



VALERIAN ROOT

Botanical Name: *Valeriana officinalis*

Common Name: Valerian, garden heliotrope, all-heal

Medicinal part: Rootstock

Description: Valerian is a perennial plant, about 2 to 4 feet high. The yellow-brown, tuberous rootstock produces a hollow, angular, furrowed stem with opposite, pinnate leaves. In medieval Sweden, it was sometimes placed in the wedding clothes of the groom to ward off the "envy" of the elves.



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