



# GERMINATION AND GROWING REQUIREMENTS FOR COMMON MEDICINAL HERB SEEDS

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*HOW TO GROW A SUCCESSFUL MEDICINAL HERB GARDEN*

*Medicinal Herb Seed Requirements*

<b>Common Name</b>	<b>Botanical Name</b>	<b>Hardiness zones</b>	<b>Days to Emergence</b>	<b>Light dependent germination</b>	<b>Cold stratification</b>	<b>Scarification</b>	<b>Amount of sun</b>
Angelica	<i>Angelica archangelica</i>	4-9	30	✓	✓ 30-45 days		Sun/part shade
Anise Hyssop	<i>Agastache foeniculum</i>	4-8	7 - 14	✓	✓30 days		Sun/part shade
Arnica	<i>Arnica chamissonis; A. montana</i>	3-8	21-30	✓	✓30 days		Partial
Ashwagandha	<i>Withania somnifera</i>	8-9	14-21	✓			Sun/part shade
Astragalus	<i>Astragalus propinquus; A. membranaceus</i>	5-8	3-10		✓21-28 days	✓	Sun
Balloon Flower	<i>Platycodon grandiflorum</i>	4-9			✓6 weeks		Sun
Bee Balm	<i>Monarda spp.</i>	3-10	7-14	✓			Sun/part shade
Bilberry	<i>Vaccinium myrtillus</i>	2-8			✓3 months		Part shade
Black Cohosh	<i>Actaea racemosa</i>	3-8			✓3 months cold + 3 months warm		Part shade
Black Sage	<i>Salvia mellifera</i>	8-10	42	✓			Sun
Blood root	<i>Sanguinaria canadensis</i>	3-8			✓Use fresh seed		Shade
Blue Cohosh	<i>Caulophyllum</i>	3-9	2 – 3 years		✓Plant outdoors		Shade



	<i>thalictroides</i>					in fall. Use fresh seed.	
Blue Vervain	<i>Verbena hastata</i>	3-9		✓		✓14-21 days	Part shade
Boneset	<i>Eupatorium perfoliatum</i>	4-8		✓		✓30 days	Sun
Butterfly weed	<i>Asclepias tuberosa</i>	3-8	7-10			✓30 days	Sun
Calamus/Sweet Flag	<i>Acorus calamus;</i> <i>A. americanus</i>	3-12 Water plant				✓8 weeks	Sun/part shade
Catnip	<i>Nepeta cataria</i>	3-8	7-10	✓			✓
Chamomile, German	<i>Matricaria recutita</i>	Annual	10-14	✓			Sun
Chamomile, Roman	<i>Chamaemelum nobile</i>	4-9		✓			Sun
Chickweed	<i>Stellaria media</i>	Annual		✓			Part shade
Cleavers	<i>Galium aparine</i>	Annual	30			✓30 days	Shade
Culver's Root	<i>Veronicastrum virginicum</i>	3-8		✓		✓8 weeks	Sun/part shade
Dang gui; Dong quai	<i>Angelica sinensis</i>	5-9		✓			Part shade
Echinacea	<i>Echinacea purpurea;</i> <i>E. pallida;</i> <i>E. augustifolia</i>	3-8	14-21			✓2-4 weeks ✓3 months	Sun
Elder	<i>Sambucus nigra;</i> <i>S. canadensis</i>	3-9				✓3 months ; start outdoors in fall	Part shade
Elecampane	<i>Inula helenium</i>	3-8		✓			Sun/part shade
Epazote	<i>Dysphania ambrosioides</i>	8-12		✓			Sun
Eucalyptus	<i>Eucalyptus</i>	9-11		✓			Sun



	<i>globulus</i>						
European Vervain	<i>Verbena officinalis</i>	4-8			✓2 – 4 weeks		Sun/part shade
Evening Primrose	<i>Oenothera biennis</i>	4-9		✓			Sun/part shade
False Unicorn Root	<i>Chamaelirium luteum</i>	4-8			✓3 months; start outdoors in fall		Shade
Feverfew	<i>Tanacetum parthenium</i>	4-9	7-14	✓			Sun/part shade
Gentian	<i>Gentiana spp.</i>	3-7		✓	✓8 weeks		Shade
Ginseng	<i>Panax spp.</i>	4-8			✓18 months		Shade
Goldenrod	<i>Solidago spp.</i>	4-8		✓	✓3 months		Sun/part shade
Goldenseal	<i>Hydrastis canadensis</i>	4-7			✓3 months		Shade
Gotu Kola	<i>Centella asiatica</i>	8-12 or Annual	30 days	✓			Sun
Lady's Mantle	<i>Alchemilla vulgaris</i>	3-8		✓	✓3 months		Sun/part shade
Lavender	<i>Lavandula spp.</i>	4-9		✓		✓	Sun
Lemon Balm	<i>Melissa officinalis</i>	4-8		✓	✓14 days		Sun/part shade
Lemongrass	<i>Cymbopogon citratus</i>	9-12 or Annual 60 days		✓lightly cover			Sun
Licorice	<i>Glycyrrhiza glabra; G. uralensis</i>	4-8				✓	Sun
Lobelia	<i>Lobelia inflata</i>	4-9	7-21	✓	✓8 weeks		Sun
Lomatium	<i>Lomatium dissectum</i>	6-10			✓3 months		Sun
Lotus,American	<i>Nelumbo lutea</i>	4-10/water	14			✓	Sun
Lovage	<i>Levisticum</i>	4-8		✓			Sun



	<i>officinalis</i>						
Marshmallow	<i>Althaea officinalis</i>	3-9			✓30 days	✓	Sun/part shade
Meadowsweet	<i>Filipendula ulmaria</i>	3-9			✓3 months warm + 3 months cold		Sun/part shade
Milkweed common	<i>Asclepias syriaca</i>	2-8		✓	✓30 days		Sun
Motherwort	<i>Leonurus cardiaca</i>	3-8			✓14 days		Sun
Mountain Mint	<i>Pycnanthemum virginianum</i>	4-8		✓	✓30 days		Sun/part shade
Mugwort	<i>Artemisia vulgaris</i>	4-10		✓			Sun/part shade
Mullein	<i>Verbascum thapsus</i>	4-9	7	✓	✓30 days		Sun/part shade
Oregano	<i>Origanum vulgare</i>	4-10		✓			Sun
Osha	<i>Ligusticum porteri</i>	4-8			✓Start in fall outdoors; difficult to germinate		Sun/part shade
Passionflower	<i>Passiflora incarnata</i>	6-9	30		✓8 weeks	✓	Sun
Patchouli	<i>Pogostemon cablin</i>	10-12	16	✓			Shade
Pedicularis	<i>Pedicularis canadensis</i>				✓30 days		Shade
Pedicularis, Elephanthead	<i>P. groenlandica</i>				✓3 months		Shade
Pennyroyal	<i>Mentha pulegium</i>	6-9		✓			Sun/part shade
Plantain	<i>Plantago major;</i> <i>P. lanceolata</i>	3-9		✓			Sun/part shade





Poke	<i>Phytolacca americana</i>	4-9			✓8 weeks		Sun
Prickly Pear	<i>Opuntia spp.</i>					✓	Sun
Red Root	<i>Ceanothus americanus; C. spp.</i>	4-8			✓3 months	✓	Sun/part shade
Rhodiola	<i>Rhodiola rosea</i>	1-7			✓6 weeks		Sun/part shade
Rose	<i>Rosa spp.</i>	3-8			✓3 months warm + 3 months cold	✓ (some species)	Sun
Rue	<i>Ruta graveolens</i>	5-9				✓	Sun
Schisandra	<i>Schisandra chinensis</i>	4-8			✓14 days		Partial sun
Self-Heal	<i>Prunella vulgaris</i>				✓7 to 14 days		Sun/part shade
Skullcap	<i>Scutellaria lateriflora</i>	3-8			✓8 weeks		Sun
Solomon's Seal	<i>Polygonatum biflorum</i>	5-6			✓Start outdoors in Fall – Sprouts in 18 months		Shade
Spiderwort	<i>Tradescantia spp.</i>	4-9	21		✓3 months		Sun
Spikenard	<i>Aralia racemosa</i>	4-8			✓3 months		Shade
St. Johns Wort	<i>Hypericum perforatum</i>	3-8		✓			Sun
Stinging Nettle	<i>Urtica dioica</i>	2-8		✓	✓4-8 weeks		Sun/part shade
Tansy	<i>Tanacetum vulgare</i>	3-8		✓			Sun
Tea Tree	<i>Melaleuca alternifolia</i>	8-11		✓			Sun
Tobacco	<i>Nicotiana spp.</i>	Annual 80days		✓			Sun



Trillium	<i>Trillium spp.</i>	4-8			✓Start outdoors in fall or early spring		Part shade/shade
Valerian	<i>Valeriana officinalis</i>	3-8	7-21	✓			Sun/part shade
Violet	<i>Viola spp.</i>	4-9		✓	✓8 weeks		Shade
Wild Geranium	<i>Geranium maculatum</i>	3-10			✓3 months – start outdoors in Fall		Shade
Wild Ginger	<i>Asarum candense</i>	4-8			✓3 months warm + 3 months cold		Shade
Wild yam	<i>Dioscorea villosa</i>	6-9			✓3 months – start outdoors in fall		Shade
Witch Hazel	<i>Hamamelis virginia</i>	3-8	30		✓warm 2 months + cold 3 months		Shade
Wormwood	<i>Artemisia abinthium</i>	3-9		✓	✓4 weeks		Sun
Yarrow	<i>Achillea millefolium</i>	3-10		✓			Sun
Yerba Santa	<i>Eriodictyon californicum</i>	7-10		✓			Sun