Ashwagandha, Indian ginseng (plant) -

***Withania somnifera* (L.) Dunal**

https://www.en.grainedevie.net/plant-ashwagandha-indian-ginseng.html



FICHE TECHNIQUE

Botany
Family : Solanaceae
Genus : Withania
Specy : somnifera
Author name : (L.) Dunal

Details
Plant type : Perrenials
Height in flowers : from 0 to 20 cm , from 20 to 50 cm , from 50 to 100 cm , from 100 to 150 cm
Environment : moist , drained
Exposition of plants : partial shade , sunny
Difficulty : easy
Hardiness (USDA zones) : 4a (from -34,4°C to -31,7°C) , 4b (from -31,7°C to -28,9°C) , 5a (from -28,9°C to -26,1°C) , 5b (from -26,1°C to -23,3°C) , 6a (from -23,3°C to -20,6°C) , 6b (from -20,6°C to -17,8°C) , 7a (from -17,8°C to -15°C) , 7b (from -15°C to -12,2°C) , 8a (from -12,2°C to -9,4°C) , 8b (from -9,4°C to -6,7°C) , 9a (from -6,7°C to -3,9°C) , 9b (from -3,9°C to -1,1°C)
Bloom color : yellow
Bloom time : june , july , august , september

DESCRIPTION

Family : Solanaceae

Latin name : *Withania somnifera* (L.) Dunal

Common names : Ashwagandha, Indian Ginseng, Poison Gooseberry, Winter Cherry