Common valerian (seeds) -

***Valeriana officinalis* L.**

https://www.en.grainedevie.net/common-valerian-seeds.html



FICHE TECHNIQUE

Botany
Family : Valerianaceae
Genus : Valeriana
Specy : officinalis
Author name : L.

Details
Type of plant : perennial
Height in flowers : from 50 to 100 cm , from 100 to 150 cm
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)
Environment : wet , moist , drained , dry
Sun exposure : partial shade , full sun
Bloom color : blanc
Bloom time : june , july
Difficulty : easy
Number of seeds per gram : 1400
Grams per 1000 seeds : 0.7

DESCRIPTION

Family : Valerianaceae

Latin name : *Valeriana officinalis* L.

Common name : Common valerian