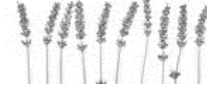




LAVENDER



MEMBER'S HANDOUT

2024 KAFCE Education Program Year

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Lavender is a bushy perennial shrub. The lavender plant is native to the Mediterranean area. It does well in zones 5-8. Kansas is in zones 5-7 according to the USDA. Lavender likes full sun and does not like to have its feet wet. It can grow to a height of three feet or more. The flowers are usually purple, but you can also find rose and white varieties. The flowers will be in whorls of about 10 at the end of the stem and are noticeable from June to August. The best time to harvest, for the best smell, is when the flowers start to open. Lavender is a member of the mint family.

There are many uses for this herb. There are health benefits, culinary, and décor.

Health Benefits:

Insomnia-It is recommended to use Lavender for persons suffering from insomnia and other disorders. They would put Lavender buds in their pillow to help them fall asleep. A study found that inhaling essential oil, will help with sleep and get a feel more refreshed when you awake.

Anxiety/Headaches-When taking a 160-milligram essential oil capsule, you can significantly decrease anxiety. Therefore, you could have on medication. Inhaling Lavender essential oil for 15 minutes could lessen the pain and frequency. Try drinking Lavender tea twice a day and you may lower your levels of anxiety and depression.

Chemotherapy side effects-Lavender aromatherapy can lower the effects of cancer treatment and help you manage those effects.

Acne-Using Lavender oil can be a way to kill the bacteria that causes acne. Rubbing Lavender oil and Aloe extract effectively inhibited the growth of one strain of bacteria that causes acne.

Skin Conditions- Lavender contains Linalool and Linalyl Acetate that are inflammation –fighting compounds. This can help with eczema, dermatitis, and psoriasis.

Lavender comes in many forms. You can buy it as dried flowers, oil, capsules, tea, infusions, creams, lotions, salves and beauty products.

Oils should never be digested. You should dilute them in a carrier oil, such as coconut oil or olive oil, before applying to skin. You can purchase oils to put in a diffuser to fragrant the whole room.

Lavender tea-To make Lavender tea you can brew 1 tablespoon of dried Lavender buds with 2 cups of water. Steep for 10 to 15 minutes. Pour you a cup of caffeine free tea. You can also mix this with Black tea or Earl Gray tea.

I hope enjoyed this lesson and find the time to experiment with Lavender. Whether you are planting plants to use or buying lavender to use in your home, enjoy the calming effect this lesson will have on you.

How to make a Sachet

- Use fresh lavender for a long-lasting scent. Find dried herbs at a local garden store or market.
- You'll also need a handkerchief or some scrap fabric (anything breathable plus scissors, needle, and thread.
- Optional: You can also mix the lavender with dried rice if you don't have enough lavender.
- Optional: In addition to lavender, you can add other dried herbs such as rosemary.

To make a simple sachet, here are the steps:

1. Spread out and iron a handkerchief or any material that you like. (Try a gaily colored antique handkerchief which are easy to find at thrift stores and antiques shops, often selling for under \$1.)
2. Fold the handkerchief (or material of your choice) in half, right sides together, and sew up two adjacent sides (leaving one short side open), as if you were making a little pillowcase.
3. Turn it right side out, fill it with dried lavender to within two inches of the top, and tie it tightly with a brightly colored ribbon.

