



GERMAN CHAMOMILE

Matricaria chamomilla (mah-trih-KAIR-ree-ah kam-oh-MIL-luh)

ANNUAL | ASTERACEAE FAMILY

ZONES: 4-9

EXPOSURE: FULL SUN | LIGHT SHADE

MATURE HEIGHT: 12-24" | SPREAD 12"

BLOOM: WHITE & YELLOW | SPRING-SUMMER



HERB & VINE

— healing plants —



Medicinal



Pollinators



Aroma



Companion

Chamomile has been utilized for thousands of years, dating back to ancient Rome, Egypt, and Greece. Today, it is one of the most widely used medicinal plants and herbal tea ingredients in the world.

- Therapeutic*: a gentle sedative whose flowers contain anti-fungal, anti-inflammatory and antibacterial properties. Used for colic, insomnia, anxiety, indigestion, diarrhea, gout, headaches, colds, fevers, flu, cramps, and arthritis. Has also been used topically to improve skin health and wound healing.
- Self-seeding annual is a great companion plant for cucumbers, brassicas and fruit trees.
- Used to scent shampoos and to enhance blond color in hair dyes and rinses.

Caution: those allergic to ragweed may react to German Chamomile.



**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.*



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