

SELF-HEAL

PRUNELLA VULGARIS SPP. LANCEOLATA



A PRETTY NATIVE GROUNDCOVER, SELF-HEAL IS A MINT FAMILY RELATIVE AND SPREADS QUICKLY. ITS SOFT VIOLET BLOOMS CAN APPEAR VIRTUALLY ANYTIME SPRING TO FALL AND ARE BELOVED BY BEES. THOUGH RELATED TO MINT, IT IS MORE-TOLERANT OF DROUGHT AND WILL FILL IN AREAS WHERE MINT WOULDN'T BE AS HAPPY. REGULAR WATER, THOUGH, PUTS THIS PLANT IN ITS FINEST. THIS WILDFLOWER IS FOUND IN EVERY STATE IN THE CONTIGUOUS UNITED STATES AND HAS BEEN USED MEDICINALLY FOR CENTURIES. MORE RECENTLY, IT IS ONE OF THE NATIVE SPECIES PLANTED ON THE GREEN ROOF AT THE ACADEMY OF SCIENCES IN SAN FRANCISCO. CUT BACK (OR MOW!) AFTER BLOOM TO PROMOTE NEW GROWTH THAT WILL QUICKLY FILL EMPTY SPACES.

ZONES I-II

SUN TO PART SHADE

