

# LIFE EVERLASTING

## *Pseudognaphalium obtusifolium*

**ALSO KNOWN AS:** RABBIT TOBACCO, SWEET EVERLASTING, FRAGRANT CUDWEED, CATFOOT



### **SITE CONDITIONS:**

Full sun-part shade, sandy soil, dry to moist to dry soils, good drainage

### **BLOOM SEASON:**

Late summer - fall

### **PLANT HEIGHT:**

1 - 3'

### **GEORGIA DISTRIBUTION:**

Entire state

Life Everlasting is a native herbaceous plant found in dry, sandy soils, fields, and forest edges across the Southeast. It forms silvery, woolly stems and narrow, wavy leaves that release a sweet, aromatic scent when crushed. In late summer and fall, it produces small, creamy-white flower heads that mature into wind-dispersed seeds.

Traditionally known as “rabbit tobacco” or “life may last,” this plant has been used by Indigenous and African American communities for teas, chest rubs, and spiritual remedies. It supports pollinators and serves as a larval host for the American lady butterfly (*Vanessa virginiensis*).

### ***Fun fact:***

Many believe that the plant works best when the leaves are brown and have been touched by the first frost. It is believed that the phytochemicals, which contain many powerful terpenes and triterpenes, play an important role in the plant’s medicinal properties.