

BOTANICAL STUDY OF FEVERFEW

Tanacetum parthenium

Family: Asteraceae (Sunflower Family)

Common Names: Feverfew, Featherfew,
Bachelor's Button, Liberty Plant

OVERVIEW

Feverfew is a perennial herb treasured for both its beauty and its traditional use in supporting head comfort and well-being. Native to southeastern Europe and western Asia, it has naturalized in many temperate regions and often reseeds readily in gardens.

All parts of the plant have a strong, aromatic scent when touched.

The name "feverfew" comes from its historic use for fevers, while the species name *parthenium* means "maiden" in Greek, referring to its traditional use by women.

TRADITIONAL USES

- Traditionally used to support head comfort and relieve tension.*
- Supports a healthy inflammatory response.*
- Traditionally used to ease menstrual discomfort.*
- Gentle digestive tonic.*

*These statements have not been evaluated by the FDA. This information is for educational purposes only.

NOTES FROM THE GARDEN

Feverfew was not planted by me—it appeared on my property as a gift from nature. It grows with little attention, returns each year, and the bees adore it. A true reminder that some of the best herbs find us.



FLOWER DETAILS



LEAF STUDY



Leaves are deeply divided, feathery, and slightly fleshy with a matte green color and a strong aromatic scent.

PLANT PROFILE

Type:	Perennial herb
Height:	1–3 feet (30–90 cm)
Bloom Time:	Late spring to fall
Habitat:	Full sun, well-drained soil
Hardy Zones:	4–9
Propagation:	Seed, division

ROOT SYSTEM



Fibrous roots that spread and return year after year.

FLOWER DEVELOPMENT



SEEDS



Tiny brown seeds with a slightly ridged surface. Easily self-seeds in the garden.

DRIED HERB



Both leaves and flowering tops are harvested and dried for use.

AROMATIC NOTE

Crush a leaf between your fingers—the aroma is strong and characteristic.



"The best herbs are not always the ones we plant, but the ones that choose to grow with us."