



MOTHERWORT – OFFICIAL

Leonurus cardiaca

PERENNIAL | LAMIACEAE FAMILY

ZONES: 3-8

EXPOSURE: FULL SUN TO FULL SHADE

MATURE HEIGHT: 3-4 FT | SPREAD 2-3 FT

BLOOM: PINK/WHITE | SUMMER



Medicinal



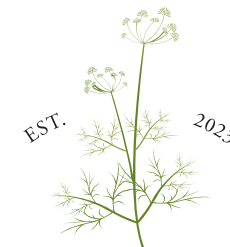
Pollinators



Container



Aroma



HERB & VINE

— healing plants —

Motherwort is a bitter aromatic known for use as a calming remedy for reducing anxiety and stress as well as for cardiovascular and women's health.

- As a member of the mint family, this plant can be invasive. After flowering, cut back to 5-6" in height to avoid self seeding; or grow in a container.
- Therapeutic*: antispasmodic, emmenagogue, nervine.
- Fresh or dried flowers flavor soups and can be used to make a tea, however may be bitter. Good plant for tinctureing in alcohol. Leaves can be used as a dye. Harvest in August (when in flower).

Caution: May cause contact dermatitis. Consult with a healthcare practitioner before using herbal products.



**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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