

I selected *Arnica chamissonis* (“American Arnica”) because *Arnica Montana* does not grow well at lower elevations, being native to areas like Colorado. I wanted to try Arnica because I was interested in making my own salve for bruises and sore muscles.

In my raised beds, I planted plants purchased from Richter’s Herbs on the western edge that is the highest elevation in that area and receives some shade in the afternoon. It took a few years, but I finally have a decent patch growing (Arnica is a perennial). The yellow daisy like blooms arrive in early summer and are much like a dandelion head; they quickly turn to seed and have a fluffy, airy seed head.

I harvested the flowers this year and soaked them in olive oil for a few weeks. Then I strained it and melted beeswax into the oil. Friends say they think it helps. I have yet to use it on myself!

Alas, in late summer we had much, much rain. The arnica patch drowned, is black, and withered. I fear they won’t return.

Update: November 2016 – signs of the Arnica have returned with fresh new growth!



The camera is facing west, so the Arnica is in the furthest bed.



Leaves before blooming



The blooms, plant stands about 18 inches.



My Arnica salve success!