



EVENING PRIMROSE

Oenothera biennis (ee-na-**THEE**-ruh by-**EN**-iss)

BIENNIAL | ONAGRACEAE FAMILY

ZONES: 4-9

EXPOSURE: FULL SUN | PART SHADE

MATURE HEIGHT: 3-5 FT | SPREAD 2-3 FT

BLOOM: YELLOW | SUMMER



Medicinal



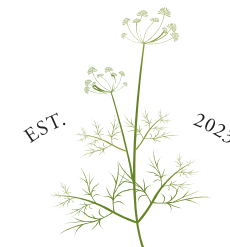
Aroma



Pollinators



Culinary



HERB & VINE

— healing plants —

This drought-tolerant biennial will die after setting seed, but will naturalize in a wildflower, cottage, or herb garden. Its yellow flowers open at dusk and close again in the morning. An important herb and food to Native Americans who boiled the nutty flavored root for food and used the leaves, flowers and seeds for medicine.

- Culinary: the entire plant is edible, cooked or raw
- Therapeutic*: most women associate Evening Primrose oil with PMT, breast pain, and menopausal symptoms. However, it is also helpful with skin conditions including eczema.
- Parts used: leaves, flowers, seeds and root

Caution: do not use if pregnant or prone to seizures.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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