

# Kootenay Girl Apothecary

## Plant Fact Sheet – Yarrow

### (*Achillea millefolium*)



#### Quick ID

Perennial wildflower with feathery, finely divided leaves and flat clusters of white (sometimes pink) flowers.

Leaves: Soft, fern-like, aromatic.

Flowers: Tiny daisy-like florets in broad, flat-topped clusters.

Stems: Upright, lightly hairy, 1–3 ft tall.

#### Where It Grows

- Found across Western Canada and temperate regions worldwide.
- Thrives in meadows, disturbed fields, roadsides, open forests.
- Prefers sun and well-drained soil.

#### Ethical Harvesting

- Avoid roadside or sprayed areas.
- Harvest aerial top third during full bloom.
- Leave plenty of flowers for pollinators.

#### Best Parts to Use

Aerial parts – flowers, leaves, stems.

Flowers for teas, washes, and wellness support.

Leaves for traditional first-aid use and teas.

#### When to Harvest

- Peak bloom (mid-summer) is ideal.
- Leaves can be harvested earlier when lush and green.
- Dry quickly in thin layers out of direct sun.

#### Common Uses

- Traditionally used for minor first-aid support (cuts, scrapes).
- Teas used for circulation and seasonal wellness.
- Topical washes used for cleansing and skin support.

#### Basic Preparations

**Tea:** 1–2 tsp dried herb, steep 10–15 minutes.

**Tincture:** Small doses used by herbalists, made from fresh tops.

**Topical wash:** Strong infusion applied warm or cool.

**Oil/salve:** Infuse dried yarrow in oil and combine with beeswax.

#### Safety Notes

- Avoid during pregnancy unless guided by a professional.
- Possible sensitivity for people allergic to Asteraceae plants.
- A few may experience sun sensitivity.
- Educational use only — not medical advice.

#### Summary

- Aromatic wildflower with feathery leaves and flat white flower clusters.
- Used traditionally for first-aid and circulation support.
- Best harvested at full bloom from clean locations.