



Selfheal

Prunella vulgaris

Growing Information

- Plant Type: Perennial
- Sunlight: Sun, part shade
- Soils: Moist, rich
- Bloom Time: Purple flowers in July, August
- Size: 6-12 inches in height

Selfheal is easy to grow under most conditions and can be aggressive. The common name comes from worldwide medicinal use of this plant. The leaves can be eaten cooked or raw. The plant commonly found in lawns is thought to be the Eurasian variety. Native to Cape Cod and the US.

Garden Companions

Butterfly Milkweed (*Asclepias tuberosa*), Black-eyed Susan (*Rudbeckia fulgida*)

Nature Benefits

- Flowers attract bees, small butterflies, and skippers
- Larval host for the Clouded Sulphur Butterfly
- Provides nectar for the Zabulon Skipper

Natural Habitat

Occurs in meadows and fields, woodland borders, roadsides.