

## Common valerian (seeds) -

Graine de vie

*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