

Plant Name: Lavender (*Lavandula angustifolia*)

Common Names: Lavender, English Lavender, True Lavender

History and Origin:

Lavender is native to the Mediterranean region and has been used for centuries for its aromatic and medicinal properties. Ancient civilizations, including the Egyptians, used lavender in their perfumes, oils, and burial rituals. The Romans used it in baths for relaxation and to soothe skin irritations.

Habitat:

Lavender thrives in well-drained soil and full sunlight. It is commonly found in Mediterranean climates but can be grown in other regions with similar conditions. Lavender is also known to be drought-tolerant.

Uses:

- **Aromatherapy:** Lavender is widely used in essential oils for its calming effect.
- **Culinary:** The flowers are edible and can be used in teas, baked goods, and other recipes.
- **Medicinal:** Lavender has been used to alleviate stress, anxiety, and insomnia.

Care Instructions:

Lavender prefers dry, well-drained soil and full sunlight. It requires little water once established. Prune it annually to encourage new growth and to maintain its shape.