

# Prunella vulgaris

## COMMON NAME

self-heal

## FAMILY

Lamiaceae

## AUTHORITY

*Prunella vulgaris* L.

## FLORA CATEGORY

Vascular – Exotic

## STRUCTURAL CLASS

Trees & Shrubs - Dicotyledons

## NVS CODE

PRUVUL

## HABITAT

Because of its low growth habit, self-heal all can often escape detection until firmly established in the lawn. The first signs of the plant are during flowering when hundreds of purple (occasionally mauve) flowers on short compact spikes are seen above the ground.

## FEATURES

Self-heal is a low-growing, spreading by rooting at nodes; a perennial of the mint family. It has distinctive puckered leaves with an opposite arrangement on square stems. The ovate leaves (wider at the base and tapering toward the apex) are covered with short, coarse hairs. When viewing this plant from directly above, each set of leaves is rotated ninety degrees from the previous set.

## FLOWERING

Self heal flowers in early-to-mid summer on stems that extend above the ground

## FLOWER COLOURS

Violet/Purple

## YEAR NATURALISED

1867

## ORIGIN

N. temperate

## Reason For Introduction

The common name derives from the use of some species to treat a range of minor disorders. It is reported to have an antiseptic and antibacterial effect, and to be particularly good in cases of food poisoning.

## MORE INFORMATION

<https://www.nzpcn.org.nz/flora/species/prunella-vulgaris/>



Silverstream, Upper Hutt. Photographer: Jeremy Rolfe



Silverstream, Upper Hutt. Photographer: Jeremy Rolfe