



Yarrow

Achillea millefoium

Habitat and Range:

Yarrow is common in garden areas, meadows, sandy slopes, dry areas, tundra, and along roadsides.

Harvest Calendar:

All parts of the yarrow are useful. The flower is most commonly used and should be gathered when it is fully open but not yet turning brown or yellowish. The flower is high in aromatic oils, whereas the leaves are higher in tannins. Leaves can be harvested any time of the year but is most potent in spring and early summer. The root is used for pain, including toothaches, and is best harvested in fall. Dry yarrow in baskets or paper bags.

Food Use:

Dried yarrow has been used as a seasoning and has been called poor man's pepper. You can add the yarrow leaves to any salad.

Yarrow Facial Steam

- » 1/3 cup yarrow leaves and flowers
- » Towel
- » 4 cups boiling water

Directions:

Steep yarrow in boiling water. Let sit covered for 5 minutes, then carefully remove cover. Using a towel form a tent, keeping your face about 6-inches from the surface. Bathe your face gently with the steam for about 10 minutes. Then splash your face with cold water to close the pores.

Yarrow Tea

- » 1 teaspoon dried yarrow
- » Slice of lemon
- » 1 cup boiling water

Directions:

Add the dried yarrow in a mug of boiling water and allow to steep minimum 10 minutes. Strain leaves. Add honey or lemon to sweeten if desired.

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Resources:

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