PLANT FACT SHEET

Achillea millefolium var. borealis Bong.

GENUS *Achillea* **FAMILY** Asteraceae

COMMON NAMES Milfoil

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers - tea

The flowers are used in herbal teas and lemonade. They are also fried in butter and sprinkled with sugar or orange juice.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

There are about 85-100 Achillea species. They are temperate in Europe and Asia.

REFERENCES

Holloway, P. S. & Alexander, G., 1990, Ethnobotany of the Fort Yukon Region, Alaska. Economic Botany, Vol. 44, No. 2 pp. 214-225 (As Achillea borealis)

Lim, T. K., Edible Medicinal and Non-Medicinal Plants Volume 7 Flowers (As Achillea borealis)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ce819b5d-214a-447d-908a-b537df3a0986