



LUXURY OF FREEDOM

Benefits of Lavender



Lavender is known for its lovely scent, but can also be used to compliment edible dishes. Great for the skin and digestion, you can cook with lavender then use what's leftover to help you sleep at night. Continue on for more tips...

Fight Dandruff

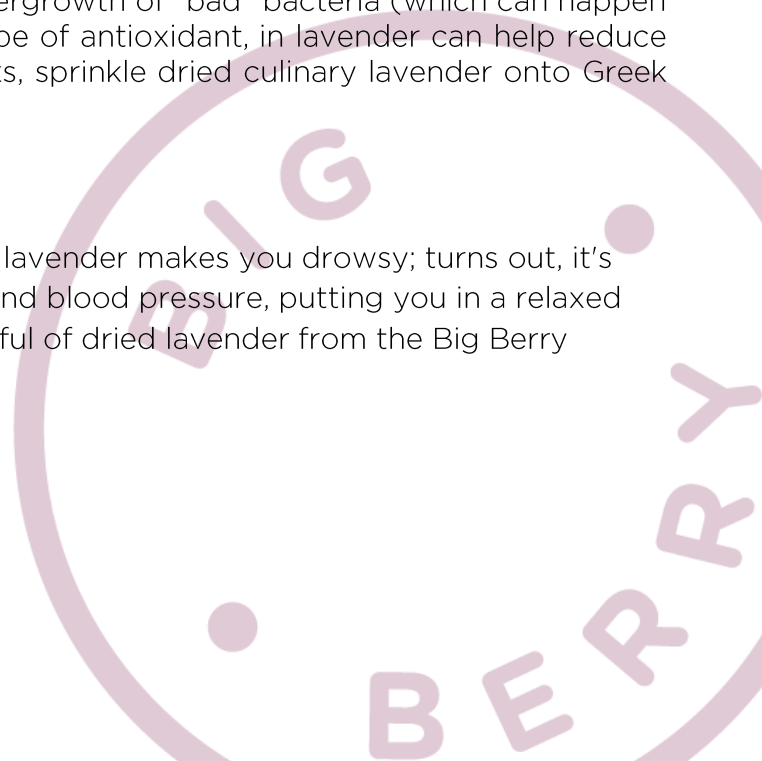
Got flakes? Well lavender oil can help scalp conditions. Use this gentle dandruff remedy: Wet hair with warm water and towel dry. Next, grab a mug and mix 15 drops of lavender essential oil in 2 tablespoons olive or almond oil. Microwave for about 10 seconds or until it feels warm. Massage the oil into your scalp, pop on a shower cap, let set for an hour, then shampoo out. Give it a couple treatments and you'll see a difference.

Lose the bloat

Bloating and poor digestion can result from an overgrowth of "bad" bacteria (which can happen when you take antibiotics). The polyphenols, a type of antioxidant, in lavender can help reduce that bad bacteria in your gut. For its de-puff perks, sprinkle dried culinary lavender onto Greek yogurt (also gut friendly).

Sit back & relax

You may have heard that breathing in the smell of lavender makes you drowsy; turns out, it's true. Research shows the scent lowers heart rate and blood pressure, putting you in a relaxed state. To set yourself up for some zzz's, grab handful of dried lavender from the Big Berry garden and put it in a vase on your nightstand.





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Below we offer a delicious recipe with that tastes just as beautiful as it smells. Enjoy dinner then catch some Z's with Lavender!

Lavender Roasted Potatoes

Yield: 4-6 servings

Ingredients:

- 2-2 ½ pounds (about 4 large) thin skinned Potatoes (New, Red, etc)
- 2 tablespoon Olive Oil
- 1 ½ tablespoon dried Lavender
- Salt and Pepper to taste

1. Preheat oven to 350 degrees.
2. Scrub potatoes, cut out any bad spots and cut into bite-sized pieces. Do not peel.
3. Toss in a bowl with olive oil. When coated with the olive oil, add lavender, salt and pepper.
4. Spread into a single layer in a roasting pan or on a baking sheet. Place in the oven for 30 minutes, stirring part way through to ensure even browning. Potatoes are done when soft inside to the bite. Enjoy!

Brought to you by [Boulder Locavore](#)



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