

English Lavender Care Calendar and Pet Safety Checklist

FitInFlow.space · *Lavandula angustifolia*, family Lamiaceae. Based on RHS, university extension, ASPCA and NCCIH guidance. Updated October 2026.

1. Before you plant

- ☐ Label says *Lavandula angustifolia* (not *L. stoechas*, which is tender) ☐ Full sun, 6+ hours a day
- ☐ Sharp drainage: gritty soil, raised bed or mound on heavy clay ☐ Plant in spring, never into cold wet soil
- ☐ Space about 3 ft (90 cm) apart, or 12 to 18 in (30 to 45 cm) for a hedge ☐ No fertilizer needed

2. Season-by-season calendar

Season	Task	Done
Early spring	Light trim of frost-damaged tips only. Plant new lavender once soil warms.	
Late spring	Water new plants regularly in their first season. Keep weeds down.	
Early-midsummer	Harvest for drying when the first 2 flowers per spike open. Take softwood cuttings.	
Late summer	PRUNE after flowering. Remove spent stalks and some leafy growth.	
Autumn	Take hardwood cuttings. Collect seed from dry flower heads.	
Winter	Keep pots on the dry side. No planting into cold, wet ground.	

3. The pruning rule

Spent flower stalks: remove

Soft green leafy growth: cut into this, always leaving some green

----- **CUT LINE: stay above the woody stems** -----

Bare brown woody stems: NEVER cut into. Old wood rarely regrows.

4. Harvest and drying

- ☐ Cut in the morning after dew dries ☐ Tie small bunches, hang upside down somewhere dark, dry and dust-free
- ☐ Store crisp buds in an airtight, tinted jar ☐ For food, use only unsprayed home-grown or food-grade buds

5. Essential oil basics (not for treating illness)

- ☐ Never swallow essential oil ☐ Dilute before skin use: about 2% for adults = ~12 drops per 1 oz (30 ml) carrier oil
- ☐ Patch test first; stop if red or itchy ☐ Keep capped, dark and cool; discard if it no longer smells fresh (~1 year open)
- ☐ Ask a pediatrician before using on children ☐ Ask your doctor if pregnant, breastfeeding or taking sedatives

6. Pet safety

Lavender is listed as TOXIC to dogs, cats and horses (ASPCA). Signs: nausea, vomiting, loss of appetite.

- ☐ No diffusers in rooms where cats live ☐ Store oils out of reach ☐ Keep cut bunches away from chewing pets
- If a pet eats lavender or licks oil: call your vet or the ASPCA Animal Poison Control Center right away.

For information only, not medical or veterinary advice. Lavender does not replace care for anxiety, insomnia, infection or skin disease.