

Madame Lemoine Lilac

Syringa vulgaris



Lilac or common lilac scientifically known as *Syringa vulgaris* is a species of flowering plant in the olive family Oleaceae. The plant is native to open woodlands, rocky hills and scrubby areas in Balkan Peninsula in Southeastern Europe. It has been naturalized throughout much of the northeastern half the US and Canada, as well as into some western states. Grown for its scented pink flowers in spring, this large shrub or small tree is widely cultivated and has been naturalized in parts of Europe and North America. It is not regarded as an aggressive species, found in the wild in widely scattered sites, usually in the vicinity of past or present human habitations. **Common Lilac, French Lilac, Syringa, Lilac and Purple lilac** are few of the popular common names of the Lilac plant.

Genus name comes from the Greek word *syrix* meaning tube or pipe in reference to the pith-filled but easily-hollowed stems of some genus plants. The specific epithet (*vulgaris*) is a Latin word meaning common or usual. The lilac is a very popular ornamental plant in gardens and parks, because of its attractive, sweet-

smelling flowers, which appear in early summer just before many of the roses and other summer flowers come into bloom. Numerous cultivars have been introduced over time in both single and double-flowered forms. Cultivars extend the range of available flower colors to include shades of white, cream, rose, magenta, pinkish-purple, lavender and purple.



Traditional uses and benefits of Common Lilac

- Decoction of leaves is used as astringent and anti-pyretic, and macerated flower in oil is used to soothe the skin in Italy.
- Bark, fruits and leaves are crushed and boiled in water and used as appetizer and antipyretic in Bulgaria.
- Leaves and the fruit are antiperiodic, febrifuge, tonic and vermifuge.
- Bark or leaves have been chewed by children as a treatment for sore mouth.
- In the past, lilac was ingested to rid the intestines of parasitic worms, and was also used in the treatment of malaria.
- In the 19th century, lilac was used by doctors to treat fevers.
- Some modern herbalists use the essential oil of lilac to treat skin ailments such as rashes, sunburns and minor cuts and scrapes.
- Lutein in lilac petals may help to reduce the likelihood of developing cataracts.
- It may also be useful for preventing macular degeneration.
- Practitioners of folk medicine at one time used lilac to help rid the body of intestinal worms.

- Lilacs soaked in warm spring water for 30 minutes, strained, bottled and refrigerated can be used on the face as a tonic and as a healing spritz for some facial afflictions.
- Lilacs have been used to treat diphtheria (both internally and as a gargle).
- Lilac tea can be used as a hair tonic.
- Michael Moore indicates that the California lilac is, “An excellent home remedy for menstrual cramps, nosebleeds, bleeding hemorrhoids, and old ulcers as well as capillary ruptures from coughing or vomiting.
- The Chinese apply it externally to treat frostbite.
- Root is considered an abortifacient, anticoagulant, purgative and visicant.

Culinary Uses

- Flowers can be eaten raw and in [yogurt](#) or folded into batter and fried to make fritters.
- Flowers can be crystallized by beating in [egg](#) white and rolling in granulated [sugar](#).
- Lilac flower is edible and can also be crystallized and used as candy on cookies, cakes and pies, or simply be added to brown rice and salads.
- Sorbet can be made by mixing the flowers with sugar and water.



Other Facts

- Planted worldwide in temperate areas as ornamental for the showy and sweet-scented flowers.
- In Ukraine special selections are cultivated for the essential oil from the flowers.
- An essential oil obtained from the flowers is used in perfumery.
- Green dye is obtained from the flowers.
- Green and brown dyes can be obtained from the leaves.
- Yellow-orange dye is obtained from the twigs.
- Plants can be grown as an informal hedge.
- Plant is often used as a rootstock for the various ornamental cultivars of lilac.
- Its main disadvantage is that it can sucker very freely.
- You can simply add lilac blossoms to your bath for a soothing aromatherapy remedy for stress and anxiety.
- Once established, it grows at about 12 to 18 inches per year with a slow to moderate growth rate.
- Deciduous leaves become yellowish brown during the autumn.
- Flowers are used as cut flowers in classic bouquets.

Different Uses

Lilacs have various usages. You can use lilac as your various purposes, and it is a good health beneficiary for your needs. When you lack ideas about giving a gift to a friend, if you have a lilac garden then you can use it to give a surprise. Lilac is largely beneficial for your health issues. Below is some basic usage of lilacs.

Lilac as decorative element

Lilacs have many different colors and shapes. You can use lilac as a decorative item. You can use lilacs to give a present to your friend. Choose mixed bouquets and add lilac to use as a featured

gift, create card covers and even you can decorate your cake toppers.

As a Cut-Flower

Using lilac as cut flowers to increase the fragrance is a great way to have a great odor. To have the great odor you need to cut the stems in the morning when flowers are barely open. By cutting stems under water and removing leaves, you will get spoil water in the vase. Pour lime soda and water in the vase. This will last longer cut-flowers.

As a Culinary Ingredient

Lilac has plenty of usage in culinary ingredients. You can crystallize them and later use as a decorative item in cookies, pies and cakes, rice dishes, and fresh green salads. You can also mix lilac blossoms with honey and also mix with yogurt to create a stylish dessert. Create a special drink by mixing sugar and water with lilac flowers.



Uses as a Fragrance

Using lilac as a fragrant is a common thing as lilac itself is a fragrant flower. You can use lilac to create a special odor in your home, washroom and use this in the bathtub to have a nice and

refreshing bath. You can mix lilac in soap or scrub to use in the shower.

Uses as a Tool for Animals

You can use lilac as an attracting tool for animals. Lilac lures birds by creating natural nesting, and they feel safer from other animals and this cause birds to feed on insects as insects grow many in numbers on lilac trees and bushes. Butterflies also work to help pollinate other garden plants. You can also use lilac as a distracting tool. If deer are the problem in your area, then use the lilac plants around your garden to distract them.

Making Lilac Oil

Now, we will see how you can make lilac oil-

- Get some fresh lilac flowers
- Place the blossoms on top while lining a bowl with food protector cloth
- Get two cups of water while making sure flowers submerged properly
- Keep it overnight by covering the bowl
- Later on, the next day, pull the corner part of cloth together
- Then keeping flowers in the center, twist it into a packet
- Tie it with a string
- Let lilac water to boil before lilac water should bring into a vessel
- Put sachet in water and let the water boil for an hour and cool it
- Pour water in a bottle and add five drops of glycerin
- Shake well before use