



Lavender Culinary Cultivars



Bald Butte Lavender Farm

www.baldbuttelavenderfarm.com

1. Avice Hill

- Combines minty, fruity, and floral elements.
- Intensely herbal, floral, with sweet notes of anise, mint, citrus, and vanilla.
- Fruity floral sweetness typical of high levels of linalyl acetate subtly tempered by a herbaceous and woody undertow.
- Its flavor is light, making it suitable for enhancing drinks, savory and sweet fare, fruit-based dishes and almost any baked good.
- A choice when you want just a hint of lavender in a recipe.

2. Buena Vista

- Intense, sweet aroma with a subtle citrus or "bubble gum" note, making it perfect for culinary applications.
- Ideal for both sweet and savory dishes, its deep blue, twice-blooming flowers enhance ice cream, cakes, cocktails, and meats with a balanced, non-soapy taste.
- In cooking, baking, and drinks it brings a bold, aromatic, and slightly peppery flavor to both savory and sweet dishes.
- Excellent in scones, shortbread, cakes, cookies, and custards, as its flavor can stand up to, rather than disappear in, rich baked goods.
- Ideal for creating syrups, teas, lemonades, and cocktails, often used to create soothing lavender tea or floral twists on drinks.
- Pairs well with savory items, such as roasted meats or vegetables.
- It complements lemon, berries, honey, vanilla, and chocolate perfectly.
- For best results, especially in drinks and delicate items, consider making simple syrup with the buds or infusing them into butter or oil to distribute the flavor evenly.

3. Folgate

- Known for its mild, sweet, and slightly fruity aroma, making it perfect for cooking, baking, and drinks without a soapy taste.
- As an early-blooming English variety, it offers a subtle, floral hint to dishes, pairing well with lemon, chocolate, and savory herbs. It is excellent for lavender lattes, teas, shortbreads, ice cream, and savory dishes.
- Its delicate nature makes it perfect for enhancing rather than overpowering sweet desserts and subtle savory dishes.

- Its sweet, nuanced flavor is ideal for shortbread, cookies, scones, biscotti, ice cream, cakes, and custard.
- Known for creating excellent lavender-infused syrups for lattes, tea, lemonade, and cocktails.
- Compliments meats, cheeses, and marinades, providing a subtle, aromatic boost.
- It is widely recognized for having a balanced, gentle floral profile.
- Has a delicate flavor, but as with all dried lavender, a little goes a long way—start with a small amount to avoid overpowering dishes.
- Pairs well with citrus (lemon) and sweet elements to create a clean flavor.

4. Melissa

- Highly prized culinary lavender known for its soft, sweet floral aroma and delicate citrus-spice undertones.
- Its low camphor content makes it ideal for cooking, baking, and drinks, as it provides a subtle, non-soapy flavor that enhances, rather than overpowers dishes.
- Its sweet scent makes it perfect for shortbread cookies, cakes (especially lemon or berry), custards, creme brulé, and scones.
- It is excellent for making lavender simple syrup for coffee, lattes, tea, lemonade, and cocktails.
- It can be used to garnish desserts, added to savory dishes, or infused into creams and dairy for desserts.
- Because it is mild, it allows for a more balanced, approachable flavor profile in both sweet and savory applications.
- Soft, sweet, and floral with minty or peppery overtones.
- Light mint floral with citrus-spice overtones.
- Excellent choice for those who find traditional lavender too strong.

5. Miss Katherine

- Highly regarded English lavender cultivar known for its particularly sweet, floral flavor and aroma, making it an excellent choice for culinary applications.
- Unlike some lavenders that can taste medicinal or camphor-like, Miss Katherine is prized for its low-camphor, high-sweetness profile.
- It has a sweet, gentle floral scent.
- This variety blooms with pink flowers that dry to a light grey-white bud, which is ideal for use in white sauces, dressings, and delicate desserts because it does not add unwanted color.
- It is ideal for biscuits, shortbread, cakes, scones, and frostings.
- It works perfectly with syrups, lemonades, and cocktails.

- Because of its balanced, sweet flavor, it pairs well with white chocolate, fruits (like raspberry), and delicate creams.
- Both fresh and dried buds can be used in cooking, but when using dried, use about one-third of the number of fresh buds called for, as the flavor is more concentrated.
- Lavender flavor is strong; it is recommended to start with a small amount (e.g., 1/2 to 1 teaspoon) and add more to taste to avoid overpowering the dish.
- Because of its delicate sweetness, it is often considered one of the best lavender varieties for culinary purposes.

6. Purple Bouquet

- Highly prized for adding sweet, floral, and slightly citrusy aroma to cooking, baking, and drinks with subtle rosemary notes.
- Specifically recommended for its sweet, low-camphor profile, which prevents food from tasting soapy.
- Adds a sweet floral and gentle citrus flavor to culinary creations.
- Perfect for cookies, shortbread, scones, cakes, and cupcakes, particularly when paired with lemon, vanilla, or honey.
- Ideal for creating lavender simple syrup for lemonade, lattes, tea, and cocktails.
- Used in spicy rubs for roasting chicken or lamb, added to salads, or infused into honey or vinegar.
- Lavender is very potent; start with a small amount (e.g., 1–2 teaspoons) and increase slowly to avoid overpowering the dish.
- For better texture, grind the buds, or steep them in warm liquids (milk, cream, water) and strain before using.

7. Rosea

- Excellent choice for culinary use, offering a sweet, mild flavor profile that avoids the soapiness of non-culinary varieties.
- Provides a very gentle floral aroma perfect for syrups and savory applications.
- Excellent in shortbread, scones, and sugar cookies, particularly when ground into sugar.
- Ideal for creating simple syrups for lemonade, cocktails, and tea.
- Works well with roasted chicken, fish, or savory sauces as a replacement for rosemary.
- Prized for their low camphor levels.
- Best harvested just as the buds start to open.
- Dried buds are more concentrated than fresh; use sparingly to avoid overpowering dishes.
- Mild sweet almost candy-like flavor.

8. Royal Velvet

- Prized for its deep purple color, sweet, floral aroma, and low camphor content, making it ideal for culinary use.
- It adds a delicate, slightly fruity flavor to baked goods, savory dishes, and beverages, avoiding the soapy taste found with other types.
- Excellent in shortbread cookies, cakes, cupcakes, and muffins. The buds can be infused into creams and custards for creme brûlé or panna cotta.
- Perfect for creating lavender simple syrup for teas, coffee, lemonade, and cocktails like gin and tonics.
- Pairs well with citrus, berries, and savory dishes, such as herb-roasted meats or infused in butter for bread.
- Use sparingly, starting with a small amount, as its flavor can become strong.
- Ideal for infusing liquids and teas.
- Ground better for mixing into doughs and batters for uniform flavor.
- Balanced and fragrant substitute for rosemary or thyme.