



Relate With Nature Herbal Magazine: Yarrow (Volume 5)

Robin Nelson-Shellenbarger

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Its all about Yarrow this month! Did You Know Yarrow leaves can help to clot blood during nosebleeds? Did You Know Yarrow leaves can help to clot blood during nosebleeds? Yarrow can help tone the digestive system and help get the digestive juices flowing Yarrow make a wonderful dried flower for flower arrangements or other crafts that include dried or pressed flowers. Pick the fresh young tender leaves from Yarrow so they can be cooked like spinach or added to soup recipes In This Issue: All About Yarrow Journal Pages Growing Growing Tips Harvesting Preserving Recipes with Yarrow Other Recipes with other Herbs Recipe Pages (to make your own) Extract Base Tips Companion Herbs for Yarrow Color Page Flash Cards Memory Game Field Guide Remedy Tags (to tag your finished products) Project Page

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