

Garden valerian

Valeriana officinalis

Description

Sold in nurseries and herb farms for use in gardens and herbal medicine.

Habit

Erect; herbaceous perennial; ranges from 1-4 ft in height; small rhizomes with fibrous roots.

Leaves

Pinnately compound, opposite, 11-21 leaves; toothed, lance-shaped with occasional hairs on the underside.

Stems

Stout and hairy especially at the nodes.

Flowers

Pale pink or white in color, 5 petals, funnel shaped, branched, clustered, fragrant.

Fruits and Seeds



Small capsules of lance-shaped fruit produce an abundance of powdery seeds, wind dispersed and aerial stolons.

Habitat

Native to Eurasia. Found in disturbed areas, grasslands, open woods, roadsides and stream banks.

Reproduction

By seed and stolon.

Similar

Native Valerian (*Valeriana* spp.) but Garden valerian has odd-pinnate leaves or deeply pinnatifid leaves from top to bottom. Native valerian leaves are either undivided.

Monitoring and Rapid Response

Monitor disturbed areas; pull or mow before flowering and can be controlled by using herbicides such as glyphosate or triclopyr.

Credits

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