

# Sitka Valerian

*Valeriana sitchensis*



## Plant and Leaves:

- Plant 12-48 inches tall (~30-120 cm); robust, dark purplish green stem with leaves and flowers / fruits cluster.
- Leaves 1-3 inches (3-8 cm) long, coarsely toothed and lanceolate to ovate / roundish; basal leaves have long stalks. Basal leaves on non-reproductive plants are more rounded.