

ANOTHER
HERB HERBERT FAVOURITE HERBS
FACT SHEET

Chamomile Lawn

Chamaemelum nobile



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Containing only four species of annuals and evergreen perennials, this small genus is native to Europe and Mediterranean regions and is closely related to *Anthemis chamomilla* and *Matricaria*.

The name *Chamaemelum* is a derivative of the Greek word *Khamaimelon*, meaning 'Earth Apple' or 'apple on the ground' referring to the fact that it is low growing and the scent is reminiscent of apples.

Chamaemelum nobile can be used to its best advantage by planting in lawns or between paving where the delightful scent that can be released when walked upon.

DESCRIPTION

C. nobilis, also known as Roman Chamomile, is a mat-forming evergreen perennial with aromatic, finely divided leaves. It bears white daisy-like flowers with yellow centres throughout summer.

C. nobilis 'Treneague' is a mat-forming, non-flowering cultivar with aromatic leaves. Is ideal for lawns as it does not require mowing like *C. Nobile*.

PARTS USED

Flowers, oil

Chamaemelum nobile 'Treneague' -
Height 6cm (2.5in)



PROPERTIES

An aromatic herb.

USES OF THE HERB

Ornamental

Both *C. Nobile*, flowering lawn chamomile, and *C. n.* 'Treneague', non-flowering lawn chamomile, are ideal for planting as a lawn or ground cover. *C. nobile* is a

faster growing of the two forms, however it will need to be cut or mown regularly as it comes into flower in order to keep it tidy.

C. n. 'Treneague' is slower to establish as a lawn but the advantage is that it doesn't require mowing.

Medicinal

Flowers can be used for a tea the same as for German Chamomile, although it is not as sweet.

Economic

Oil is used in beauty preparations to lighten and condition the hair. An infusion of Chamomile can be used as a final rinse after washing hair to make it brighter

Companion Planting

Often referred to by Herbalist as the 'Plant Physician' due to its ability to revive ailing plants. Plant Chamomile near onions and cucumbers to improve crop yield and repel insects. Useful in the making of compost.

CULTIVATION

Light, well-drained soil in full sun. Propagate by seed sown in spring or autumn, or by division in spring. Chamomile for lawns is planted 10cm/4in apart.

Chamaemelum nobile -
Height 20cm (8in)



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HARVEST

Flowers are gathered in summer. Dried flowers will only keep for a year.

