

#### MATIJA ANTUN RELJKOVIĆ HIGH SCHOOL

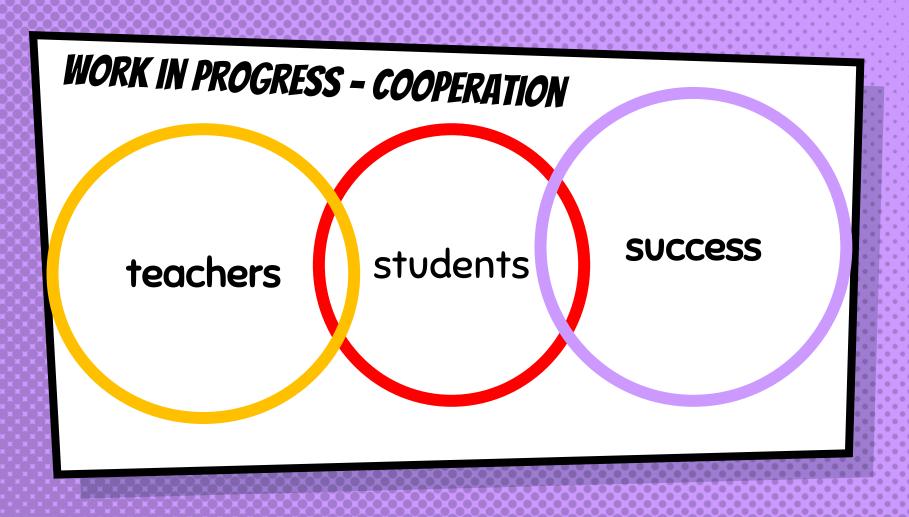
# HEALTH FROM OUR GARDEN - LAVENDER



## Lavender

The whole process of growing lavender begins and finishes in our school





Why lavender? What are the benefits?

Relieves stress and anxiety Helps with insomnia Has anti-inflammatory qualities Prevents infections Boosts hair health Helps the heart by reducing blood pressure

### **PLANTING LAVENDER**

× dig a hole deep and wide enough for the roots

× prepare the soil
× prune the lavender
before planting
× plant the lavender



### HARVESTING LAVENDER

harvest the flowers when the bottom flowers of each stem just begin to open
dry the lavender – tie the flowers together with a rubber band and hang indoors in a warm, dark and dry place for 10 to 14 days



#### LAVENDER PRODUCTS THAT WE'LL PRODUCE: OIL SOAPS

SACHETS TEA

# IT'S TIME TO DO MARKET RESEARCH...

#### Soooo fun 🙂

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THANS

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