



Lamb's Ears
Stachys byzantina

Sarah Carr

LAMB'S EARS

Lamb's ears (*Stachys byzantina*), also known as woolly hedgenettle, woundwort, or allheal, is a perennial native to the Middle East and has been used medicinally for centuries to treat wounds as a dressing. It is instantly recognizable by its pleasantly soft woolly leaves covered with densely matted hairs, known as trichomes. Low to the ground, it grows 1½' wide with infrequent flower stalks rising to 1½' tall. It mainly spreads by creeping runners, but is not