

The White Willow

The White Willow was brought over to North America in the 1700's by Western European settlers. Later used by such native tribes as the Chickasaw Indians for headaches. They would harvest the bark, boil it down, and ingest it! Compared to the modern medicine, Aspirin, the *Salicin* contained in the bark serves as a pain killer, fever reducer, helpful in fighting infections, heartburn, some forms of cancer and primarily assists in the relief of pain in arthritic joints.

The tree thrives in lowland moist areas such as around rivers and wet lands and will typically bloom in April or May. They may grow anywhere from 50-80 feet in height and its' spread from 40-70 feet. When blooming it produces yellow anthers if male and green if female. It prefers full Sun to part shade and is a high maintenance plant.

Some problems with the White Willow is susceptible to numerous disease problems and is visited by many insect pests such as aphids, scale, borers, lace bugs and caterpillars. Also, the wood is weak and tends to crack. Although it has its' problems the Willow is a beautiful tree with many healing properties within.