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Bleu Lavande: Escape to the Perfumed Fields of Lavender Just South of Montreal

LIFESTYLE

JULY 21, 2015



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Author of the delicious Cheap Ethnic Eatz blog which is dedicated to food lovers, rest...



Who would not like to spend an afternoon in an euphoric field of relaxation and beauty? Bleu Lavande is a lavender paradise within Montreal's reach and makes for a perfect excursion in the Eastern Townships.

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THE BEST TIME TO GO

When should you go? Right now! The peak of the flowering season is July to August. That is why Bleu Lavande has planned the Extravaganza Weekends which take place on July 18, 19, 25 and 26 2015.



Get a massage while breathing the fresh lavender air.

Besides a stroll and picnic through the farm, you will find several workshops covering culinary, botanical and product fabrication, as well as concerts, face painting and tastings of Bleu Lavande products. You can even get a massage by the fields!

EXTRACTING THE GOOD STUFF

The most popular use for lavender is the essential oils. They are added to beauty and relaxation products, in incense burners and food. At Bleu Lavande, you will see first hand exactly how the essential oils are extracted from the plant.



Lavender is packed down in a large distiller and over time the essential oils are extracted by steam. As you can see from the picture, the steam is collected and once rested the oil will float to the surface.

MORE THAN A PRETTY BLOSSOM

My group tried one of the drinks offered for purchase near the entrance. It was a lovely lavender iced coffee and rooibos iced tea. Make sure to get a glass of the lavender white wine prepared by le Cep d'argent vineyard. In the store you will find a plethora of products to purchase.



Fresh lavender.

There is a food section, soaps, lotions, body creams, lip balm, linen spray..the list goes on. I went home with the small bottle of intense gel for sore muscles, the bud sachet to hang by the bed for a restful night, and a bottle of lavender wine.

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COOKING WITH LAVENDER

Did you know you can purchase food grade lavender and use it in the kitchen, from lavender lemonade to lavender chocolate chip cookies, and lavender dressings to salts? It may sound weird but the key is to add a little at a time not to overpower the final flavour. Lavender gives a floral and slightly sweet taste to most recipes. Make sure to get the Munstead lavender (or English) variety which is best for the kitchen.

Bleu Lavande

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