



ROMAN CHAMOMILE

Chamaemelum nobile (kam-ay-MEL-um NO-bee-lay)

PERENNIAL | ASTERACEAE FAMILY

ZONES: 4-9

EXPOSURE: FULL TO PARTIAL SUN

MATURE HEIGHT: 6-8" | SPREAD 6-12"

BLOOM: YELLOW & WHITE | LATE SPRING-SUMMER



Medicinal



Aroma



Pollinators



Container



HERB & VINE

— healing plants —

Grown as an excellent ground cover, Chamomile has been used as a folk medicine for many ailments. The anti-spasmodic portions of this herb work on the peripheral nervous system and muscles, which indirectly helps to relax the whole body, creating an overall sense of calm and relaxation. It also is likely to help with sleep. It is effective for anxiety, especially when this contributes to indigestion.

- Therapeutic*: used to relieve stress and anxiety in adults and children, particularly as they may affect digestion. Chamomile's anti-inflammatory and anti-microbial properties are useful for wounds, burns, diaper rash, bites and stings. As a steam inhaler the herb helps with sinusitis, asthma, bronchitis, hay fever and influenza.
- Chamomile is one of the most widely used relaxing herbs worldwide.

Cautions: may cause an allergic reaction to people with a sensitivity to flowers in the daisy family.



*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.

Download PDF
[www. herb-and-vine.com](http://www herb-and-vine.com)