



## German Chamomile

HERB *Matricaria recutita*

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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

