

## 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