

Self Heal



Self Heal (*Prunella vulgaris*) is a perennial plant with a solitary upright stem, normally growing from 10-50cm in height . Each tubular flower is about 1cm long and divided into two lips. The upper lip is light purple and functions as a hood, while the lower lip is whitish. Self Heal blooms from mid to late summer and lasts around two months. Each flower produces four seeds located in the calyx.

Self Heal grows in many countries around the world and thrives in disturbed areas. Its a fibrous rooted plant that thrives in loamy soils with a high organic content and prefers damp soils. Commonly found alongside rivers and lakes, meadows, woodland and pastures.

Sowing Time: Spring

Sow spaced 30cm apart .

