PLANT FACT SHEET

Cota tinctoria (L.)J. Gay

GENUS *Cota* **FAMILY** Asteraceae

COMMON NAMES Golden marguerite, Yellow chamomile

EDIBLE PARTS AND USES

Edible parts: Flowers - tea, Leaves

The golden flowers are dried and used for tea.

DESCRIPTION

A herb that keeps growing from year to year. It grows 50 cm high and spread 50 cm wide. The stems are erect and branched and form mounds. The leaves are greyish green and finely divided. The flowers are like daisy flowers and golden yellow. There are many flowers at the top of the plant.

HABITAT

A temperate plant. It can grow in most well drained soils. It does best in an open sunny position. It is frost resistant.

PRODUCTION

Cultivation

Plants are grown from seed. They can also be grown by division. They can be grown from cuttings near the base.

Harvesting and Seed Production

Seedlings are fast growing.

NOTES

The plant is rich in flavones (apigenin and luteolin) and flavonols (quercetagetin and patuletin).

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