



Know What You Grow!



Photo Source: AOL Images

Chamomile

Scientific Name: *Matricaria chamomilla*

Recommended Varieties:

German (an annual) is most common, and popular for tea, and medicinal and cosmetic purposes; **Roman** (a perennial) is often used as a fragrant, low growing ground cover. Otherwise, they share many growing similarities.

Companion Plant For:

Annuals susceptible to fungal problems, such as zinnias, petunias, and snapdragons

Vegetables prone to blight, like tomatoes and potatoes.

Perennials, including bee balm, phlox, black-eyed susans, delphiniums, and roses

More Information: [Gardening Know How](#)

Growing Information

Annual Herb

German Chamomile is a cool season drought-tolerant annual, however it can thrive in summer weather under 100°F. It self-seeds so readily, you may think it is a perennial.

Ideal Planting Window

Plant when soil temperature is above 55° F, or as early as 5 weeks before the [last frost](#).

- Inland Valley: February - October
- Desert: December - April

Growing Guidance

Sow seeds 1/8" deep in well-drained sandy soil in full sun. Keep evenly moist while awaiting germination. Thin seedlings to 4 inches apart when they are 2 – 2 1/2" tall.

Harvesting

Harvest just as the flowers are fully open, but before the petals dry up.

More Information: [The Spruce](#)



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Interesting Facts

- Chamomile's tiny yellow flowers have a strong, apple-like fragrance. Its Spanish name is *manzanilla* (meaning little apple) referring to the scent of the flower.
- The aromatic flowers are a magnet for bees and butterflies, and ladybugs and other beneficial insects.
- Have you read "The Tale of Peter Rabbit" by Beatrix Potter? Peter's mom gives him chamomile tea to calm him down after a tense night of eating Mr. McGregor's garden.
- Chamomile is the national flower of Russia.
- In the language of flowers, when you give someone chamomile flowers, it means "I admire your courage" or "may all your wishes come true".
- Chamomile has received the nickname the "plant's physician" because of its ability to have positive effects on surrounding plants that are growing nearby.
- However, a cautionary regarding human consumption of chamomile. It has potential to cause [adverse interactions](#) with numerous herbal products and [prescription drugs](#), and may worsen [pollen allergies](#).

[Chamomile: Facts and Folklore](#)
[Wikipedia](#)

Contact Information



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Drying and Storing

Dry the chamomile flowers in a loose paper bag or spread out on a newspaper for one to two weeks. When completely dry, the flowers will crumble into tiny pieces when you rub them between your fingers.

Store the dried flowers in an airtight container, like a glass mason jar or a tea tin, and place in a cool, dark location.

More information: [The Spruce](#)

Suggested Uses



Chamomile can be used in many ways, although it is best known for making a calming tea from its dried flowers.

Here's a simple way to make a cup of tea:

Add 1 Tbsp. dried chamomile flowers to a tea infuser, and place in your teacup. Add 1 cup boiling water, and steep for 5 minutes. Remove the tea infuser. Flavor with honey or lemon if you choose. Enjoy!

Commercial and home uses for chamomile:

- Potpourri and herb sachets
- Natural hair lightener
- Relief for upset stomach or toothache
- Treatment for burns and scrapes
- Tea bags
- Cosmetics and lotions

Photo Source: AOL Images

More Information: [Health Benefits Times](#)