

ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

Chamomile German

Matricaria recutita



Any enquiries can be directed to:
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Matricaria recutita, common in Europe and Western Asia to India is often listed under its synonyms in older literature.

German Chamomile is similar in chemistry to Roman chamomile, but has a less pronounced aroma.

Easily raised from seed, it gives an attractive display of feathery foliage and daisy-like flowers in summer. It is not suitable for lawns.

Sweetly scented annual or biennial plant with branched stems and finely divided leaves.

wounds, sunburn, burns, and insect stings.

Economic

Added to cosmetics as an anti-allergenic agent and to hair conditioners.

Added to compost, it helps to sweeten the mix.

CULTIVATION

Well-drained, moist to dry, soil. Light shade to full sun. Propagate by seed sown in autumn or spring.



PARTS USED
Flowers

PROPERTIES

An sweet aromatic herb with a sedative effect, relaxes, reduces inflammation, relieves pain and promotes healing. It benefits the digestion and stimulates the immune system.

USES OF THE HERB

Medicinal

Internally for nervous digestive upsets, children's complaints, such as teething and colic. Externally for



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HARVEST

Flowers are collected when fully opened and used fresh, frozen or dried in infusions.

