



AGRIMONY

Agrimonia eupatoria

PERENNIAL | ROSACEA FAMILY

ZONES: 3-8

EXPOSURE: SUN | LIGHT SHADE

MATURE HEIGHT: 24" | SPREAD 12-18"

BLOOM: YELLOW | SUMMER



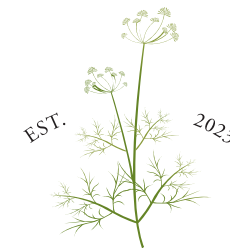
Medicinal



Pollinators



Culinary



HERB & VINE

— healing plants —

The Druids held this plant as sacred and used as an anointing herb – also known as Church Steeples or Sticklewort. In the language of flowers, Agrimony means thankfulness or gratitude.

- Leaves and flowering tops when just opened can be used in infusions and decoctions for respiratory, urinary and digestive diseases, as well as for wounds. The plant has also been used to ease stress and tension.
- Therapeutic*: antioxidant, anti-inflammatory, analgesic, astringent, diuretic and mildly bitter.
- Use as a gargle for sore throat; take as a tea for upset stomach or IBS.

Caution: consult your doctor before taking if on medications or pregnant.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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