

# 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.

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## Budding:

- Small white/pinkish buds on top of a square stem that can be 1-4ft (30-120cm tall)



## Flowering:

- The flowers are white and fragrant, and sometimes pink
- Each corolla is 6-8 mm long and has 3 stamens
- Flowers cluster into slightly-rounded umbels



## Ripening Fruit:

- Flowers fall off, leaving a vase-like structure which is the fruit



## Releasing Seed:

- When fruits release, feathery hairs protrude from the vase for wind dispersal

**\*\*NOTE\*\*** It is common for individual *Valeriana* stalks to have multiple phenophases – make careful observations & be sure to consider which phenophases are present and absent.