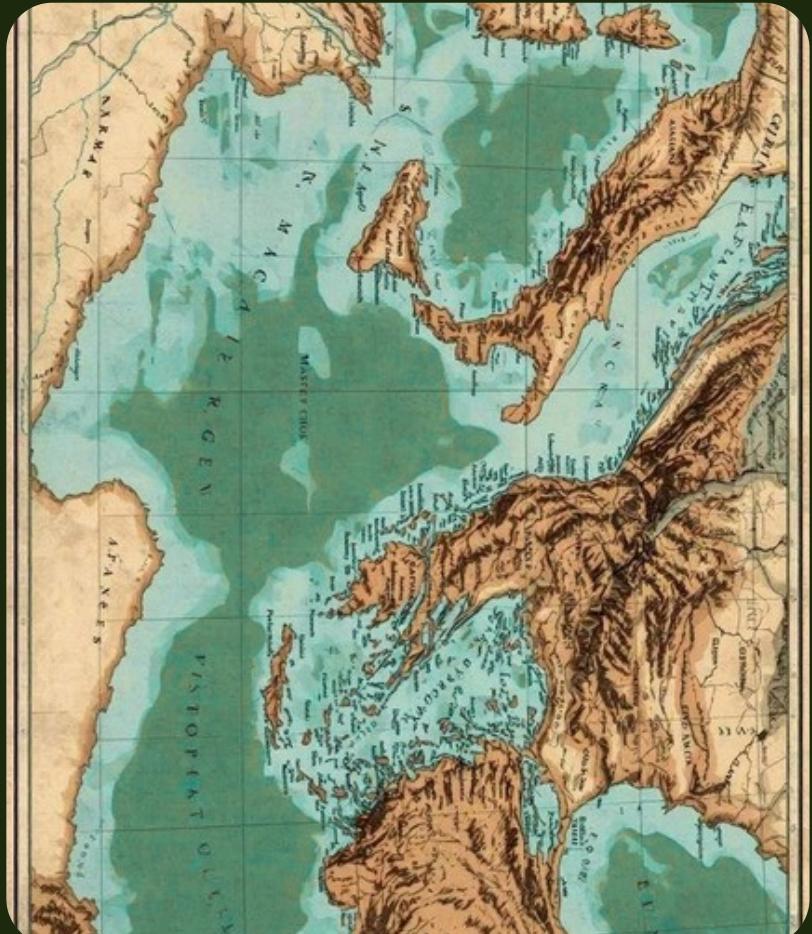


# **LAURUS NOBILIS**



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*Laurus nobilis*, commonly known as bay laurel or Mediterranean laurel, is an aromatic evergreen plant used for culinary and medicinal purposes. It is native to the Mediterranean basin and can live for many years.



It is a shrub or small tree, usually 2-6 meters tall, but rarely reaching 10 meters. It has a dense, pyramidal-oval form.

Its leaves are 6-12 cm long and 2-4 cm wide. They have wavy edges, are dark green on the upper surface and lighter green on the lower surface, and emit a distinctive, pleasant fragrance.

It blooms white or yellow flowers.

Its hardy structure allows it to withstand cold and live for many years.

## Cultivation and Uses

It prefers sunny or partially shaded areas sheltered from the wind. It can be grown outdoors in Mediterranean climates, and indoors or as a potted plant in colder climates.

It prefers well-drained, moist but not waterlogged soil. The soil should never be allowed to dry out completely, but overwatering should be avoided, as this can cause the leaves to yellow.

Laurel is ideal for topiary (the art of shaping plants). Regular pruning can create ball, pyramid, or hedge shapes. This promotes dense, bushy growth.



Its evergreen form and malleability make it a popular choice for visual appeal in gardens, entrances, and terraces. Its most common use is its leaves, which add a warm flavor to soups, meat and vegetable dishes, stews, and sauces. It is usually removed after cooking. Bay leaves and berries have been used in traditional medicine for thousands of years. They have antioxidant, anti-inflammatory, antibacterial, and antifungal properties.