PLANT FACT SHEET

Chamaemelum nobile (L.) All.

GENUS *Chamaemelum* **FAMILY** Asteraceae

COMMON NAMES Roman chamomile

EDIBLE PARTS AND USES

Edible parts: Flowers - tea, Spice, Leaves

The flowers are used for herbal teas and for making liqueur.
The fresh or dried leaves are drunk as a tea.
The flower heads are harvested and dried and the essential oil extracted by steam distillation. This oil is used to flavour liqueurs and herbal teas. The oil is used to flavour liqueurs.
CAUTION: It should be used only in small amounts as a flavouring agent.

DESCRIPTION

A herb. It keeps growing from year to year. It grows 10-30 cm high and spreads 30 cm wide. It lies along the ground. It has a creeping stem which is much branched. The leaves are divided and downy. They are feathery. They have a scent. The flower heads occur singly. There are white ray florets and yellow disk florets. The base of the flower head is solid and this enables it to be distinguished from German chamomile (Matricaria recutita).

HABITAT

It is a Mediterranean climate plant. It grows in sandy and slightly acidic soils. It is drought resistant. It needs full sun. It suits hardiness zones 4-10. Tasmania Herbarium.

PRODUCTION

Cultivation

It is grown from seed or rooted sections.

NOTES

It is also considered a medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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