

# Yarrow (*Achillea millefolium*)



## Fact File

- **Common Names:** Yarrow, milfoil, nosebleed plant, soldier's woundwort
- **Scientific Name:** *Achillea millefolium*
- **Family:** Asteraceae
- **Native Region:** Temperate regions of the Northern Hemisphere
- **Plant Type:** Perennial herb
- **Height:** 1-3 feet
- **Flowers:** Small, white, pink, or purple flowers in flat-topped clusters
- **Leaves:** Fern-like, finely divided
- **Uses:** Traditional herbal medicine, culinary herb, ornamental plant

## Traditional Uses

- **Wound Healing:** Yarrow has been used topically to promote wound healing and stop bleeding.
- **Digestive Health:** It has been used to relieve indigestion, gas, and cramps.
- **Fever Reduction:** Yarrow has been used to reduce fever and inflammation.

- **Menstrual Cramps:** It has been used to relieve menstrual cramps and pain.

## Culinary Uses

- Yarrow leaves can be used to make tea or added to salads and soups.
- The flowers can be used to make a flavorful vinegar.

## Cautions

- Yarrow can interact with blood thinners and antiplatelet medications.
- Pregnant and breastfeeding women should avoid using yarrow.
- People with allergies to plants in the Asteraceae family (e.g., ragweed, daisies) may also be allergic to yarrow.

## Interesting Facts

- Yarrow is named after the Greek hero Achilles, who is said to have used it to treat his soldiers' wounds.
- It is a common plant in meadows, pastures, and roadsides.
- Yarrow has a long history of use in traditional medicine and folklore.

## **Disclaimer:**

While yarrow has been used traditionally for various purposes, it is important to consult with a healthcare professional before using it for medicinal purposes, especially if you are pregnant, breastfeeding, taking medications, or have any underlying health conditions.