

## Chamomile, Mayweed, Blue Chamomile

Family	Asteraceae
Botanical	Matricaria chamomilla
Parts Used	flower heads
USDA Hardiness	N/A
Light	Full Sun to Part Shade
Soil	Well drained
Duration	Annual



Propagation	Soil pH requirements: 5.6 to 7.5 (neutral). From seed; direct sow outdoors in fall or in spring after the last frost. Seeds need light to germinate.
Water	As needed, do not overwater
Growing	Great in a tea garden. Chamomile will grow in well draining, poor to average soil.

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Medicinal Uses	Carminative, emmenagogue, nervine, sedative, diaphoretic and tonic.
Benefits	Chamomile tea soothes tummy upsets and calms the nerves. Good for insomnia, nervousness and provides appetite for weak stomachs. A good eyewash for sore eyes. Due to its anti-allergen properties it is also useful to hay fever sufferers to alleviate the symptoms of allergic reactions due to pollens or dust.
Preparation	Infusion: Steep 10-30 minutes in boiling water, covered. Drink 6 oz. 2-3 times a day. Fomentation: Used for sore muscles, swellings and painful joints. Soak a cloth in the tea and apply to affected area.

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# Fines Herbes

## Culinary Uses

German chamomile is mainly used for medicinal purposes. The flower petals of both Roman and German chamomile can be added to salads. Chamomile can also be made into an herbal beer.

Buy fresh chamomile flowers at the farmers' market and steep chamomile 10 minutes to bring out flavors. 1 teaspoon dried herb to 1 cup boiling water.



## Historical Facts

Chamomile has been used medicinally as far back as Ancient Egypt where it was dedicated to the sun god Ra.

Hippocrates used chamomile as a febrifuge and it was also used extensively by the Romans Disocorides and Galen.

The Middle Ages saw Chamomile cultivated as a domestic garden herb and in the Tudor period, it was used as an aromatic strewing herb to scent the home.

Avicenna said of chamomile, 'By its coldness it assists in clearing excess heat from the organs, and by its warmth it helps in resolving gross substances'

## Additional Tips

## Nutrition Facts

1 cup of brewed chamomile tea contains about 2 calories and .5 g carbohydrates. It also contains amounts of calcium, magnesium, potassium, fluoride, folate and vitamin A, plus traces of several other nutrients.