

Yarrow, Carpenters Weed, Woundwort,

Milfoil

Family	Asteraceae
Botanical	Achillea millefolium
Parts Used	Aerial parts
USDA Hardiness	3A - 9B
Light	Full Sun
Soil	Well Drained
Duration	Perennial



Propagation	Soil pH requirements: 5.1 (strongly acidic) to 6.5 (mildly acidic). By dividing the rootball or from seed.
Water	As needed, do not overwater
Growing	This mat forming perennial has soft and feathery foliage that spreads by rhizomes. Select a site with full sun and very well-drained soil. Yarrow thrives in hot, dry conditions and low soil fertility, but won't tolerate wet soils. Apply a thin layer of compost each spring, followed by a 2-inch layer of mulch to retain moisture and control weeds. Water plants during the summer if rainfall is less than 1 inch per week. After the first killing frost, cut stems back to an inch or two above soil line. Divide plants every 3 to 4 years as new growth begins in the spring, lifting plants and dividing them into clumps.

Medicinal Uses	Diaphoretic, anti-inflammatory, antipyretic, antispasmodic, stomachic, astringent, carminative and hemostatic.
Benefits	For colds, flus, fevers, bleeding, hemorrhoids, suppressed menses and hypertension.
Preparation	Infusion, tincture and powder using the flowers, leaves and stems. Great in an infusion combined with elder blossoms, lemon balm and peppermint at the onset of a cold or flu, drink a quart while taking a long hot bath to keep it moving through you in order to speed healing. For a bath, simmer a handful of fresh leaves in 2 cups water for 15 minutes. Strain and add to your bath water.

Fines Herbes

Culinary Uses

With a flavor similar to chervil but more bitter, its pungent foliage has been used to flavor fermenting beer in lieu of hops. Tea made of yarrow flowers and leaves is a delightful after dinner beverage, used alone or in combination with other plant material. One must be careful to use only a small amount of the crushed dry foliage and flowers, as yarrow is a robust herb. The brew would be bitter if too much is used.

To prepare yarrow for tea I usually cut the entire plant. Rinse in cool water, tie in bunches, shake off excess moisture and hang in a cool, dry and shady place where the air circulates freely. When completely dry, discard the stems and crumble only the leaves and flowers. Place in an airtight glass container and store in a cupboard. Steep 1/2 teaspoon or less in boiling water for each cup of tea. I like the tea sweetened with a little sugar or honey as it is a bitter herb.



Historical Facts

Long associated as first aid for the battlefield, and named after the warrior Achilles. The French name for this herb 'herbe de St. Joseph' is derived from a legend according to which Joseph one day hurt himself while working on his carpentry. The infant Jesus brought him some Yarrow, which instantly staunched the bleeding and healed his wounds. Yarrow is indeed excellent for this purpose. Yarrow was always part of the sacred 9 herb bundle. Originally a pre-Christian tradition, the church at first attempted to ban the gathering of herbs. But when it became apparent that this would be impossible to enforce, they sanctified the practice and even blessed the women's herb bundles in the church on Maria Ascension day, the 15th of August.

Additional Tips

Nutrition Facts

Potassium, Magnesium, Calcium, Phosphorus, Vitamin C, Niacin.