

Chamomile German Herb

Matricaria chamomilla



Chamomile is an herb. Chamomile tea has a fresh, clean flavor that is immediately soothing. There are two chamomiles: Roman chamomile and German chamomile both are members of the Asteraceae daisy family. Chamomile flowers are used to make tea.

German chamomile is an annual. German chamomile grows 24 inches tall and wide. Chamomile has finely cut, feathery leaves and daisylike flowers to 1-inch across in late summer and autumn.



German chamomile is often cultivated for its essential oils and aromatic flowers that are used in tea.

SOWING THE SEEDS

Chamomile prefers to grow in full sun but will tolerate partial shade. German chamomile prefers well-drained sandy soils; if your soil is moist, plant German chamomile in a raised bed.

Sow chamomile in the garden after all danger of frost has passed when the soil temperature has reached 55°F to 60°F. Chamomile should be planted before late spring so that roots can become established before hot weather arrives.

Division: Divide cultivars in spring; division is important because cultivars do not produce seeds.

Planting depth: Sow chamomile seeds $\frac{1}{4}$ to $\frac{1}{2}$ inch deep; sow seeds 2 inches apart.

Spacing: Thin chamomile seedlings when they are 1 to 2 inches tall. Allow 6 to 8 inches between German chamomile plants.

Container growing chamomile

Grow chamomile in a container at least 8 inches wide and deep. German chamomile requires a large container and will fill a pot. Low-growing Roman chamomile is often grown in containers as an accent.

Set chamomile in containers in sunny spots and keep the soil just moist.

Place chamomile growing indoors in a sunny window or under grow lights or fluorescent lights; plants need about 12 hours of light each day.

