

ECHINACEA

Echinacea purpurea (ek-in-AY-shee-ah pur-PUR-ee-ah)

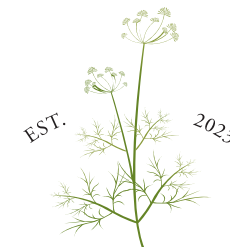
PERENNIAL | ASTERACEAE FAMILY

ZONES: 3-9

EXPOSURE: FULL SUN | LIGHT SHADE

MATURE HEIGHT: 3-5 FT | SPREAD 1-3 FT

BLOOM: PURPLE | LATE SUMMER-EARLY FALL



HERB & VINE

— healing plants —



Medicinal



Pollinators



Butterflies



Cut



Resistant

Purple Coneflower is a native North American plant used as an herbal remedy for more than 400 years by the Great Plains Indian tribes who harvested its flowers, leaves and roots.

- Its chemical constituents have powerful anti-inflammatory and immunostimulatory properties.
- Therapeutic*: colds, sore throat, and chronic infections of the lower urinary and respiratory tracts.
- External uses: infected wounds, acne, boils, abscesses, mouth infections, warts, venomous bites and fevers.
- Self-sows profusely (control spread by deadhead flowers before they go to seed).

Caution: do not use if you have allergies to plants in the Asteraceae (daisy) family. Do not take during pregnancy.



**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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