



Lavande (French), 薰衣草
(xūn yī cǎo, Mandarin), લવાડરા
(Lavaṇḍara, Gujarati),
الخزامى (alkhuzamma, Arabic)

Lavender

a taste of Europe on the Floridian table

Lavender is an ancient aromatic herb initially used by the Egyptians, Romans and Greeks and remained popular through the Middle Ages in Europe. It was brought to the Americas during European colonialism, and today lavender leaves, flowers and oil are common ingredients in beverages, desserts, and teas as well as toiletries, perfumes, cosmetics and deodorizers. Lavender does well in a Florida garden, and it is popular in container gardens and dry landscape environments.

To learn more about Florida's culinary history, visit floridaheritagefoods.com

**A field of lavender plants
in rows near the Sénanque Abbey
in Gordes, France**



ICED LAVENDER-MINT TEA

15
MINUTES
TOTAL

1-2
TOTAL
SERVINGS



INGREDIENTS

- | | |
|----------------------------------|-------------------------------|
| 1 tablespoon dried lavender buds | fresh mint leaves |
| 2 cups water | 1 tablespoon honey (optional) |
| | ice |

DIRECTIONS

1. Heat 2 cups of water in a pot or kettle and remove from heat right before boil.
2. Add lavender and honey and let steep 5-10 minutes.
3. Strain lavender from tea and let cool.
4. Crush mint leaves and place in glass with ice.
5. Pour lavender tea over glass and enjoy.

Note: Use culinary-grade lavender for tea, as other types of lavender may not be safe for consumption.

FACTS

Queen Elizabeth in England popularized lavender jam and tea in the 17th century.

Lavender has significant amounts of vitamin A, calcium and iron.

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