



## CHASTE TREE BERRIES

**Botanical Name:** *Vitex agnus castus*

**Common Name:** Agnus-castus, chasteberry, monk's pepper

**Medicinal part:** Berry

**Description:** *Vitex agnus-castus* is one of the few temperate-zone species of *Vitex*, which is on the whole a genus of tropical and sub-tropical flowering plants. Theophrastus mentioned the shrub several times, as agnos in *Enquiry into Plants*. It has been long believed to be an aphrodisiac but its effectiveness remains controversial. This is a cross-pollinating plant. However self-pollination may also occur now and then.



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