

## Roman Chamomile, Garden, Noble, English,

### True

Family	Asteraceae
Botanical	Chamaemelum nobile
Parts Used	Flowers and leaves
USDA Hardiness	
Light	Full Sun
Soil	Well drained
Duration	Perennial



Propagation	Seeds need light to germinate, so rather than sowing the seeds, broadcast them onto moist soil in the spring after the last frost. Allow one to two weeks for the plants to germinate. When seedlings have developed, thin the plants to 6 inches for ground cover or 18 inches for decorative plants.
Water	As needed, do not overwater
Growing	Roman chamomile has a spreading habit and grows only about a foot high. Leaves are twice or thrice divided into linear segments, which are flatter and thicker than those of German chamomile. Its flowers are also up to an inch across, but its disk is a broader conical shape, and the receptacle is solid. Apply fertilizer regularly to achieve maximum plant growth. Water regularly to keep the soil moist. Placing mulch around the plants will help to retain moisture.

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Medicinal Uses	Carminative, emmenagogue, nervine, sedative, diaphoretic and tonic.
Benefits	A gentle sedative safe for children. Eases indigestion and inflammations such as gastritis. Used as a mouthwash for inflammation and sore throat and an eye-bath for sore eyes. Externally, speeds wound healing and reduces swelling.
Preparation	<p>Pour a cup of boiling water on 2 teaspoons of the dried leaves and flowers and let infuse for 5-10 minutes. For digestive problems, this tea should be drunk after meals. A stronger infusion should be used as a mouthwash for gingivitis.</p> <p>For inhalation with a stuffy nose: 1/2 cup of flowers and leaves boiled in 4 pints of water to make a steam bath. Cover your head with a towel and inhale the steam.</p> <p>Children: As Chamomile is a pain reliever the blend could be gently massaged onto the cheeks, jawline and tummy if your little one suffers with colic or teething. Chamomile works well on tantrums so make sure you have a bottle ready for the Terrible Twos! External use only!</p> <p>In a 30 ml bottle of jojoba or apricot oil, add 2 drops roman chamomile, 2 petitgrain, 2 mandarin, 1 ylang ylang.</p>

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# Fines Herbes

**Culinary Uses** Roman chamomile foliage can be chopped and stirred into butter or sour cream that is used to top baked potatoes. The flower petals of both Roman and German chamomile can be added to salads. Chamomile can also be made into an herbal beer.

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## Chamomile Butter

### Ingredients:

4 ounces butter (at room temperature)  
2 tablespoons finely chopped fresh chamomile flowers and leaves  
squeeze lemon juice to taste  
pinch cayenne pepper (optional)

### Directions:

Cream the butter, then beat in the chamomile, lemon juice and cayenne. Shape the butter into a roll then wrap it in plastic wrap or press into a mold. Place it in the refrigerator and allow to harden before using. Store in the refrigerator for a few weeks or in the freezer, well wrapped, for a couple of months. Great on baked potatoes or muffins or pancakes....

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**Historical Facts** The history of Chamomile dates back at least to the time of the Ancient Egyptians, when it was dedicated to their Gods for being a cure for the 'Ague' (What we would now probably describe as Acute Fever). The word 'Chamomile' as we know it now in English comes from the Greek Chamomaela or 'Ground Apple'. Pliny describes the plant as having the aroma of 'apples or quinces'. In the Middle Ages it was used as a 'strewing' herb to improve the atmosphere at gatherings and festivals, and to the Anglo Saxons it was one of the 'Nine Sacred Herbs' and known as 'Maythen'. In these times it was also used widely in Beer Making as a bittering ingredient, and it was not until hops took over that function in beer-making that it ceased to be used for this purpose.

### Additional Tips

**Nutrition Facts** The plant's healing properties come from its daisylike flowers, which contain volatile oils (including bisabolol, bisabolol oxides A and B, and matricin) as well as flavonoids particularly a compound called apinegin and other therapeutic substances.