



Dragonfly's Nook

PLANTS ♦ CRAFTS ♦ GOOD VIBES
Grow a kinder, greener tomorrow ♥

FEVERFEW

(*Tanacetum parthenium*)

♥ A SMALL PLANT WITH A BIG HISTORY ♥

Traditionally used. Naturally powerful. Beautiful in the garden.

Herbal Wisdom
Brighter Days
♥

Happy Plants
Happier People
♥



HERBALISM
POLLINATORS
A BRIGHTER TOMORROW

Little Blooms
Big Benefits
♥

Medicinal Benefits

- Traditionally used to help prevent and reduce the frequency of migraines and tension headaches
- Contains natural anti-inflammatory compounds (parthenolide)
- May help reduce fever and support overall immune function
- Traditionally used for menstrual discomfort
- Supports joint health and may help with mild arthritis symptoms
- Antioxidant properties
- May help with nausea and digestive upset

Wellness Grows Here ♥

Plant Information

- Type:** Perennial herb
- Height:** 1 – 3 feet
- Spread:** 1 – 2 feet
- Bloom Time:** Summer (June – September)
- Flowers:** Small, daisy-like white petals with yellow centers
- Hardiness Zones:** 5 – 9
- Sunlight:** Full sun to partial shade
- Soil:** Well-draining, moderately fertile soil
- Water:** Moderate (drought tolerant once established)

Easy to grow, comes back year after year!

Good for the Garden

- Attracts bees, butterflies, and other beneficial insects
- A beautiful, long-blooming flower
- Great for cottage gardens, herb gardens, and borders
- Deer and rabbit resistant
- Pairs well with other herbs and flowers
- Low maintenance and resilient

Quick Facts

- Scientific Name:** *Tanacetum parthenium*
- Common Names:** Feverfew, featherfew, bachelor's button
- Family:** Asteraceae (daisy family)
- Lifespan:** 5+ years
- Edible Parts:** Leaves and flowers (in small amounts)
- Toxicity:** Generally safe in culinary amounts. Avoid during pregnancy. May cause skin irritation in sensitive individuals.

How to Use Feverfew

Different parts of the plant can be used in different ways!

Flowers

(most commonly used)



- Used fresh or dried
- Make into teas, tinctures, or infused oils
- Traditionally used for migraine support
- Can be added to herbal blends and sachets
- Also used in herbal steam facials and skin care

The flowers hold the highest concentration of beneficial compounds.

Leaves



- Used fresh or dried
- Milder in flavor than flowers
- Can be used in teas, tinctures, or culinary dishes (in small amounts)
- Often used for digestive support and mild inflammation
- Young leaves can be chopped and added to salads or herb mixes

Use smaller amounts, as the flavor can be bitter.

Whole Plant



- Some herbalists use the whole aerial parts (leaves, flowers, and stems)
- Can be dried and used in tinctures or infused oils
- Adds beauty and function to herbal gardens
- Prune regularly to encourage bushy growth and more blooms

Harvest in the morning after the dew has dried for best potency.

Popular Ways to Enjoy



- Herbal Tea (flowers or leaves)
- Tinctures
- Infused Oils
- Salves & Balms
- Herbal Sachets
- Dried Flower Crafts (wreaths, smudge bundles, potpourri)
- Add to bath soaks
- Companion plant in your pollinator garden

Grow it. Use it. Share it. More wellness. Brighter days.

PLANT WELLNESS ♥ GROW JOY ♥ DRAGONFLY'S NOOK