



Photo: Eileen Sheehan, *Stachys officinalis* "Hummelo"

Common Names:

Betony, Purple Betony,

Plant Type: Perennial

Light Requirements:

Full Sun

Height: 1.5-2 ft

Bloom Time: Summer

Hardiness Zones: 4-8

Stachys officinalis

Stachys officinalis is an herbaceous perennial in the mint family (Lamiaceae). It is native to Europe, Asia, and parts of North Africa, but grows equally well in North America. *Stachys officinalis*, commonly known as Betony, is a clump-forming perennial with medium green leaves that have a puckered appearance and tightly scalloped edges. In summer, flower stalks rise above the basal foliage and produce upright stems topped with purple flowers. Betony tends to be somewhat long blooming; removing the spent blooms may produce a second flush of flowers. Pollinators appreciate the nectar the flowers provide. Some varieties of Betony may have pink or white-pink flowers.

Betony requires full sun and well-draining soil. Once established, it can tolerate periods of drought, though it prefers to be kept evenly moist. Because of the dense habit of the foliage, it can be used as a ground cover. Betony is generally deer and rabbit resistant and is also black walnut tolerant. The specific variety in the photo is "Hummelo," which is one of its most popular cultivars.

References:

<https://www.missouribotanicalgarden.org/PlantFinder/Betony>

<https://hort.extension.wisc.edu/articles/stachys-hummelo/>

<https://plants.ces.ncsu.edu/plants/betonica-officinalis/>