German Chamomile
Herb  Matricaria recutita

Chamomile  *Matricaria recutita*

Drought-tolerant miniature daisy flowers thrive even in poor soil.

**Culture:** Direct sow 4–6 weeks before average last frost. Cold exposure encourages germination; chill in the refrigerator for 1 week before sowing. May also be sown in late fall for earliest harvests. The seeds need light to germinate: press firmly into the soil surface for good seed-soil contact and keep evenly moist.

**Harvest:** Use a chamomile comb or mow the plants after flowering and bring indoors to dry; pull off the dried flowers, removing as much stem as possible, for calming herbal teas.

**Seed Savers:** Self sows readily. Harvest the dried seed heads and crush over a bowl to release the seeds. Finish drying indoors.

**Soil Temp.** 55–65°F

**Sowing Depth**

**Surface**

**Final Plant Spacing** 6–10”

**Final Row Spacing** 24–30”

**Light** Full Sun

**Days to Emerge** 8–16