

PERENNIAL



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λ'ələqwətp

Hehəmiñəm

Yarrow

English

*Achillea millefolium*

Latin

BLOOM & FRUITS

Flat-topped clusters of white (or pink), aromatic flowers from June to August.

USE BY PEOPLE & CULTURAL SIGNIFICANCE

Yarrow is especially beneficial for women's health: smaller sprouts for young girls before and during puberty, while the flowering plant helps regulate menstrual cycles, stop pain from cramps, and support perimenopause with hot flashes and other symptoms during this transition time. However, this plant is not safe for pregnant women as it can cause abdominal contractions. The leaves are used in aromatic teas, as a tincture for flu and respiratory illnesses, fevers, and colds. The root and root nodules are used to soothe toothaches by chewing or leaving on the gum line.

WILDLIFE VALUE

Flowers are an excellent nectar source for butterflies and native bees. It is a host plant for many caterpillars including the American Painted Lady butterfly. It also attracts beneficial predatory insects.

CARE INSTRUCTIONS

A tough perennial that grows and spreads prolifically. Tolerant of a variety of disturbed soil.

EXPOSURE



MAX HEIGHT

3ft

MOISTURE

Dry to moist

GROWING EASE

High

USE VALUE



ATTRACTS



CONTAINER TOLERANCE

High