

# VALERIAN

## Dataset

**Name:** Valerian

**Scientific Name:** Valeriana officinalis

### Cultivation Characteristics:

#### 1. Climate:

- Valerian is a perennial plant that prefers cool and temperate climates.
- The ideal temperature for the growth of valerian is between 10°C and 20°C.
- It can tolerate lower temperatures, but not higher than 25°C, to avoid growth problems and premature flowering.

#### 2. Sunlight:

- Valerian can be grown in both full sun and partially shaded areas.
- However, in hot climates, partial shading may be preferable to avoid thermal stress.

#### 3. Soil Type:

- Valerian prefers deep, organic-rich, and well-draining soils.
- The ideal soil pH for valerian is between 5.5 and 7.0.

#### 4. Sowing:

- Valerian can be cultivated through direct sowing or by transplanting seedlings.
- Direct sowing is preferred, with seeds buried at a depth of 1-2 cm in the soil.

#### 5. Plant Spacing:

- The recommended plant spacing for valerian depends on the cultivation purpose and space required for the plants.
- Usually, valerian seedlings are planted at a distance of 15-30 cm from each other, with rows spaced 30-60 cm apart.

#### 6. Irrigation:

- Valerian requires regular watering to keep the soil consistently moist.
- Avoid excessive watering that may cause waterlogging and root rot.

#### 7. Fertilization:

- Before sowing or transplanting, you can enrich the soil with organic materials such as compost or matured manure.
- During the growing season, you can apply nitrogen, phosphorus, and potassium-based fertilizers to promote healthy growth.



**8. Weed and Disease Control:**

- Keep the valerian cultivation area free from weeds that can compete for nutrients and water.
- Monitor the plants closely for signs of diseases like powdery mildew or downy mildew.
- Apply targeted phytosanitary treatments in case of infestations, following the manufacturer's instructions and respecting withdrawal periods.

**9. Harvesting:**

- Valerian can be harvested for ornamental purposes or for using the roots for medicinal purposes.
- Leaves can be harvested when the plants reach a sufficient size.
- For root harvesting, you can wait at least two years after sowing to obtain a higher concentration of active compounds.

**10. Characteristics:**

- Rich in vitamins A, B, and C, and minerals such as potassium, iron, and phosphorus.
- Among its beneficial properties are the prevention of anemia and arteriosclerosis.