

## Common bugle

### *Ajuga reptans*

#### Description

In traditional Austrian medicine, has been used as tea for the treatment of disorders related to the respiratory tract.

#### Habit

Erect; herbaceous plant growing up to 12 in in height when in flower (mid-spring) but only 2-4 in in Summer, Autumn and Winter.

#### Leaves

Approximately 2 1/2 in long and 1 1/2 in broad, opposite, toothed, oblong to obovate and glabrous or sparsely pubescent, green to deep purple in color.

#### Stems

4-angled and densely pilose (covered in fine hair) above and less below, green to deep purple in color.

#### Flowers

Whorls of 4 flowers arranged in terminal spikes,





pollinated by bees, butterflies and moths;  
produces small blue-purple tubular blossoms;  
blooms April through July.

### **Fruits and Seeds**

Small brown 1 seeded nutlets.

### **Habitat**

Native to Europe and Asia. Found in lawns, roadsides, fields, meadows, and woodlands with partial sun to full shade; moist, well drained soils.

### **Reproduction**

Repent stems (leafy runners) and seeds.

### **Similar**

Geneva bugle or Blue bugle (*Ajuga genevensis*).

### **Monitoring and Rapid Response**

Cut, shear or weed-eat flowering stalks to prevent seed dispersal. Dig up runners and/or shallow roots twice a year; can be effectively controlled using any herbicides such as glyphosate or triclopyr.

### **Credits**

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