Grass Roots Remedies Grow Guide
German Chamomile

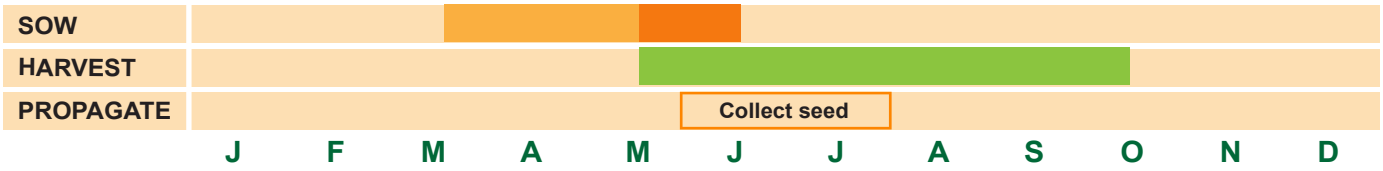
DIFFICULTY **EASY**

Matricaria recutita
Asteraceae family

Chamomile is one of the oldest, most widely used and well documented medicinal plants in the world. Its small, scented white flowers attract bees, hoverflies and other helpful insects. It is best known for the calming chamomile tea made from the flowers.

Photo © Clare Holohan, West Highland Herbal

The Chamomile growing year



How to grow

Sow
Mix lightly with soil and sow broadcast, under cover from March to May, or outdoors from May to June. Germination takes 7-10 days. The seeds need light to germinate. Self-seeds freely.

Plant
Plant 25 cm apart. Chamomile is a good companion plant for spring herbs, cabbage, cauliflower, broccoli, onion, spinach, cucumber, coriander, feverfew, calendula. In some herbs, it helps increase essential oil production.

Care
Keep watered in dry weather. Trim regularly to about 14cm to encourage fresh growth. Look out for aphids, slugs and snails.

Harvest
Gather flowers in the morning, before they fully open. Pick regularly to encourage reflowering. Dry on paper or fine mesh. Store in an airtight jar, out of the light.

Save seed
Allow some of the best flower heads to dry after blooming. Rub into a paper bag to loosen the seed. Store in a cool, dark place, labelled with species, location and date.

Full sun | Keep moist

Conditions
German chamomile thrives in well-drained, average to poor soil. It is suitable for containers.

Soil
Well drained clay, chalk, sand or loam

PH
Acid / Neutral / Alkaline

Where in the wild?
Native to temperate areas of Western Europe, Asia and India. Not found wild in the UK.

Rarity Common

50-75cm
Hardy
Annual

Uses
Teas, herb beers, tinctures, oils, lotions, cosmetics, hair care, aromatherapy, flavouring

Parts used
Flowers, whole plant

By Mary Hutchison at **tangerineblue.com** with **Grass Roots Remedies Co-op, 2019**

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