## Summer Daze Self Heal

***Prunella 'Summer Daze'***



*Summer Daze Self Heal flowers*
*Photo courtesy of NetPS Plant Finder*

Height: 18 inches

Spread: 18 inches

Spacing: 16 inches

Sunlight: ○ ◐

Hardiness Zone: 4

Other Names: Self-Heal, Selfheal

**Description:**

An elegant variety producing masses of terminal clusters of stunning pink flowers in late spring, then continues until fall; excellent as a groundcover, edging, or container planting; tolerates a wide range of soils

**Ornamental Features**

Summer Daze Self Heal features showy clusters of pink hooded flowers at the ends of the stems from late spring to early fall, which emerge from distinctive red flower buds. Its tomentose lobed leaves remain green in color throughout the season.

**Landscape Attributes**

Summer Daze Self Heal is an herbaceous perennial with an upright spreading habit of growth. Its relatively fine texture sets it apart from other garden plants with less refined foliage.

This is a relatively low maintenance plant, and should be cut back in late fall in preparation for winter. It is a good choice for attracting butterflies to your yard, but is not particularly attractive to deer who tend to leave it alone in favor of tastier treats. It has no significant negative characteristics.

Summer Daze Self Heal is recommended for the following landscape applications;

- Mass Planting
- Border Edging
- General Garden Use
- Groundcover
- Container Planting

**Planting & Growing**

Summer Daze Self Heal will grow to be about 14 inches tall at maturity, with a spread of 18 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 16 inches apart. It grows at a fast rate, and under ideal conditions can be expected to live for approximately 5 years. As an herbaceous perennial, this plant will usually die back to the crown each winter, and will regrow from the base each spring. Be careful not to disturb the crown in late winter when it may not be readily seen!

This plant does best in full sun to partial shade. It is very adaptable to both dry and moist locations, and should do just fine under typical garden conditions. It may require supplemental watering during periods of drought or extended heat. It is not particular as to soil type or pH. It is highly tolerant of urban pollution and will even thrive in inner city environments. This particular variety is an interspecific hybrid.

Summer Daze Self Heal is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. It is often used as a 'filler' in the 'spiller-thriller-filler' container combination, providing a mass of flowers against which the larger thriller plants stand out. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.