

THE
YARROW
HERBAL COMPANION

WISDOM FROM A RESILIENT PLANT
FOR EVERY SEASON OF LIFE

Gentle
Strength.
Deep
Roots.
Timeless
Wisdom.

ACHILLEA
MILLEFOLIUM
YARROW
flowering tops
- DRIED -

Yarrow
(*Achillea millefolium*)
Known to staunch
bleeding, ease fever,
support digestion,
and restore
balance.

HERBAL REFLECTION
Yarrow teaches us that
strength can be gentle,
and healing can be
simple. It grows
where it's needed
most, without
asking for
attention.

PLANTS OF THE MOUNTAINS
NOTES FROM THE RIDGE

YARROW
REMEDIES
&
PREPARATIONS

A PRACTICAL GUIDE FROM
June Carter
THE APPALACHIAN ARCHIVES

The Yarrow Herbal Companion

From *The Appalachian Archives*

Yarrow grows in open places, fields, clearings, and edges where wind moves freely and light reaches the ground. It is both delicate and resilient, soft flowers held on strong stems, able to withstand sun, wind, and shifting weather.

In *The Appalachian Archives*, yarrow represents protection, resilience, and the quiet strength of those who tend to others while learning to protect themselves.

Yarrow is the herb of healers.

Yarrow - Materia Medica

Botanical Name: *Achillea millefolium*

Herbal Category

Protective Herb
Wound Herb
Circulatory Support

Energetics

- Slightly warming
- Drying
- Protective
- Balancing

Yarrow is known for helping the body restore balance, supporting circulation, calming inflammation, and protecting against external stressors.

Yarrow stands between *gentleness and strength*.

Traditional Uses

Yarrow has traditionally been used for:

- Minor wounds and cuts
- Circulatory support
- Fever support (traditional use)
- Digestive comfort
- Immune support
- Skin support

Yarrow is often called **the healer's herb**, a plant that supports both the one who heals and the one being healed.

Emotional & Symbolic Meaning

In *The Appalachian Archives*, yarrow represents:

- Protection for healers
- Emotional boundaries
- Quiet resilience
- Restoration
- Courage in gentle form
- Standing steady in uncertain times

Yarrow reminds us:

Those who care for others also need protection.

From the Ridge

A Reflection from The Appalachian Archives

June Carter bent gently beside a patch of yarrow growing along the edge of the clearing.

"This one," she said softly, "is for those who carry more than their share."

Lia knelt beside her. "It's delicate," she said.

June smiled. "That's what people often think. But yarrow has roots that hold strong in wind and drought. It protects, quietly, but well."

Harvest Wisdom

Traditionally, yarrow is:

- Harvested in bloom
- Gathered gently
- Dried in small bundles
- Used in teas, salves, or tinctures

Yarrow teaches balance and care, taking what is needed, and leaving enough to grow again.

Simple Yarrow Tea

Ingredients

- 1 tsp dried yarrow flowers
- 1 cup hot water

Instructions

1. Pour hot water over yarrow
2. Steep 5–10 minutes
3. Sip slowly

Yarrow tea is slightly bitter, a reminder that healing sometimes carries strength within gentleness.

Yarrow in *The Appalachian Archives*

Yarrow appears as:

- A protector herb
- A teaching moment between characters
- A symbol of resilience in the mountains
- A quiet presence during times of stress
- A reminder for healers to care for themselves

It becomes part of the **protective circle of the ridge**.

Journal Reflection

Take a quiet moment and reflect:

- Where do you give more than you receive?
- What boundaries would help you feel protected?
- How can you care for yourself while caring for others?

Write your thoughts here:

Closing Reflection

Yarrow teaches:

You can be gentle and still be protected.

You can care for others and still care for yourself.

You can stand quietly, and still be strong.

Healing is not only about giving. It is also about learning to stand within your own circle of strength.

From The Appalachian Archives

The healers endure. The circle holds.