



LAVANDULA 'OFFICINALIS' CHAIX

Fam. Lamiaceae

DESCRIPTION

It is a bushy, evergreen, aromatic plant that grows up to one metre tall. It is cultivated for ornamental purposes due to its decorative design and the intense and pleasant scent of its flowers similar to spikes.

HABITAT

Native to the Mediterranean countries.

DISTRIBUTION

In Italy, it is not evenly spread. Currently, this species of lavender can be found in Piedmont, Veneto, Friuli-Venezia Giulia, Liguria, Tuscany, Umbria, Lazio, Abruzzo, Campania, Basilicata, Calabria and Sicily. In Piedmont, it grows spontaneously only in the warmest southern areas.

FLOWERS

The inflorescence sprouts at the top of the stem which has no leaves in the upper part; the flowers are bundled in whorls which, together, form a showy spike; they are bluish-violet and intensely scented. The lavender flowers in spring and summer.

LEAVES

Persistent, opposite, lanceolate, silvery leaves, very narrow and intensely scented. Tufts of smaller leaves are inserted in the axil of the leaves.

FRUITS

Formed by four elongated achenes, the flowers are brown and shiny and grow at the base of persistent calyxes.

STEM

Semi-woody, covered with leaves; in summer, the flowers sprout at the apexes of the stems.

INTERESTING FACTS

Lavender has numerous properties: relaxing and soothing (it alleviates muscle spasms, helps liver function and, prepared in a herbal tea, helps fight stress and anxiety), balsamic and phytotherapeutic (its ointments are used against insect bites). It is also used in the perfume and cosmetic industries and, at home, as an ambient fragrance.

ROOTS

The root system consists of numerous fasciculated roots.

