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*Achillea maritima*

[Synonyms : *Athanasia maritimus*, *Diotis candidissima*, *Diotis maritima*, *Otanthus maritimus*]

**COTTONWEED** is a perennial. Native to coasts from western Europe (including Ireland) to the eastern Mediterranean, it has tiny, deep-yellow flowers.

It is also known as *Algodonosa compuesta* (Spanish), *Edafeddog y Môr* (Welsh), *Santolino delle spiagge* (Italian), Sea cottonweed, Sea cudweed, and *Starčkovec přímořský* (Czech).

In Ireland cottonweed is considered to be endangered. It is also considered to be threatened in the wild in Britain.

*Maritima* is Latin (of the sea) meaning ‘coastal, or of the sea or seaside’.

The perennial is cultivated as an ornamental.

Cottonweed was one of the plants depicted in a series of postage stamps dedicated to endangered species that was issued in Ireland in 1988.

Medicinally, Arab medicine has used a leaf decoction for easing fever and some period problems. Cottonweed has also been used locally for treating kidney disorders, inflammation and spitting blood.