



YARROW

Achillea millefolium (ak-ih-LEE-ah mill-ee-FOH-lee-um)

PERENNIAL | ASTERACEAE FAMILY

ZONES: 3-9

EXPOSURE: FULL SUN

MATURE HEIGHT: 3 FT | SPREAD 2 FT

BLOOM: WHITE | SUMMER TO EARLY FALL



HERB & VINE

— healing plants —



Medicinal



Pollinators



Aroma



Cut



Resistant



Companion

Use dates back to the ancient Babylonians and plant is still used by Native Americans as an incense, its aromatic smoke believed to purify areas, objects and people of evil spirits and negative energy.

- Can spread aggressively by rhizomes and self-seeding. Deadhead to encourage more blooms.
- Therapeutic*: Native Americans used it to cure toothaches, ear aches and for cuts, bruises and burns. Has also been used for colds, respiratory infections, inflammation and as an external soak for eczema. Its salicylic acid is used in aspirin. It has been noted to relieve allergy symptoms when taken as a tea. The flowering heads are the most medicinally beneficial.
- As a companion plant it attracts predatory insects that feed on larvae while repelling unwanted pests, and its chemical properties actually improve poor soil and the welfare of nearby plants. Also makes a great fertilizer and compost additive.

Cautions: Don't use if pregnant or for children.



**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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