

# Yarrow (*Achillea millefolium*)

NATIVE



## FAST FACTS

- » Yarrow is known for having a strong floral scent and if left undisturbed can grow up to 1 metre tall!
- » Yarrow can be found across North America, as well as northern and central Europe and Asia.

Yarrow is a native plant to British Columbia and can be found all over the province thanks to its broad range. Depending on the local climate, its cluster of flowers located at the top of the stem can produce white or pink flowers and can even bloom as late as December. Many Indigenous communities in BC harvest yarrow for its medicinal properties, as yarrow has been traditionally used to treat sores, sore muscles, toothaches, and more. Unless you are with someone who is an expert on plant identification, knowledge of best harvesting practices and landowner permission, please do not harvest yarrow as it is visually similar to other harmful plant species.