

Description

Chamomile Lawn
Chamaemelum Nobiles
Family: Asteraceae

Roman Chamomile is a dense mat-forming, low spreading hardy plant with a daisy-like flower that produces a scent similar to that of apple. Its leaves are soft spiky, dark green and shiny.

Growing Tips

To get the best results plant this herb in a sunny position, about 10 cm apart, in well-drained fertile soil and is resistant to cold. It can also be used to cover an area instead of grass and does not need mowing as its very low growing.

Parts Used

Flower heads.

Uses

An infusion of the dried flowers is made for calming the nervous system, to ease cramps of the digestive and reproductive system and also eases anxiety.

The essential oil is steam-extracted for use in aromatherapy and the dried flower heads are used in sleep pillows and for their scent.

The flower-less variety is often used for lawns and if mowed regularly flowering is avoided.

Origin & History

Chamomile Roman grows wild in Europe and Western Asia, as well as Southern European regions.

It was originally used by ancient Egyptians, where the pharaoh Ramses II was reported to have been embalmed with the essence of this plant.

The German variety was in fact brought to western parts of Europe by Roman empirical advances.

