

Prunella vulgaris

(Self-heal)

Description

Perennial herb, with a creeping rootstock, that has the ability to send roots from the stem.

Flower and Foliage

Purple and white flowers from spring to autumn. The pointy green leaves are opposite on a red stem.

Maintenance

Tip prune to harvest medicinally during summer and while in flower.

Occurs

Moist, sheltered conditions, on clay soils and rainforests margins. Found along roadsides and in disturbed areas. Introduced to - NSW, Qld, Vic, WA, SA and Tas from Europe. A world-wide (cosmopolitan) plant.

Uses

Versatile medicinal plant prior to the age of 'modern medicine'. Used by both Aboriginal people and Europeans extensively. Also edible. Nice in rockery gardens, attracts insects and birds.



Frost
Tolerant



Full Sun



Part Shade

Width
10m



Height
15-30cm



Image Source: (Left: <http://davesgarden.com/guides/pf/showimage/66541/>; Right: <http://www.innerpath.com.au/matmed/herbs/Prunella-vulgaris.htm>)

Plants at the Hawkesbury Community Nursery are grown by Community Nursery Volunteers at 10 Mulgrave Road, Mulgrave (next to the Companion Animal Shelter). For more information on the Hawkesbury Community Nursery, please visit www.hawkesbury.nsw.gov.au or telephone (02) 4560 4651. Open Wednesdays or by appointment.



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