

Lavender Survival Guide
TSHTF Essential Plant – Low-Maintenance, Multi-Purpose Powerhouse

Created by TLx The Lavender Exchange

Lavender is a hardy perennial that thrives in poor soil, needs almost no water once established, and returns every year. Grow it for natural medicine, pest control, mental health support, and garden boosts.

Why Grow Lavender for Survival?

- **Natural Pest Control** – Repels mosquitoes, flies, moths, fleas, ticks, and rodents.
- **First Aid** – Antiseptic and anti-inflammatory for wounds, burns, and skin irritations.
- **Calming Agent** – Reduces anxiety, stress, and insomnia.
- **Pollinator Magnet** – Boosts vegetable garden yields by attracting bees and butterflies.
- **Versatile** – Teas, cooking, odor control, and more.

Easy Harvesting & Storage

- Harvest stems when flowers are just opening (mid-morning after dew dries).
- Hang bundles upside down in a dark, dry, airy place for 1–2 weeks.
- Strip dried flowers and store in glass jars or cloth bags in a cool, dark spot. Shelf life: 1–2 years.

1. Lavender Tea (Calming & Digestive Aid)

Ingredients (1 cup):

- 1 tsp dried lavender flowers
- 1 cup hot (not boiling) water
- Optional: honey or lemon

Instructions:

1. Steep lavender in hot water for 5–10 minutes.
2. Strain and drink.

Uses: Daily calm, headache relief, mild sleep aid, or digestive upset. Limit to 2–3 cups/day.

2. Lavender-Infused Oil (Base for Salves & First Aid)

Simple Solar Method (No Heat):

- Fill a clean jar ½ full with dried lavender flowers.
- Cover completely with carrier oil (olive, coconut, or sunflower).
- Seal and place in a sunny window for 2–4 weeks, shaking daily.
- Strain through cheesecloth. Store in dark bottle.

Quick Stovetop Method: Low heat (double boiler) for 1–2 hours. Do not boil.

3. Lavender Healing Salve (Wounds, Burns, Skin Irritations)

Ingredients:

- ½ cup lavender-infused oil
- 1–2 Tbsp beeswax pellets
- Optional: 5–10 drops lavender essential oil

Instructions:

1. Melt beeswax into infused oil over low heat.
2. Stir well and pour into small tins or jars.
3. Cool completely before use.

Application: Clean wound, apply thin layer 1–2 times daily. Excellent for cuts, scrapes, sunburn, and chapped skin.

4. Lavender Bug & Rodent Repellent Spray

Ingredients:

- 1 cup water
- ½ cup witch hazel or vodka
- 20–30 drops lavender essential oil (or strong lavender tea)
- Optional: 10 drops peppermint or eucalyptus

Instructions:

1. Mix in a spray bottle.
2. Shake well before each use.

Uses: Spray doors, windows, coops, garden beds, or clothing. Reapply after rain.

5. Lavender Sachets (Pest Control & Odor Masker)

Simple Method:

- Fill small cloth bags or old socks with dried lavender flowers (add mint or cedar if available).
- Tie shut.

Uses:

- Repel moths/fleas in drawers & closets.
 - Calm under pillows.
 - Mask odors near food storage or trash.
 - Deter flies/ticks around coops.
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6. Quick Lavender First-Aid Powder (for Wet Wounds)

- Grind dried lavender flowers into fine powder.
 - Sprinkle lightly on cleaned wounds to help dry and disinfect.
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Bonus Survival Tips

- Plant lavender borders around gardens and chicken coops for natural pest protection + pollination.
- Add dried flowers sparingly to soups, breads, or roasted meats.
- Use a sachet under your pillow or drink tea for sleep.
- Crush dried flowers and inhale for instant calm in high-stress situations.

Plant Once, Harvest for Years.

Lavender is drought-tolerant, deer-resistant, and loves full sun. Start with 3–5 plants.

Print this guide, laminate if possible, and keep in your survival binder.

Stay prepared and scent your chaos with lavender. 🌸

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