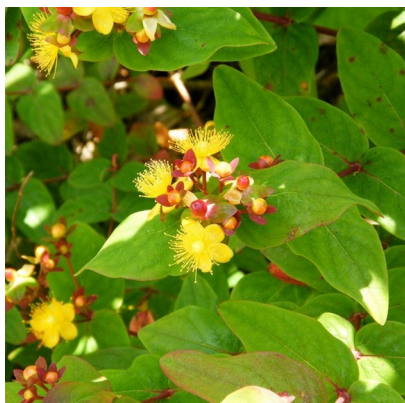


St. John's Wort

Hypericum androsaemum



Plant from 30 to 120 cm, branches with two longitudinal lines; 1-10x0,8-6cm leaves, wide ovate to oblong, sessile (without petiole), sometimes amplexicaules, lactones odorless.

Have sepals with 0.8- 1.5cm, oblong-ovate and yellow petals with 0, 6- 1.2 cm.

Its fruit is a capsule with 0,7x1,2cm, fleshy, reddish that becomes black when ripe.

More info:

https://www.amu.bio/_st_johns_wort

Cultivation

The propagation is by seed in the spring (germination takes place in approximately 3 months) or through cuttings in the spring / summer.

It prefers acid, moist, well-drained soils and rich in organic matter.

This plant prefer to be in dark places but it can adapt to a good sun exposure.

It can be cultivated in pots and flower boxes.

History

Also known as tustan, herb-of-stone or grass-of-Geres, this plant arises spontaneously in Western Europe and North Africa.

In our country it is spontaneous in damp and dark places and riverbanks of Minho, Beiras



and Estremadura.

Utilization

Traditionally are attributed to this plant medicinal properties: antiseptic, diuretic, digestive, antioxidants, against renal failure (nephritic colic) and protective of the liver cell.

The Hypericum tea is used to reduce anxiety and stress.

It can also be used in plasters for rheumatism and muscle pain.