

CHAMOMILE, GERMAN *(Matricaria chamomilla, M. recutita)*

SEASON: *Spring*

GROWING TIPS

- Easy to grow, great choice for beginners.
- Choose a sunny garden spot, after danger of frost has passed.
- Scatter seeds over prepared soil, firm the soil lightly, keep evenly moist.
- Seedlings will emerge in 2 to 3 weeks.
- Or, start seeds indoors about 6 weeks before your area's last frost date.
- Chamomile can also be grown in large containers in a light potting mix.
- Chamomile usually self-seeds year after year.



USES FOR FLOWERS

- **Edible flowers:** salads, drinks, ice cubes, cupcake decoration
- **Tea:** 1 to 2 tbsp in 8 oz hot water, steep 5 to 10 minutes, sweeten to taste
- **Teething babies:** soak baby washcloth in chamomile tea, freeze, let baby chew
- **Eyestrain:** place cold tea-soaked washcloth over eyes for relief
- **Bath:** add chamomile tea to relax nerves and tummies
- **Glycerite:** 1 part fresh flowers blended with 2 parts food-grade glycerin
- **Tincture:** 1 part fresh flowers, 2 parts high proof vodka/alcohol
- **Infused oil:** 1 part dried flowers covered with 2 to 3 times as much oil
 - Use infused oil in salves, lotion bars, lotion, lip balm

HARVESTING & PRESERVING

- Collect dry flowers daily during the growing season.
- **Air Dry:** Single layers of flowers on paper towels or screen for several days, store dried flowers in paper bags or glass jars out of sunlight for 9 to 12 months.
- **Freeze:** Tea in ice trays; ideally use within 3 to 6 months, can store 1 year for soapmaking.

BENEFITS

Garden

- attracts beneficial insects, such as ladybugs

External

- anti-inflammatory, soothing, relieves itching and eczema

Internal

- antimicrobial, calms stomach aches, indigestion, nervous restlessness, PMS, stress

Those allergic to ragweed may also be sensitive to chamomile. Spot test before using.

