



Country Garden Greenhouse

Echinacea Narrowleaf

One of the most beautiful prairie wildflowers, adored for its pale purple cone shaped blossoms as well as its medicinal uses, commonly associated with colds & flus. First used by the Native

Americans for snakebites, wounds and bruises. Later recognized by Swiss physiotherapist, Alfred Vogel, one of the first to commercialize the healing properties of this herb, giving rise to one of the best known herbal brands “A. Vogel”. More medicinally active than the standard variety, most well known for its ability to strengthen the immune system, acting as both an antiviral and antibacterial, especially useful against upper respiratory tract infections. It does this by preventing destruction of the bodies protective barriers and activating white blood cells. Has also been used as a mouthwash to treat gingivitis. Active compounds found in its flowerheads as well as roots. Thrives in full sun and dry to medium well drained soil. Drought tolerant Height 3-4 feet. Perennial (hardy in zones 3-9)