

## Description

**Lavender Dentata aka French Lavender**  
**Lavandula Dentata**  
**Family: Lamiaceae**

## Growing Tips

## Parts Used

## Uses

## Origin & History

Lavender Dentata is a hardy perennial shrub which grows up to 60cm high and about the same in diameter. It produces grey square stems and grey-green 3cm narrow leaves with toothed edges and small pale flower that is surrounded by much larger and more prominent blue/purple bracts which pose as the flower petals. The whole plant bears a strong sweet scent, a combination of lemon and cinnamon, and attracts bees.

It likes a sunny position in light well-drained sandy soil. It flowers from early spring to late autumn and is frost tender.

Leaves and flowers

This variety of Lavender is mainly used for its fragrance and easy-care as an ornamental garden plant. The dried flower pods can be used for their fragrance in potpourris and sleep cushions as the essential oils have a calming effect. A tea made with its leaves is soothing for stomach upsets.

The Lavender plant is native to Canary Islands, East Africa, Arabia, India, Southern Europe, Mediterranean and was brought to England by the Romans who used it to cleanse and perfume themselves - the name Lavandula comes from Latin lavare - to wash.

It is now widely cultivated throughout the world. The Dentata variety is native to Eastern and Southern Spain where it is used as a soothing tea for digestion.

It has naturalized in many parts of the world and is declared a noxious weed in Victoria, Australia.

