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To produce plugs, seed should be sown indoors at least 7 weeks before transplanting seedlings outdoors. Wild senna, as with many other legumes, has a hard seed coat. Scarify or chip the seed in order for water to be absorbed. Soak the seed in warm water for three hours before sowing.

Wild Senna - USDA Plants Database : DocumentLibrary : factsheet : pdf : fs_sehe3

plants.usda : DocumentLibrary : factsheet : pdf : fs_sehe3

Wild Senna - USDA Plants Database : DocumentLibrary : factsheet : pdf : fs_sehe3

If you take it for longer, your body can start to rely on it, rather than your bowels doing the work on their own. If you are still constipated after taking senna for 3 days, talk to your doctor.

How and when to take senna - NHS : medicines : senna : how-and-when-to-take-senna

nhs.uk : medicines : senna : how-and-when-to-take-senna

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For aircraft speeds which are much greater than the speed of sound, the aircraft is said to be hypersonic. Typical speeds for hypersonic aircraft are greater than 3000 mph and Mach number M greater than five, $M \geq 5$. We are going to define a high hypersonic regime at $M \geq 10$ to account for re-entry aerodynamics.

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