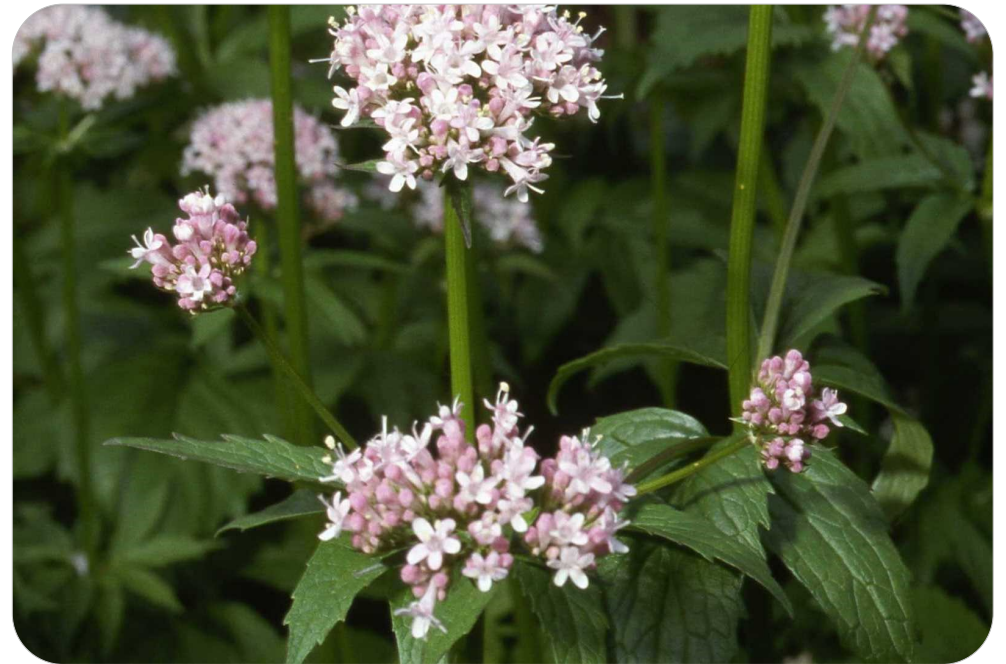


Common Valerian - *Valeriana officinalis*



Description

Common valerian has oppositely arranged leaves which are divided into leaflets. The stem is green to reddish and culminates in fragrant heads of pink flower clusters. The plant can grow to over 1m in height.

The species prefers wet to moist, neutral soils in fens, mires and other damp conditions, including in W3-7 woodlands.

Soil regimes

Soil reaction (R)	6
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Nitrogen availability (N)	5
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Acknowledgements:

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