PLANT FACT SHEET

Valeriana phu L.

GENUS *Valeriana* **FAMILY** Caprifoliaceae

COMMON NAMES Small Potentille

EDIBLE PARTS AND USES

Edible parts: Seeds

DESCRIPTION

A tall herb that keeps growing from year to year. It grows 90 cm high and spreads 45 cm wide. The stem is erect, hollow and angular. The leaves at the base are not divided. The other leaves are divided and have sword shaped leaflets. The flowers are small and white. They are tube shaped. They are in clusters.

HABITAT

It is a temperate plant. It does best in well-composted moist soils. It needs a protected and partly shady position. It is resistant to frost but sensitive to drought. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

Plants can be grown by seed or by division.

NOTES

Also put in the family Valerianaceae. The roots yield the drug valerian.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fb1238af-3494-4e71-811c-d0b27c5921f5