



## BAY LEAF

**Botanical Name:** Laurus Nobilis

**Common Name:** Poet's laurel, roman laurel, sweet bay

**Medicinal part:** Leaves

**Description:** Bay leaves were once used by ancient Romans and Greeks to make crowns for royalty, nobles, heroes, and Olympians. Today, the florally herbaceous flavour of bay leaves is used to flavour soups, stews, meats, sauces and more.



**G·O·L·D·E·N  
BOUGH**

Golden Bough Botanicals Inc. has been a trusted wholesale supplier of premium quality herbs, spices and specialty teas since 1978. Our business has evolved to include organic herbs and spices, pure essential oils, organics pure essential oils, fragrance oil, cosmetic, candle and soap making ingredients and packaging supplies.

Golden Bough Botanicals Inc.

12 - 1585 Cliveden Avenue  
Delta, BC V3M 6M1, Canada  
Toll Free: 1-877-950.8700

[www.goldenbough.ca](http://www.goldenbough.ca)