



# LIVING AND LOVIN HERBS PODCAST

## Best Lavenders for Your Projects

### Culinary Use:

Lavendula angustifolia	Buena Vista
L. angustifolia	Folgate
L. angustifolia	Hidcote Pink
L. angustifolia	Melissa
L. angustifolia	Royal Velvet
L. angustifolia	Munstead

### Craft Use:

Lavendula angustifolia	Betty Blue
L. angustifolia	Purple Bouquet
L. angustifolia	Royal Velvet
L. angustifolia	Seal's Seven Oaks
L. x intermedia	Gros Bleu
L. x intermedia	Grosso

### REFERENCES:

Bader Berringer, Sarah, The Lavender Lover's Handbook 2012 138 162