

Hedge Woundwort



Hedge Woundwort (*Stachys sylvatica*) is a medium height perennial covered in rough hair. The leaves are stalked, dark green and shaped like elongated hearts. The flowers are arranged in whorls and are a dark reddish purple covered in white markings, flowering from June to October.

Hedge Woundwort is a plant of moist, relatively fertile soils with light shade. Growing in habitats where these conditions are found such as verges, hedge banks, woodland and river banks. This flower relies on its seed to spread and then rapidly colonizes areas by vigorous rhizomatous extension.

Looks best growing alongside other spring wildflowers such as Betony and Herb Robert.

Sowing Time: Autumn

