

Seeding German (common) Chamomile

Thanks to its wild nature, chamomile is **incredibly easy to propagate** by seed. They can even be scattered on the soil surface and germinate within a week! Seeding chamomile is a fun and rewarding process that can create a self-sowing annual patch for years to come.

Prepare a fine seed bed with compost and a rake. Then, scatter the seeds in narrow bands about 18" apart. Press the seeds lightly into the soil and maybe cover with the finest bit of compost if you are worried about wind. Remember, **they need light to germinate!**

Water in very gently and **keep the soil moist for 1-2 weeks**. When it emerges, thin the seedlings into clusters of 2 or 3 plants spaced about 8" apart in rows 18" apart.

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German chamomile can be planted **alongside your vegetables** in annual garden beds. It looks beautiful when grown in big clumps, but it can also be scattered throughout the garden as a companion plant. It companion plants well with annuals that sometimes deal with fungal problems [like zinnias](#). When it comes to veggie companions, [collards](#), [tomatoes](#) and [cucumber](#) also make good neighbors. Having chamomile planted near them will ward off pests.

Chamomile has a knack for self-seeding year after year (but don't worry, it is not invasive and won't take over your garden). When you choose a location for your beds, just keep in mind that **the plants may drop their seeds throughout late summer and fall** (unless you harvest all of the flowers).

Seeding Roman Chamomile

Because Roman chamomile (*Chamaemelum nobile*) is actually a [short perennial](#) groundcover plant, it should be planted in **walkways, flower beds, or along the margins of your garden**. It is not ideal for putting directly in your vegetable gardens because it will spread and grow perennially in most climates. The most common way to plant this variety is by purchasing rhizomes or root divisions. However, you can also directly sow the seeds.

The beds do not need to be prepared as carefully as German chamomile because the Roman type is more resilient and willing to grow in poor soils. Scatter **2-3 seeds per inch** and gently tamp into the ground, avoiding covering them with soil.

These seeds still need light to germinate. Thin the plants to clusters of 2 or 3 every 12" to allow for **quicker establishment**. Once established, it will spread by rhizomes in a similar way to grass.

Propagation by Cuttings

If you want to proliferate your chamomile mid-spring, you can take cuttings from established patches and root them to grow new plants. This **process is very similar** for both German and Roman types, however, it is most common with the perennial Roman chamomile.

Begin with a strong, healthy mother plant that has been thoroughly watered the night before cutting. There should be **an abundance of new growth** foliage and some woody stems at the base. Take your cuttings on a spring morning from an area of the plant that isn't yet flowering.

Dig your fingers into the ground near the base of the stem to expose some of the underground part (rhizome) of the cutting. It should be **white and have small roots**. Use sharp sanitized pruners or a garden knife to cut a piece of stem about 4" long from the base. Cut the stem about ½-1" below the ground surface.

Take as many cuttings as you like, then wrap them in a moistened paper towel to protect them as you prepare their containers. You can root it in a moist potting soil mixture (preferably with **a good amount of perlite**). Fill cell trays with the mix and use a pencil to poke a hole about 2" deep in the center of each cell. Place the bottom of each cutting into the cell and firm the soil around it just like planting a new seedling.

Water thoroughly and keep in a lightly shaded protected area. The cuttings will root **within 6 to 8 weeks**, at which point you can transplant to the garden or up-pot just like a regular seedling.

There is no need to fertilize chamomile. Too much fertility can actually result in **less aromatic plants** and an overproduction of foliage rather than flowers. Don't fuss over chamomile; it is a wilder herb that makes do with what she's got!

Source: [How to Plant, Grow, and Care For Chamomile](#)