

# Moneta Farm and Home Center 30<sup>th</sup> Annual Herb Day

May 4<sup>TH</sup>, 2024

10:00 am—2:00 pm



All Herbs

25% OFF May 4<sup>th</sup>

SOME EXCLUSIONS APPLY (OFFER CAN NOT APPLIED WITH OTHER DISCOUNTS AND OR COUPONS)

**Free Hands on Hypertufa Planter Workshop During the Event**

**Workshop Begins at 11 Am**

**Call or Text Darlene at 540-297-5558 to register Limited Number of slots available**

## ***2024 HERB OF THE YEAR “YARROW”***

Common yarrow or milfoil is a plant that's familiar to hikers as well as gardeners. A member of the aster or composite family (Asteraceae), yarrow has flat-topped or dome-shaped clusters of small white flowers that bloom from April to October.

An attractive, hardy perennial, yarrow can reach about 3 feet in height. Its aromatic, fine, feathery-cut leaves give the plant a soft, fern-like appearance. Cultivated varieties with white, yellow, gold, pink, or red flowers are staples in home gardens throughout the world. Yarrow attracts butterflies, bees and other insects, making it a nice addition to a pollinator garden. This species can become weedy, however, since it spreads readily and tolerates disturbance.

Numerous tribes in North America used yarrow for a variety of ailments. The crushed plant was applied to wounds and burns. The dried leaves were used as a tea to soothe colds, fever, and headache. Yarrow beer has been brewed in Europe since the Middle Ages. The Chinese considered yarrow plants to be good luck. Even Lewis and Clark were acquainted with yarrow. It was collected during the Lewis and Clark Expedition while they were camped near Kamiah, Idaho in May 1806.

Fragrant bouquets of yarrow brighten many of our nation's forests and grasslands. Next time you meet a yarrow plant, you'll be connecting with a rich history of cultures around the world!



## **STORY BEHIND THE HERB OF THE YEAR**

*The International Herb Association works with groups all over the world to educate people about the importance of herbs.*

In 1991 the International Herb Association established National Herb Week, to be celebrated every year during the week prior to Mother's Day. Every year since 1995 the International Herb Association has chosen an "Herb of the Year" to highlight. They evaluate choices based on them being outstanding in three major categories: medicinal, culinary, or decorative.



WILD YARROW

## GROWING and CARING FOR YARROW

Common yarrow (*Achillea millefolium*) is a perennial flowering plant that goes by many names, like gordaldo, poor man's pepper, and thousand leaf. In the southwestern U.S., you'll hear it referred to as a *plumajillo*, Spanish for "little feather" due to the feathery shape and lacy texture of the plant's aromatic leaves. Yarrow can grow to reach more than 3 feet tall during the course of a growing season, and it bears an umbrella-like canopy of clustered mini blooms on long, slender stems. Plant this herbaceous perennial in the spring, and come summer, you'll be graced with little white flowers.

Common yarrow's native propagation originated in the temperate regions of Asia and Europe, and it was introduced to North America during the colonial era. It is commonly seen growing across the United States in dry, disturbed soil, and while its beauty is delicate, the plant is also considered an aggressive weed.<sup>1</sup> Common yarrow can be toxic to dogs, cats, and horses,<sup>2</sup> yet poisoning is rare, as the tannins in the plant give it a bitter taste that deters animals from overconsumption.

**Drought-tolerant** common yarrow grows well in poor soil, making it an ideal plant for **xeriscaping**, especially if you live in a desert environment. Yarrow is most often sold as plant starts but can be easily grown from seed and doesn't need much attention once established. Simply make sure to plant it in soil that is well-drained, watering it regularly during drought conditions, but giving it ample time to fully dry out in between. While this plant is technically considered invasive only in noncultivated settings, common yarrow still needs to be planted in an area where you don't mind proliferation. You may find common yarrow seed included in wildflower mixes that, once planted and mature, make a great option for a cutting garden.

### Light

Yarrow prefers a garden plot that receives full sunlight, as these conditions will help it stay compact, yielding many blooms. This plant can tolerate partial shade, yet inadequate sunlight may cause it to grow long and spindly, requiring staking.

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### Soil

Common yarrow can adapt to a variety of soil compositions, from sandy, to loamy, to clay. Still, whatever the medium, this plant grows best in dry, well-drained conditions. Avoiding fertilizer or compost is often suggested, as nutrient-rich soil will encourage aggressive, and possibly unwanted, growth.

### Water

Once established, common yarrow is drought tolerant. Frequent, light waterings will only be needed to encourage germination and to mature small seedlings. After that, only a 1/2 inch of water weekly is needed to maintain growth. During periods of natural rainfall, cease watering altogether, especially if you're getting up to, or more than, 1 inch of water per week.

### Temperature and Humidity

Yarrow thrives in warm, summer conditions, with temperatures of 65 F to 75 F, but can start to suffer heat damage if temperatures rise over 86 F. And while generally considered easy-going, yarrow does not like cold drafts or temperatures near freezing. Yarrow can tolerate some humidity but prefers conditions dry and may fall victim to root rot or fungus if its soil becomes saturated.

### Fertilizer

Yarrow plants are low maintenance when it comes to feeding. An annual side-dressing with **compost** in the spring should be enough to last throughout the season. However, some gardeners choose not to fertilize this plant at all, as nutrient-rich soil may encourage invasive spread.



