

# SWEET BAY LAUREL

## LAURUS NOBILIS



FROM VICTORY WREATHS TO A TASTY ADDITION TO A POT OF WHITE BEANS, THIS HERB HAS BEEN VALUED BY PEOPLE FOR CENTURIES. ITS TANGY FLAVOR IMPARTS A PARTICULAR DEPTH OF FLAVOR TO SLOW-COOKED DISHES. LEAVES ARE ADDED WHOLE, EITHER FRESH OR DRIED, TO SOUPS, STEWS, AND SAUCES AND REMOVED BEFORE SERVING. THOUGH A SLOW GROWER, SWEET BAY LAUREL EVENTUALLY CAN BECOME A DENSE, EVERGREEN TREE REACHING UPWARDS OF 40' IN HEIGHT. OFTEN IT IS GROWN IN POTS WHERE ITS SIZE IS LIMITED AND ITS OFTEN USED LEAVES CAN BE KEPT CLOSE AT HAND. DEER RESISTANT.

SUN TO PART SHADE

ZONES 8-11

