

## Marshmallow (seeds) -

Graine de vie

*Althea officinalis* L.

<https://www.en.grainedevie.net/marshmallow-seeds.html>



### FICHE TECHNIQUE

Botany

**Family** : Malvaceae

**Genus** : Althaea

**Specy** : officinalis

**Author name** : L.

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 , from 150 to 200 cm

**Hardiness (USDA zones)** : 3a (from -40°C to -37,2°C) , 3b (from -37,2°C to -34,4°C) , 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)

**Environment** : wet , moist

**Sun exposure** : partial shade , full sun

**Bloom color** : white

**Bloom time** : july , august , september

**Difficulty** : easy

**Number of seeds per gram** : 400

**Grams per 1000 seeds** : 2.5

### DESCRIPTION

**Family** : Malvaceae

**Latin name** : *Althea officinalis* L.

**Common name** : Marshmallow, Common marshmallow