

# *Sweetgrass*

## *Hierochloa odorata*



This ornamental grass is one of the four sacred medicines used by First Nations people, and is commonly used in traditional ceremony. It is a winter-hardy perennial with a distinctive vanilla scent, bearing three-flowered spikelets that bloom in an open panicle. Produces very little seed; spreads mostly by rhizome.

Full sun

Moist soil; sandy – sandy loam

12-24 cm tall

Leaves grow horizontally to  
1m by late summer