**Feverfew**



**Tanacetum parthenium**

* White flowers that resemble daisies from July to September.
* Prefers a full sun position.
* Likes dry, well-drained soil.
* Hardy perennial.
* Self-seeds.
* Bitter flavour.
* A member of the daisy family.
* Reaches approximately 2 feet (60 cm) high.
* Taste better in a sandwich with marmite!
* Leaves can be frozen.
* **Medicinal Uses.**

Feverfew can be eaten as the fresh leaf, made into a green leaf tea or dried for later use as a tea.

* Aids melancholy, vertigo, aches and pains.
* Eat a couple of fresh leaves per day to reduce the symptoms of migraines.
* Can aid the soothing of muscle spasms.
* Can be dried and used for tea.
* Can aid more restful sleep.
* Can aid relief for arthritis and rheumatism.
* Can be used as a mouth rinse.
* Mild laxative.
* Tonic for appetite.
* Can ease depression.
* Promotes good digestion.
* The leaves can induce delayed menstruation.
* Washed over the skin or the oil from the leaves can act as an insect repellent.
* The flowers can be used for instant relief from insect bites.
* Can relieve symptoms of hay fever.
* **Other Uses.**
* Flowers can be used in pot pourri.
* Can be infused to make a mild disinfectant.
* Dried can deter moths!

