



St. John's Wort Planting Guide

About St. John's Wort

St. John's Wort is a multifaceted medicinal herb that is championed by its practitioners as an almost universal cure-all. Plant St. John's Wort seeds in a sunny spot in sandy soil. Noted as a remedy for many ailments, including: insomnia, depression, bladder problems, and pulmonary complaints.

When to Plant

Plant in early spring after danger of frost has passed. It's best to first plant indoors in a warm, sunny environment and transplant in late spring.

Where to Plant

St. John's Wort can tolerate a variety of soil conditions and can even withstand a small flood. You really can't go wrong with choosing a spot to plant this herb!

How to Plant

Start indoors and press seeds into soil but leave uncovered so they can use the light to germinate. Transplant when seedlings are around two" tall. Seeds can take up to 3 months to germinate and once established can re-seed quickly. St. John's Wort is perennial and therefore will bloom in the second year after initial planting.

Caring for St. John's Wort

Harvest in late July and August when flowers are in full bloom. Both the leaves and flowers can be harvested. Cut off the upper 1/3 portion of the plant in July for harvest. Dry flowers and leaves in bundles upside down in a cool, dry place indoors. Store in an airtight glass container for up to one year.