

Ashwagandha, Indian ginseng (seeds) -

Graine de vie

Withania somnifera (L.) Dunal

<https://www.en.grainedevie.net/ashwagandha-indian-ginseng-seeds.html>



FICHE TECHNIQUE

Botany

Family : Solanaceae

Genus : Withania

Specy : somnifera

Author name : (L.) Dunal

Details

Type of plant : perennial

Height in flowers : from 0 to 20 cm , from 20 to 50 cm , from 50 to 100 cm , from 100 to 150 cm

Hardiness (USDA zones) :

Environment : drained , dry

Sun exposure : partial shade , full sun

Bloom color : yellow

Bloom time : june , july , august , september

Difficulty : medium

Number of seeds per gram : 650

Grams per 1000 seeds : 1.5

DESCRIPTION

Family : Solanaceae

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

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