## Scutellaria integrifolia



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# Rough Skullcap, Helmet Skullcap

# Lamiaceae (Labiatae) Plant Specifics

Size: 1-2 ft

Life Span: Short-lived perennial

Flower Color: Blue, purple

Phenology: Winter dormant

Habitats: Upland mixed forests, flatwoods, sandhill, rudera

areas.

#### **Natural Range in Florida**



#### **USDA Zones**

Suitable to grow in:

10A 10B 8A 8B 9A 9B

### Landscaping

Recommended Wildflower garden. It blooms early before mo

**Uses:** of the other wildflowers.

**Light**: **♣** Full Sun

Moisture Somewhat moist, no flooding ---- to ---- Ver

Tolerance: long very dry periods

Salt Water Not salt tolerant of inundation by salty or

Flooding brackish water.

Tolerance:

Salt Spray Some tolerance to salty wind but not direct s

Tolerance: spray.

Soil/Substrate: Sand

### Wildlife







Flowers attract pollinators, likely bees, flies, and/or butterflies and moths.