

Prunella vulgaris var lanceolata

Selfheal



Plant type:	Perennial
Season of Interest:	Late Spring-Fall
Height: 1-2'	Spread: 6-9"
Water needs:	Medium-High
Native Region:	CO, AZ, KS, NE, NM, OK, TX, UT, WY
Elevation:	5,300-10,500'
Important to know:	Can become weedy and/or an aggressive spreader



Maintenance:	Low
Characteristics:	Common name from medicinal use in many cultures
Garden uses:	Beds, Borders, Ground Cover
Habitat:	Moist meadows, streams, and lake shores



Ease of Propagation: Easy

Propagation: Propagate by division, stolon or seed. By seed, start in individual cell pots (a few seeds to one pot) is suggested so transplanting larger seedlings does not disrupt seeds that are still germinating. Start seeds about ten weeks in advance of last frost. Germination can take up to ten weeks at temperatures between 53-64°F (12-18°C). [www.floralencounters.com]