

# ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

## Feverfew *Tanacetum parthenium*

There are about 70 species of annuals and perennials in this genus, which ranges throughout northern temperate regions. Many are aromatic, containing pungent volatile oils and insecticidal compounds that may cause unpleasant reactions if handled, or consumed in excess. Some of the perennials become woody and shrub-like with age.

Many *Tanacetums* tend to spread enthusiastically and need vigilant control in the garden.

### DESCRIPTION

*Tanacetum parthenium* (Feverfew) is a strong smelling perennial with yellow-green leaves up to 8cm/3in long. Clusters of daisy-like flowers appear in summer.

feverish illnesses, and digestive and menstrual complaints. Externally for insect bites and bruising. Not given to pregnant women. Fresh leaves may cause dermatitis and mouth ulcers if excessively consumed.

### GROWTH

Well-drained to dry, stony soil in sun. Propagate by seed sown in spring or autumn, or by division in spring and autumn, or by basal cuttings in spring. Remove dead flower heads of *T. parthenium* to prevent self-seeding.

### HARVEST

Plants are cut when flowering, and leaves picked as required, and used fresh or dried.



### PARTS USED

Whole plant, leaves

### PROPERTIES

A bitter, tonic, cooling herb with a pungent odour and nauseating taste. It relieves pain, relaxes spasms, lowers fever improves digestion, stimulates the uterus and has laxative effects.

### USES OF THE HERB

Medicinal

Internally for migraine caused by excess heat, headache, rheumatism, arthritis, minor

Height 60cm/24in Spread 45cm/18in  
Leaves are sometimes eaten fresh, or dried for use in tablets to treat migraine, Rheumatism or arthritis.



Any enquiries can be directed to:  
HERB HERBERT P/L  
PO Box 24 Monbulk  
Victoria 3793 AUSTRALIA  
E-mail: herb@herbherbert.com

