



MATIJA ANTUN RELJKOVIĆ HIGH SCHOOL

HEALTH FROM OUR GARDEN - LAVENDER



Lavender

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



WORK IN PROGRESS - COOPERATION



teachers

students

SUCCESS

**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 😊

THANKS!

