



Caste Tree

Vitex agnus-caste multi

01-43



<u>Hardiness</u>	<u>Exposure</u>	<u>Soil</u>	<u>Water</u>	<u>Flowers</u>	<u>Height</u>
Zone 4-24, H1, H2	Zone 4-24, H1, H2	Prefers well drained soil	Moderate to regular watering	Bloom summer to fall, small fragrant lavender-blue flower	To 25 feet tall

A beautiful, small, deciduous tree with an interesting name and history of herbal usage. The sharp scented foliage is reputed to have a sedative effect, hence the idea of stuffing mattresses with them to help induce sleep (and therefore chastity). The dried fruit, which has a pepper flavor and aroma is also harvested and used as a seasoning. There has been much written about the historic and current use of this plant for a wide variety of women's menstruation related health issues, though the active component of the plant has not been identified or isolated.