

Country Garden Greenhouse

Betony



A bushy plant that produces purple lavender-like purple blooms that flower from June to August; especially attractive to pollinators. Used historically as a remedy for headaches and nervous tension. This is due to its strong alkaloid content which works directly on the nervous system. This, in combination with its muscle relaxing properties make an effective remedy for sleep issues. Astringent properties make it effective as a topical wound healing remedy as well as an internal treatment for diarrhoea and mouth sores. Leaves can be brewed into a pleasant caffeine-free

substitute for black tea similar in both flavour and colour! Very low maintenance and prefers full sun to partial shade in loamy, chalky or sandy well drained soil. Drought, rabbit and deer resistant. Height 2ft. Perennial (hardy in zones 4-8)