

## Herbal Spotlight - Lavender

### Backstory

Lavender is a purple hued flowering plant in the mint family. Lavender was first used in Roman society nearly 2500 years ago, primarily as aromatherapy in bathing. Its floral aroma is one of the world's most popular scents and it is used today in cuisines, cosmetics, teas, and desserts. In essential oil form, most lavender is too potent to be ingested. However Monterey Bay Herb Co's whole dried flower is organically sourced and food grade. Lavender flowers have been known to correlate with a calming effect in the mind and body.

### Benefits

Lavender has many beneficial effects, including lowering depression and anxiety, mitigating insomnia, and soothing muscle and joint pain. One recent study found that, "Lavender was superior to placebo or no treatment in reducing anxiety, depression, and systolic blood pressure" (Effects of Lavender on Anxiety, Depression, and Physiological Parameters: Systematic Review and Meta-Analysis Myoungsuk Kim 1, Eun Sook Nam 2, Yongmi Lee 3, Hyun-Ju Kang 4 <https://pubmed.ncbi.nlm.nih.gov/34775136/>).

Its aromatic petals contain volatile oils that when diluted, can be beneficial to one's overall wellbeing. If supplementing with lavender, follow recommended serving sizes and consult with a medical professional prior.

### Recipes

Adding lavender to a mixture of epsom salt can be a great way to soothe skin irritations, sore muscles, or wind down from a long day.

Infuse Simple Syrup with lavender petals to add to cocktails and homemade lemonades.

Lavender can be brewed in milk or water for lattes and tea.

It can also be added to herbal spice blends such as Herbs de Provence or Garlic and Herb Seasoning for Fish, Chicken, Lamb, or Roasted Potatoes.

### Sustainable Sourcing

Monterey Bay Herb Co is proud to work with a direct trade sourcing partner that is committed to growing and processing lavender sustainably. They have an extensive Corporate Social Responsibility Protocol as well as an annual published progress report that maintains the highest standards of transparency.

Our Lavender supply chain's responsibility protocol is based on both environmental and social factors.

The measures of environmental sustainability include; recycling waste on the growers and processors sites and preserving and contributing to the renewal of natural resources.

Our producers work with growers on a daily basis to collaborate on cultivation and harvesting methods. Our supply chain supports local initiatives to improve the lives of the growers who work in rural areas in Southern France and Madagascar.

Monterey Bay Herb Co strives to be the best sourcing partner for small businesses who harness botanicals to create wellness in our world. Our strict sourcing sustainability standards ensure that we can offer high quality ingredients that are consistently in stock and our relationships with our sourcing partners guarantee you competitive prices.