



Mugwort Planting Guide

About Mugwort

Easy to grow and commonly found in the northern hemisphere, Mugwort is an herbaceous perennial with clusters of small white flowers in the summer. Mugwort is commonly grown for medicinal purposes, but also offers a pleasantly bitter flavor when used to season meats and poultry.

When to Plant

Direct sow in late winter/late spring or late summer/autumn.

Where to Plant

Mugwort thrives in full sun in well-draining soil.

How to Plant

Indoor sow by surface sowing the seeds in pots or trays and do not cover - just tamp into soil. Mugwort seeds need light to germinate. Water from beneath as not to wash away seeds and cover with plastic. Cold stratify seeds - Mugwort seeds need cold weather to break down germination inhibitors. Either place newly sown pots or flats in the refrigerator for 2 weeks or place them outside against a north wall and leave them there until the spring. Keep soil moist. Transplant when seedlings are large enough to handle and plant them in their permanent locations in late spring or early summer, after the last expected frost. Water regularly until mature.

Caring for Mugwort

When in bloom, you can cut the top third section off your plant with clean cutters.