

PERENNIAL



— skw̓wú7mesh sníchim — Heńqəmińəm

Self-Heal

English

Prunella vulgaris ssp. lanceolata

Latin

BLOOM & FRUITS

The early-blooming purple flowers are rich in pollen and will re-bloom after mowing. Mature flowers produce 4 smooth brownish-yellow seeds.

FEATURES

Self-heal is an evergreen perennial herb from the mint family. It will spread by creeping and is a great addition to ground-cover mixes.

USE BY PEOPLE & CULTURAL SIGNIFICANCE

It is an important source of food for many species of bees, butterflies, and Goldfinches. The leaves and flowers are also edible for humans and have medicinal properties. Self-heal is often found in fields, woods, waste places, pastures and disturbed sites, where there is moist to mesic rich soil with full to partial sunlight.

WILDLIFE VALUE

Small mammals graze on the plants and birds eat the seeds.

CARE INSTRUCTIONS

Sow seeds directly in fall/early winter OR in spring, 2-4 weeks before the last frost. Cover with a thin layer of soil and keep moist. Grown by West Coast Seeds.

EXPOSURE



MAX HEIGHT

1/2 to 1-1/2 ft

MOISTURE

Moist to dry

GROWING EASE

Easy

USE VALUE



ATTRACTS



CONTAINER TOLERANCE

High