PLANT FACT SHEET

Achillea millefolium L.

GENUS *Achillea* **FAMILY** Asteraceae

COMMON NAMES Yarrow, Angel Flower

EDIBLE PARTS AND USES

Edible parts: Leaves, Herb, Spice, Vegetable, Flowers - tea, Leaves - tea

The leaves are eaten in small quantities to make a cool somewhat bitter addition to salads. The fine leaves stripped off the stems are also boiled well then eaten. (It has a reputation as a herb in medicine). The dried leaves are also used for tea. They are also used as a hops substitute.
The young leaves are cooked as a vegetable. They are also used for pickles.
The flowers are used in herbal teas and lemonade. They are also fried in butter and sprinkled with sugar or orange juice.
Caution: It should probably not be eaten in significant quantities nor for extended periods of time as it can cause rashes.

DESCRIPTION

A herb which keeps growing year after year. It grows 0.6 m high and spreads 0.4 m across. It has a creeping rootstock. The stems are usually unbranched and are woolly. The stems are erect and flowering. The leaves occur one after another on opposite sides of the stalk. They are divided into many small feather like segments. The leaves are 10 cm long. The flowers are white and like a daisy flower. They occur in flattened compound flower heads.

HABITAT

A temperate plant. The plant is native to Europe. It suits most soil conditions. It is drought and frost resistant. It grows best in well drained soils. It suits hardiness zones 3-10. Hobart Botanical Gardens. Tasmania Herbarium.

PRODUCTION

Cultivation

It can be grown by dividing the rootstock. It is grown from seed. Seed germinate in 1-3 months. Seedlings can be transplanted. Plants can be grown from cuttings.

NOTES

This one is used in medicine. It contains inulin that produces fructose and therefore doesn't boost blood glucose. There are about 85-100 Achillea species. They are temperate in Europe and Asia.

PICTURES



Credit: Food Plants International (Bruce French)



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