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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

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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

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Call of Duty will return to Steam with the launch of Call of Duty: Modern Warfare 2. Today Activision Blizzard revealed that Call of Duty: Modern Warfare 2 will launch on October 28, which includes releasing on Steam. The last title to release on the platform was 2024's Call of Duty: WWII.

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