



# VALERIAN OR ALL-HEAL

*Valeriana officinalis* (wah-ler-ee-ah-nah oh-fiss-ih-nah-liss)

PERENNIAL | CAPRIFOLIACEAE FAMILY

ZONES: 4-9

EXPOSURE: FULL SUN

MATURE HEIGHT: 48-60" | SPREAD 24-48"

BLOOM: WHITE-PINK | MID SUMMER



Medicinal



Aroma



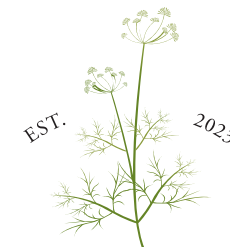
Pollinators



Butterflies



Resistant



HERB & VINE

— healing plants —

This hardy, aromatic herb was carried by Medieval bridegrooms to ward off sprites and it is rumored the Pied Piper used Valerian to entice the rats. The flowers of All-heal are white to pink with a unique aroma.

- Therapeutic\*: roots & rhizomes used for their sedative effects. Used historically to treat insomnia and anxiety and is sold as a sleep aid in Europe. Its antispasmodic properties may have a positive effect on cramps and muscle spasms.
- Used also in foods, perfumes, tinctures and teas. Cats are attracted to the plant as they are with Catnip.
- Spreads by rhizomes and seeds, so may become weedy.

Caution: modern studies have found it to be effective but may cause agitation, dizziness or headaches.



*\*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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