

## **WILD QUININE, AMERICAN FEVERFEW** *Parthenium integrifolium*

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In the home garden, wild quinine looks best in a native or cottage garden or as part of a naturalized meadow. The plant grows 3-4 feet tall in clumps, and is topped with woollylooking, white flower heads, each with tiny ray flowers from late spring to late summer. The blossoms make nice indoor flower arrangements. The leaves are aromatic, coarsely toothed and rough.

The plant is easily grown in average, dry to medium, well-drained soil in full sun. Wild Quinine is native to all regions of Virginia with the exception of the far southwest. The plant grows naturally in prairies and dry woods from Virginia to Minnesota and south to Georgia and Arkansas.

The flowering tops were once used for “intermittent fevers” like malaria, hence the common name of Wild Quinine. The root was used as a diuretic for kidney and bladder



problems and gonorrhea. One study suggests wild Quinine may stimulate the immune system. Since the root strongly resembles that of Pale Purple Coneflower (*Echinacea pallida*), it is a common addition to extracts of Purple Coneflower (*E. purpurea*), historically and in modern times.❖