

## Feverfew

Family	Asteraceae
Botanical	Tanacetum parthenium
Parts Used	Leaves
USDA Hardiness	2B - 9B
Light	Full Sun
Soil	Well Drained
Duration	Perennial



Propagation	Soil pH requirements: 6.1 (mildly acidic) to 7.8 (mildly alkaline). From softwood cuttings or from seed, direct sow outdoors in fall or in spring after the last frost.
Water	As needed, do not overwater
Growing	They grow best in loamy soil, but aren't fussy. Indoors, they tend to get leggy, but they flourish in outdoor containers. Feverfew is a perennial, so cut it back to the ground after frost and watch for it to regrow in the spring. It re-seeds fairly easily, so you might find yourself giving away new plants within a couple of years. The feverfew herb blooms between July and October.

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Medicinal Uses	Anti-inflammatory, anti-spasmodic and emmenagogue
Benefits	For migraine and arthritis. Also good for period pains and vertigo. Feverfew has blood thinning qualities.
Preparation	<p>Use the leaves which may be picked throughout the spring and summer, although just before flowering is best.</p> <p>For migraines: Because the fresh leaves may cause mouth ulcers in sensitive people, put 1 leaf frond on a slice of buttered bread, fold in half and eat. Eat 1 every day.</p> <p>This herb is also employed in hysterical complaints, nervousness and lowness of spirits, and is a general tonic. The cold infusion is made from 1 OZ. of the herb to a pint of boiling water, allowed to cool, and taken frequently in doses of half a teacupful.</p> <p>A decoction with sugar or honey is said to be good for coughs, wheezing and difficult breathing. The herb, bruised and heated, or fried with a little wine and oil, has been employed as a warm external application for wind and colic.</p> <p>A tincture made from Feverfew and applied locally immediately relieves the pain and swelling caused by bites of insects and vermin. It is said that if two teaspoonfuls of tincture are mixed with 1/2 pint of cold water, and all parts of the body likely to be exposed to the bites of insects are freely sponged with it, they will remain unassailable. A tincture of the leaves of the true Chamomile and of the German Chamomile will have the same effect.</p>

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# Fines Herbes

**Culinary Uses**      Feverfew doesn't taste very good and large quantities aren't very good for you. It can cause sores to form on the inside of your mouth and stomach upset and thins the blood. Use medicinally only.

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**Historical Facts**      Feverfew was used by the ancient Greeks and Egyptians for inflammation and menstrual pain as well as general aches and pains. Dioscorides documented feverfew's use for inflammation and swellings in the first century of the common era.  
In medieval Europe it was used for just about everything and it has enjoyed long popularity in cottage gardens. During the time of the plagues, it was planted around houses to protect those inside from the disease. (It may have actually prevented plague carrying vermin from entering)  
The name parthenium is from the Greek meaning "girl" and alludes to its traditional use for female complaints.

**Additional Tips**

**Nutrition Facts**      Feverfew contains nutrients such as Vitamin A, Vitamin C, niacin, and Iron.