

Chamomile

German Chamomile (*Matricaria chamomilla*, or *M. recutita*)



Season: Spring/fall

Perennial with care—young plants do not do well in heat.

Sun Exposure: Full sun

Size: 4-12 inches tall

Blooms: In early to mid-summer – daisy-like flower heads with yellow centers and white petals.

Maintenance Category: Low. Likes well-drained, slightly acidic soil.

Highlights: Foliage releases an apple-like fragrance when crushed; attracts pollinators.

How to Use: Dried flower heads can be used to make a relaxing tea, dried leaves are used in potpourri; it can be grown as an ornamental lawn for a courtyard or patio or as an edging border along a walkway.

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