. "Aromatherapy": Lavender essential oil is used in Chinese aromatherapy for its relaxing and stress-relieving properties.

These are just a few examples of how lavender is used in different cultures. The herb's versatility and calming properties make it a popular ingredient in various traditions.

LAVENDER EARL GREY TEA

The bergamot flavor in Earl Grey will complement the lavender nicely, creating a soothing and citrusy blend. Here's an updated recipe:

Ingredients

- 1 Earl Grey tea bag
- 1 tablespoon dried lavender flowers
- 1 cup boiling water
- 1 teaspoon honey (optional)
- 1 lemon slice (optional)

Instructions

1. ***Steep the tea bag***: Place the Earl Grey tea bag in a teapot or a heat-resistant cup.
2. ***Add lavender flowers***: Add the dried lavender flowers to the tea bag.
3. ***Add boiling water***: Pour the boiling water over the tea bag and lavender flowers.
4. ***Steep for 3-5 minutes***: Allow the tea to steep for 3-5 minutes, depending on your desired strength of flavor.
5. ***Strain and sweeten***: Remove the tea bag and strain the lavender flowers from the tea. Add honey to taste, if desired.
6. ***Add a lemon slice***: Add a lemon slice to the tea, if desired, for an extra burst of citrus flavor.

The bergamot flavor in Earl Grey tea will enhance the floral notes of the lavender, creating a calming and soothing tea experience. Enjoy your Lavender tea with Earl Grey!

