

## Herbs - V

### HB103-500 - Valerian Seeds

85 days. *Valeriana officinalis*. Perennial. Open Pollinated. Valerian. The plant produces good yields of roots that are used for nervous tension, anxiety, migraine, insomnia, pain relief, and to relax tense muscles and soothe digestive discomfort. Easy to grow. One of nature's best herbal sedatives. It can help you to wind down and get a good night's sleep. Also known as Garden Heliotrope, Cat's Valerian, Setwell, and St. George's Herb. An excellent choice for home gardens. A variety from the Mediterranean region.



### HB55-1000 - Vera Lavender Seeds

85 days. *Lavandula angustifolia*. Perennial. Open Pollinated. Vera Lavender. The plant produces a beautifully aromatic herb that has dark purple flowers. Makes an excellent ornamental hedge. Used in bouquets, sachets, and perfumes. Tender stalks are sometimes used in salads. The flowers and leaves are also edible. Used to repel moths, mosquitoes, and gnats. Suitable for containers.

