



PATCHOULI

Pogostemon cablin

PERENNIAL | LAMIACEAE FAMILY

ZONES: 10-12

EXPOSURE: FULL TO PART SHADE | KEEP MOIST

MATURE HEIGHT: 24" | SPREAD 24"

BLOOM: WHITE | SUMMER



Medicinal



Aroma



Container



Indoor



Repellant



HERB & VINE

— healing plants —

A tropical perennial native to Asia, Patchouli can be grown here in North Georgia as a potted plant brought indoors for the winter. Used to treat colds, headaches, fever, nausea, vomiting, diarrhea, stomach pain, insect and snake bites.

- Aromatherapy: its oil is used to relieve depression, stress, calm nerves, control appetite and to improve desire.
- Therapeutic*: antibacterial, antidiabetic, anti-fungal, anti-inflammatory.
- Harvest the leaves for potpourri or a sachet; extract the essential oil using a distiller.
- Plant has zero tolerance for frost and will sunburn if not protected by shade.

Caution: should not be used if you're taking blood thinners or scheduled for surgery.



**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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