PLANT FACT SHEET

Matricaria chamomilla L.

GENUS *Matricaria* **FAMILY** Asteraceae

COMMON NAMES German chamomile

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers - tea, Flavouring

The leaves and flowers are used for tea.
An essential oil is extracted and used to flavour ice cream and candy.
The flowers are used to make a nutritional drink. They are dried and used for a tea drink.
They are also eaten raw and added to salads and used in casseroles and stir fries.
The leaves are dried for tea drinks.

DESCRIPTION

An annual herb. It grows to 60 cm high and spreads to 30 cm wide. The stem is smooth and erect. The leaves are light green. The leaves do not have a leaf stalk. The leaves are divided 2 or 3 times and have narrow thin segments. The tips have bristles. The flowers are white and daisy like surrounded by a yellow disk. The flowers are 2 cm across. The flowers occur singly and are on long stalks.

HABITAT

It is a temperate plant. It grows in most soil types in an open sunny position. It is resistant to drought and frost. It suits hardiness zones 4-10. It grows in fields and forests between 1,800-3,300 m above sea level. In Argentina it grows from sea level to 1,000 m above sea level. In Sichuan. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants are grown from seed. It can be grown by seeds sown directly or put in a nursery and transplanted. Because the seeds are very small they can be mixed with sand before sowing. Sowing 4-6 cm deep is suitable. A spacing of 20-30 cm is suitable.

Harvesting and Seed Production

The flowers are picked just as they begin to form.

NOTES

Used in medicine. It contains large amounts of Vit A & Vit C

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