



center  
—for—  
native  
plants

# Heartleaf Arnica

*Arnica cordifolia*  
Sunflower/Aster Family



MAY–JUN



H 12"–24"



- Rhizomatous
- Does best in shady areas
- Arnicas are used for their medicinal properties in salves for relieving muscle soreness
- Can live up to 12 years