



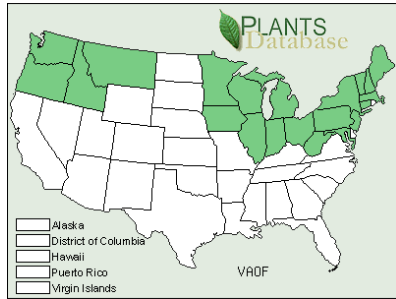
Garden Valeriana

Valeriana officinalis L

Common Names: garden heliotrope, garden valerian, Greek valerian

Native Origin: Eurasia

Description: An erect herbaceous perennial in the valerian family (*Valerianaceae*) growing 1-4 feet in height. Stems are stout and hairy especially at the nodes. Leaves are pinnately compound, opposite, 11-21 toothed, lance-shaped with occasional hairs on the underside. Flowers are pale pink or white, 5-parted, funnel shaped, branched clustered, fragrant, and bloom from May to August. Small capsules of lance-shaped fruit produce an abundance of powdery seeds. The root system has small rhizomes with fibrous roots. Plants reproduce by wind-dispersed seed and aerial stolons.



Habitat: It is found in open disturbed areas, grasslands, open woods, roadsides and stream banks. Plants prefer dry to moist soils.

Distribution: This species is reported from states shaded on Plants Database map. It is reported invasive in CT, IL, and WI.

Ecological Impacts: The vigorous growth habit and the self-sowing seeds enable this species to displace native vegetation. It is sold in nurseries and herb farms for use in gardens and herbal medicine. It has escaped from cultivated areas to be invasive in some areas.

Control and Management:



- **Manual-** Pull or mow before flowering.
- **Chemical-** It can be effectively controlled using any of several readily available general use herbicides such as glyphosate or triclopyr. Follow label and state requirements.

References: <http://plants.usda.gov>, www.nps.gov/plants/alien/list/a.htm, <http://images.google.com> Czarapata, Elizabeth J. Invasive Plants of the Upper Midwest, an Illustrated Guide to their Identification and Control, 2005 p. 140-141, <http://wisplants.uwsp.edu/scripts/detail.asp?SpCode=VALOFF>