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ESSENTIAL OIL OF *LAVANDULA ANGUSTIFOLIA* MILL. OF LIDIIVARIETY AS A SOURCE OF AROMATIC COMPOUNDS FOR THE FOOD INDUSTRY

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Abstract. Every year, more and more consumers have a negative attitude towards food products that contain synthetic additives. Therefore, the production of natural flavors from essential oils of plants is an important task today. Lavender essential oil is a promising raw material for the food industry and the selection of varieties with a high content of essential oil and high indicators of valuable components in it is relevant. The material for the research was lavender plants (*Lavandula angustifolia* Mill.) of the Lidiia variety, which were introduced in the Odessa region conditions. The study of the essential oil mass fraction was carried out by the Ginsberg method on the Clevenger apparatus in the flowering phase of plants and was calculated on the dry mass of plant raw materials. The study of the component composition of essential oil was carried out by the method of high-performance gas-liquid chromatography by chromatograph Agilent Technology 6890N. Under the introduction conditions, the plants grew and developed normally. It was found that the yield of floral raw materials of three-year-old plants in the flowering phase ranged from 170 to 240 g per shrub. In the mass flowering phase, the yield of floral raw materials was maximum. The mass fraction of essential oil in inflorescences varied from 0.9 to 1.2% of the fresh mass or from 2.16 to 2.94% of the absolutely dry mass. The highest content of essential oil was recorded in the end-of-flowering phase. The study of the component composition of essential oil made it possible to identify 30 compounds. It was found that the essential oil of lavender of the Lidiia variety contains a large mass fraction of the valuable component linalyl acetate, the indicators of which vary in a small range depending on the flowering phase. Its highest content (48.11%) was found in the mass flowering phase and the lowest one (43.12%) was found in the phase of the beginning of flowering. The content of linalool, on the contrary, was the highest (26.07%) in the phase of the beginning of flowering, and in the phase of mass flowering it decreased to 23.08%. The content of undesirable components of camphor and 1,8-cineole in the essential oil is low. The minimum content of these components was observed in the phase of mass flowering. According to its component, the essential oil of lavender of the Lidiia variety is of high quality, and will use in various sectors of the national economy, including the food industry.

Keywords: *Lavandula angustifolia* Mill., Lidiia variety, essential oil components, analysis of variance, food products.



Introduction. Formulation of the problem

Our daily diet includes a large number of pigments, especially carotenoids, anthocyanins and chlorophylls. These compounds have important biological functions in the human body against many serious diseases. Therefore, the use of plant extracts as functional ingredients in various food products, beverages and cosmetic purposes is gaining more and more interest [1-3]. Today, more and more consumers react negatively to synthetic additives, looking for organic products, even with their higher cost. All over the world, the number of companies unwilling to use antibiotics or chemical compounds in food production is increasing. The population demands products that do not contain artificial and harmful chemicals used as preservatives. Another major problem is the incorrect use of antibiotics, especially broad-spectrum antibiotics, which significantly contributes to the increase in antibiotic resistance of many microorganisms. Therefore, the entire scientific world has recently focused numerous studies on the search for natural remedies capable of counteracting pathogens of food origin. One of these means is the essential oils of aromatic plants. Therefore, the production of natural flavorings should become part of the state program of naturalization of domestic food products [4-7].

Flavorings with spicy, citrus, caramel smells are recognized as priority aromas for food manufacturers. However, recently manufacturers are interested in natural carriers of fruit aroma. Various floral aromas, such as rose, jasmine, and lavender, which were previously used in the perfume industry, also find their purpose in soft drinks and alcoholic beverages productions [8]. Lavender occupies one of the leading places among aromatic plants. Interest in lavender is due to its wide range of uses in the perfume industry (soap, colognes, perfumes, skin lotions and other cosmetics), in aromatherapy (relaxant), and in pharmaceuticals due to its therapeutic effects as a sedative, antispasmodic, antiviral and antibacterial agent [2,5].

The widespread use of lavender essential oil in traditional medicine and the pharmaceutical industry has led to an increased interest in it in other fields. The use of lavender essential oil in the food industry has increased due to its pleasant aroma and taste, as well as its ability to control the growth of infectious agents [9].

Lavender essential oil and its hydrolats are currently widely used in food production as natural flavors for bakery products, frozen dairy products, candies, gelatin, puddings, soft and alcoholic drinks, ice cream, chewing gum. In the UK, Norfolk Lavender booklets offer many recipes for cooking with lavender at home, such as herring or trout stuffed with lavender sprigs [10].

The distribution of domestically produced flavorings is complicated by a number of factors, primarily the dominance of imported products in the raw materials market, as well as the high costs that may accompany the production of domestic flavorings. The orientation of Ukrainian producers to cooperation with domestic science and the essential oil complex of Ukraine will contribute to the solution of these problems [8].

Analysis of recent research and publications

The *Lavandula* genus includes 39 species, more than 400 varieties and several hybrids. Species of the genus Lavender are among the most cultivated plants in the world. This plant is especially popular in France, Bulgaria, Italy, Spain, England, the USA and Australia. Lavender species are widely used as ornamental and honey plants but, mainly, they are grown to obtain essential oils, which are highly valued in perfumery, cosmetics, food industry and alternative medicine [10-15].

According to scientists, among all the existing lavender species, only three species (*Lavandula angustifolia* Mill., *Lavandula x intermedia* Emeric ex Loisel and *Lavandula latifolia* Medicus) are cultivated for essential oil production. The commercial value of these species is estimated at \$50 million in the pharmaceutical, food, and cosmetic industries [3,13,16].

Romanian scientists, developing natural ingredients with diverse biological functions that would provide potential benefits for human health, added lavender powder to macaroons and ice cream. As a result of their research, they concluded that lavender, with its high flavor, antimicrobial and antioxidant properties, could become a valuable ingredient in food products [2].

It is known that the quality of lavender essential oil depends on its composition [5,17]. Many scientists from Romania, Turkey, Croatia, Ukraine and other countries have studied the component composition of lavender essential oil [3,6]. Scientists from different countries have proven that the chemical composition of lavender essential oils and lavandin is characterized by the presence of terpenes (e.g., linalool and linalyl acetate) and terpenoids (e.g., 1,8-cineole), which are mainly responsible for the characteristic taste, as well as biological and therapeutic properties. [2,11,17,18]. The high content of linalool and linalyl acetate determines the high quality of the essential oil [19-22].

Italian scientists, studying the component composition of lavender essential oil and lavandin, noted the variability of the content of various compounds in the oil depending on the vegetation phase [6]. Scientific works of domestic scientists also indicate the variability of the mass fraction of essential oil and its component composition in plants depending on the variety, development phase and growing conditions [13-16,23].

According to literature data, essential oil in lavender plants is contained in all organs of the plant, but its greatest amount is concentrated in inflorescences. In addition, compared to other organs, essential oil from inflorescences has the best component composition [24].

At the Institute of Climatic Smart Agriculture on the basis of the State Enterprise "Research Farm "Novokakhovske" of the Institute of Climatic Smart Agriculture of the NAAS, *Lavandula angustifolia* Mill. varieties for various uses have been created in different years. The created varieties have been introduced into the conditions of the Odesa region.

The purpose and objectives of the study. The purpose was to study the content of essential oil and its component composition by the development phases of *Lavandula angustifolia* Mill. of the Lidiia variety for cultivation and the possibility of its use in the food industry.

The objectives of the study were to determine by the development phases of *Lavandula angustifolia* Mill. of the Lidiia variety:

- 1) yield of floral raw materials;
- 2) content and dynamics of accumulation of the mass fraction of essential oil;
- 3) component composition of essential oil and dynamics of its accumulation.

Research materials and methods

The research was conducted in the southern steppe zone in the conditions of the Odessa region in the village of Okny, Podolsk district. The territory of the district is located in the northern part of the Black Sea lowland. The soils are thick medium-humus black soils on loess rocks.

The most important indicators of climatic conditions:

- sum of active temperatures (above 10°C) was 29.05°C;
- annual relative humidity was 75%;
- moisture supply (precipitation) per year was 490 mm;
- moisture supply during the growing season was 343 mm;
- period with a temperature above 10 °C was 169 days;
- average annual air temperature was +8.1 °C;
- average temperature of the warmest month (July) was +20.5 °C;
- calendar dates of frost: the last was in April, the first was in October;
- dominant wind direction: in the spring and summer period it was westerly, throughout the year it was westerly.

The material for the research was *Lavandula angustifolia* Mill. plants of the Lidiia variety. In the flowering phase, the inflorescences together with the

peduncles (12–15 cm long) were cut and immediately weighed. Fresh flower raw materials (100 g) were placed in a liter flask and filled with water. The study of the mass fraction of essential oil was carried out by the Ginsberg method on the Clevenger apparatus and was calculated on the dry mass of plant raw materials [18,19].

The study of the component composition of the essential oil was carried out by high-performance gas-liquid chromatography [11,18,21] on an Agilent Technology 6890N chromatograph. The chromatographic column was quartz, capillary HP 5MS. The evaporator temperature was 250°C. The carrier gas was helium. The carrier gas flow rate was 1 ml/min. Sample introduction with a flow split of 1/50. The thermostat temperature was 50°C with a programming of 3 °/min to 220°C. The detector and evaporator temperatures were 250°C. The components of the essential oils were identified based on the results of searching for mass spectra of chemicals included in the studied mixtures obtained during chromatography with data from the NIST02 mass spectra library (over 174,000 substances). The component retention indices were calculated based on the results of control analyses of essential oils with a set of normal alkanes [11,18,21].

The experiments were conducted in 4-fold replication according to a single-factorial design using randomized blocks, which eliminates the subjective approach to the placement of variants and provides more objective research results. The results were processed using variance analysis. The statistical reliability of the obtained experimental data was assessed by the least significant differences (LSD₀₅) for a significance level of 0.05.

Results of the research and their discussion

Lavandula angustifolia Mill. plants of the Lidiia variety were introduced to the Odesa region in 2022 from the State Enterprise "Research Farm "Novokakhovske" of the Institute of Climatic Smart Agriculture of the NAAS. One-year-old seedlings were planted in the spring in collection plots. Phenological observations conducted on the introducers showed that the vegetation of plants of the second year of life in the conditions of the Odessa region begins in the II decade of April, the budding phase occurs in the I–II decade of May, the ring spreading phase occurs in the I decade of June. After a decade, we note the colored bud phase. The beginning of flowering occurs in the II decade of June, and mass flowering is noted in the III decade of June – the I decade of July. Fruiting lasts from the II decade of July to the III decade of August.

Under introduction conditions, on the third year of life, the shrubs reach medium size and have a compact shape [13,14,24]. Of course, the biometric characteristics of plants and their yield, depend on many factors,

including the variety, the presence of the optimal amount of precipitation, the temperature regime, the applied agrotechnical measures, etc. [25-27]. In addition, the growing conditions also affect the quality of the oil obtained and the possibility of its use in various sectors of the national economy [5,17,25-30].

Under growing conditions in the Odesa region, *Lavandula angustifolia* Mill. shrubs of the Lidiia variety were 60 cm high and 65 cm in diameter. Flowering shoots were straight, green, medium thickness, 28–30 cm long. There were 75–95 inflorescences on the plant. The inflorescence was dense, 7–8 cm long. The number of rings in the inflorescence was 8–10 pcs. The number of flowers in the middle ring was 14–16 pcs. The number of flowers in the inflorescence was 80 pcs. The calyx of the corolla was green. The corollas of the flower were large, purple in color, moderately pubescent. The leaves were gray-green, large, 5.0–5.5 cm long (on average 5.2 cm), 0.6–0.8 cm wide (on average 0.7 cm), heavily pubescent.

According to the results of the research, the yield of flower raw materials on the third year of the seedlings' life was 170–240 g per plant. In the phase of the beginning of flowering it was the smallest, and in the phase of the end of flowering it was the maximum (Table 1).

The study of the essential oil accumulation dynamics in the inflorescences of the Lidiia variety of lavender in different phases of plant development showed that its mass fraction gradually increases starting from the phase of the end of budding – the beginning of flowering. The maximum indicators of the content of essential oil in the inflorescences were recorded in the phase of the end of flowering (Table 1).

During the study of the component composition of the essential oil, 30 compounds were identified. According to the data obtained in research, it is clear that the essential oil of the Lidiia variety of lavender was of high quality in terms of its component composition. The main components of this lavender variety essential oil were linalyl acetate and linalool. Compared to other domestic varieties, this variety had the highest levels of linalyl

acetate [13,14,16]. Studying the dynamics of the main components content in the essential oil depending on the phase of development, it was established that the mass fraction of the components changed in one direction or another (Table 2).

As an analysis result of the essential oil component composition, it was found that the content of the valuable component, linalyl acetate, in the phase of the beginning of flowering was 43.12% of the mixture. As the plants developed, plant biosynthesis increased by 4.99%, reached a maximum (48.11% of the mixture) in the phase of mass flowering. In the phase of the end of flowering, it was noted a decrease in the mass fraction of linalyl acetate by 2.51%.

As for another valuable component, linalool, its content in the phase of the beginning of flowering was maximum (26.07% of the mixture). In the phase of mass flowering, the content of linalool decreased by 2.99% and was 23.08% of the mixture. In the process of further plant development, the biosynthesis of this component gradually increased, reached 25.62% of the mixture in the phase of the end of flowering, which was per 2.54% more than in the phase of mass flowering.

As is known, a significant negative impact on the quality of lavender essential oil has a camphor. Although its amount is not significant, but it is not desirable. In the process of plant development, its content decreased by 0.12% compared to the beginning of flowering phase, where it was 0.38%, and in the mass flowering phase it was minimal (0.26%). In the end of flowering, an increase in camphor by 0.15% was observed.

Another undesirable component of lavender essential oil is 1,8-cineole, which was practically absent in the beginning and mass flowering phases and was present only in a small amount in the end of flowering.

Approbation of research results. The research was conducted in a farm located in the Oknyvillage, Podilskyi district, Odesa region, Ukraine.

Table 1 – Economically valuable indicators of *Lavandula angustifolia* Mill. of Lidiia variety by development phases (p=0.05)

Phase of plant development	Yield of flower raw materials, g/plant	Mass fraction of essential oil, %	
		of crude mass of flower raw materials	of absolutely dry mass of flower raw materials
End of budding – beginning of flowering	170±19	0.90±0,01	2.16±0,02
Mass flowering	240±36	1.12±0,01	2.78±0,02
End of flowering	200±28	1.20±0,01	2.94±0,02
LSD ₀₅	46.926	0.014	0.028

LSD₀₅ – least significant difference for the 5% significance level

Table 2 – Dynamics of accumulation of components of essential oil of *Lavandula angustifolia* Mill. of Lidiia by development phases

Components	Content in essential oil by flowering phases, %		
	beginning	mass	end
α -pinene	–	0.16	–
1-octen-3-ol	0.08	–	0.63
myrcene	0.12	0.11	0.28
Δ^3 -carene	–	–	0.19
cymene	–	–	0.50
1,8-cineole	–	–	0.51
γ -terpinene	0.05	–	0.96
octanone-3	–	0.57	–
hexyl acetate	–	0.38	–
trans-linalool oxide	1.4	0.92	0.80
cis-linalool oxide	1.1	0.82	0.74
linalool	26.07	23.08	25.62
3-octenyl acetate	–	1.02	1.32
camphor	0.38	0.26	0.41
borneol	1.85	0.74	0.99
lavandulol	0.78	0.29	–
terpinen-4-ol	1.52	1.76	1.03
α -terpineol	3.90	3.28	4.10
3,7-dimethyl-1,5-octadiene-3,7-diol	2.10	0.66	–
neral	–	0.44	–
linalyl acetate	43.12	48.11	45.60
bornyl acetate	–	0.51	0.55
lavandulyl acetate	3.0	3.38	5.26
neryl acetate	1.9	1.08	1.41
geranyl acetate	1.7	2.02	2.59
germacrene D	–	–	0.99

Conclusions

According to the research results, it was established that the yield of floral raw materials in the third year of life of *Lavandula angustifolia* Mill. seedlings of the Lidiia variety, grown in the conditions of the Southern Steppe in 2022, was 170–240 g per plant. In the phase of the beginning of flowering, it was the smallest, and in the phase of the end of flowering, it was the maximum. It was also established that lavender contained a satisfactory amount of essential oil, the content of which ranged from 0.9 to 1.2% of the fresh mass, or from 2.16 to 2.94% of the absolutely dry mass. The maximum indicators of essential oil biosynthesis were noted in the phase of the end of flowering.

Determination of the essential oil composition and the dynamics of the mass fraction accumulation of its main components showed that the quality of the

essential oil was best in the mass flowering phase, since the mass fraction of its most valuable component, linalyl acetate, was highest in this phase and was 48.11% of the mixture. Taking this into account, the collection of floral raw materials for obtaining essential oil is recommended to be carried out in the mass flowering phase.

The high content of linalyl acetate gives the plant a pleasant aroma. In terms of its component composition, the essential oil of the Lidiia variety of lavender was of high quality, and plants of this variety are promising for cultivation for use in various sectors of the national economy, including the food industry for the production and improvement of the quality of various food products such as natural flavorings for bakery products, frozen dairy products, candies, gelatin, puddings, tea, soft and alcoholic drinks, ice cream, seasonings for herring or trout, etc.

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ЕФІРНА ОЛІЯ *LAVANDULA ANGUSTIFOLIA* MILL. СОРТУ ЛІДІЯ ЯК ДЖЕРЕЛО АРОМАТИЧНИХ СПОЛУК ДЛЯ ХАРЧОВОЇ ПРОМИСЛОВОСТІ

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Анотація. З кожним роком все більше споживачів негативно ставляться до продуктів харчування, які містять синтетичні добавки. Тому виробництво натуральних ароматизаторів із ефірних олій рослин на сьогодні є важливим завданням. Ефірна олія лаванди вузьколистої слугує перспективною сировиною для харчової промисловості і підбір сортів із великим вмістом ефірної олії та високими показниками цінних компонентів в ній є актуальним. Матеріалом для досліджень слугували рослини лаванди вузьколистої сорту Лідія, які були інтродуковані в умовах Одеської області. Вивчення масової частки ефірної олії проводили методом Гінсберга на апараті Клевенжера у фазі цвітіння рослин і розраховували на суху масу рослинної сировини. Вивчення компонентного складу ефірної олії проводили методом високоєфективної газорідинної хроматографії на хроматографі Agilent Technology 6890N. В умовах інтродукції рослини нормально росли і розвивались. Встановлено, що у рослин трьохрічного віку у фазі цвітіння урожай квіткової сировини коливався від 170 до 240 г з куща. У фазі масового цвітіння він був максимальним. Масова частка ефірної олії в суцвіттях варіювала від 0,9 до 1,2% від сирової маси або від 2,16 до 2,94% від абсолютно сухої маси. Найбільший вміст ефірної олії зафіксовано у фазі кінця цвітіння. Вивчення компонентного складу ефірної олії дало можливість ідентифікувати 30 сполук. Встановлено, що в ефірній олії лаванди сорту Лідія є велика масова частка цінного компоненту – ліналілацетату, показники якого змінюються в невеликому діапазоні в залежності від фази цвітіння. Найбільший його вміст виявлено у фазі масового цвітіння – 48,11%, а найменший у фазі початку цвітіння – 43,12%. Вміст ліналоолу навпаки най більший у фазі початку цвітіння і становить 26,07%, а у фазі масового цвітіння зменшується до 23,08%. Вміст небажаних компонентів камфори та 1,8-цинеолу в ефірній олії невисокий. Мінімальний вміст цих компонентів спостерігається у фазі масового цвітіння. За своїм компонентним складом ефірна олія лаванди сорту Лідія є високоякісною і може використовуватися в різних галузях народного господарства, в тому числі і харчової промисловості.

Ключові слова: лаванда вузьколиста, сорт Лідія, компоненти ефірної олії, дисперсійний аналіз, продукти харчування.