

YARROW

EASY TO GROW, HERB, EDIBLE

FUN FACT: YARROW CAN HEAL WOUNDS BECAUSE OF ITS ANTIMICROBIAL AND ANTI INFLAMMATORY PROPERTIES!

COMMON USES

Although yarrow is often used as an ornamental plant, it has also been used as a food. Yarrow is sweet with a slight bitter taste. The leaves can also be dried and used as an herb in cooking.



HARVESTING & STORAGE

When harvesting, bring a sharp pair of shears and snip off the flower heads, and the plant will produce more flowers. The flowers need to be newly opened when harvested, or they will go to seed as they are dried.

FEATURED RECIPE

Shrimp with Yarrow and Baked Lemon

3 tablespoons extra-virgin olive oil

1 tablespoon minced garlic

3 lemons

6 tablespoons sugar

2 tablespoons chopped yarrow leaves

24 large shrimp—shelled, deveined and cut almost in half lengthwise down the back

Salt and pepper

