

URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginner's guide to growing Achillea

Achillea, also known as Yarrow, is a very hardy perennial. The flower originates in Europe and Asia, and it is known as a common wildflower. Achillea consists of small flowers grown on strong stems, and they make great cut flowers to store in a vase. Typically, Achillea blooms yellow, but white and red varieties also exist.

To plant:

Achillea flowers are started from seed and can be either directly sown into the garden or they can be planted inside early. If direct sowing into the garden, plant seeds after the last frost date in the spring once the soil begins to warm. Space seeds 12 to 18 inches apart and cover them lightly with soil.

To grow:

Achillea flowers prefer full sun and well-drained soil. They can reach 1 to 3 feet tall, and they can tolerate average soil conditions as well as slightly dry conditions. Since Achillea can grow tall, you may need to stake the stems so they don't fall over or droop. In addition to be hardy, Achillea flowers also are generally resistant to pests and diseases. Being a wildflower, they may even attract native, beneficial insects to your garden. Do not mulch or cover the plants in the winter.

To harvest:

Achillea blooms throughout the summer and will even bloom until frost hits in the fall. Since they are such a hardy perennial, the plant may survive the first few frosts. In addition to its beauty, Achillea is often harvested for its medicinal properties. All



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parts of the flower can be used. The flower portion should be harvested when the petals are open and not yet brown or dried. Leaves can be harvested anytime but are best used in the spring and early summer because that is when they are at their most potent. The root is best harvested in the fall and can be used for pain such as toothaches. To use Achillea, add a tablespoon of the chopped leaves or flowers to a cup of boiling water and steep 10 to 15 minutes. The flowers also act as a natural insect repellent, and if they are rubbed on your skin, it may keep insects away.

What Achillea craves:

Typically, Achillea doesn't require much fertilizer to thrive in your garden. However, you can fertilize it once a year in the late fall or winter season by adding a shovelful of compost or a sprinkle of organic fertilizer and mixing it into the soil around the plant.



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Where to buy Achillea seeds:

Urban Farmer carries Achillea seeds that will bloom to a beautiful dark red color.

Check out our Achillea seeds on our website at ufseeds.com!



[Achillea seeds available at ufseeds.com](http://ufseeds.com)



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