

Daisy Fleabane

Erigeron strigosus

Look for Daisy Fleabane in sunny, dry areas.

Daisy fleabane, like other fleabane wildflowers, derives its common name from the superstition that dried clusters of these plants could be used to rid a dwelling of fleas. While it cannot actually do that, it is nevertheless used as a diuretic and medicine for digestive ailments. Leaf extracts contain caffeic acid which has antioxidative and neuroprotective effects on brain cells.

Daisy fleabane is recognizable due to its composite flowers and hairy stems and leaves. The flower heads are characterized by a wide, bright yellow, central disk that is surrounded by 40-100 short, petal-like rays of white or pink. The plant produces both long lanceolate-to-ovate basal leaves and smaller, toothed, clasping leaves along the stem.



Daisy fleabane grows to 36" in height and flourishes all across America in fields, along roadsides, and around waste areas. The plant prefers alkaline soil containing clay or gravel. Bees and insects feed on the pollen; and deer, rabbits, and groundhogs are known to eat the foliage.

Only the leaves are edible but since they have a somewhat 'furry' texture, eating them raw is not too pleasing. They can be used wherever you cook with greens.

Daisy Fleabane blooms May through September.