



# CHASTE TREE

*Vitex agnus castus* (VY-tekS AG-nus KAS-tus)

PERENNIAL | LAMIACEAE FAMILY

ZONES: 7-8

EXPOSURE: FULL SUN

MATURE HEIGHT: 8-15 FT | SPREAD 8-10 FT

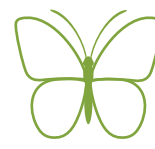
BLOOM: PURPLE | SPRING-SUMMER



Medicinal



Pollinators



Butterflies



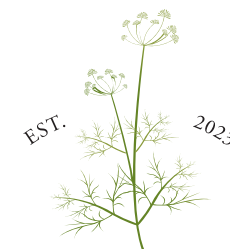
Aroma



Resistant



Repellent



HERB & VINE

— healing plants —

This fast-growing shrub/tree is a European native plant that grows well in North Georgia. Chasteberry or Chastetree has been used for thousands of years for restoring absent menstruation, regulating heavy periods, restoring fertility caused by hormonal imbalance, relieving pre-menstrual tension and easing menopausal symptoms.

- Culinary: fruit is used as a pepper substitute. The aromatic leaves are also used as a spice.
- Therapeutic\*: seeds and fruit are anaphrodisiac, aphrodisiac, galactagogue, ophthalmic, sedative, stomachic, women's complaints. The fruit can be dried and powdered, or used to make a tincture, tea or capsules.
- Essential oils from the fruit and leaves have been used as an insect repellent.

Caution: should not be used during pregnancy or lactation or if suffering from certain cancers.



*\*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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