



PLANT FACT SHEET

Achillea ptarmica L.

GENUS *Achillea* FAMILY Asteraceae

COMMON NAMES Sneeze-wort

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

Leaves are eaten raw or cooked. They are used as flavourings in salads.

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

DESCRIPTION

A small herb up to 60-150 cm tall. It spreads 75 cm wide. They have a spreading root system. The leaves are narrow and sword shaped. They have teeth along the edge. The flower heads are white.

HABITAT

It is a temperate plant. It grows in well drained soils in sunny positions. It is resistant to drought and frost. It suits hardiness zones 6-10.

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

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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ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/fc3c5b0d-eefd-4bd1-b23b-0ec56051b1b1>