

# Chamomile



<b>Uses</b>	In salves or ointments for skin complaints such as burns, acne, exzema, psoriasis, diaper rash, cracked nipples. In tea and tinctures it is used to treat insomnia, nausea, colic, indigestion, anxiety, muscle spasms, and gingivitis.
<b>Warnings</b>	Potential for allergic reactions for those allergic to ragweed or daisies. Can cause uterine contractions in pregnant women. Can interact with blood thinners. Will cause drowsiness, so avoid driving or using machinery after consuming.
<b>Soil</b>	The best soil conditions for chamomile are well-drained, sandy loam with a neutral pH level ranging from 5.6 to 7.5; it prefers rich, organic soil that allows for good drainage and isn't overly compacted, meaning it thrives in a mix of sand, loam, and compost to improve structure if needed
<b>Sun</b>	Chamomile thrives in full sun, but can also tolerate partial shade; for optimal flowering, aim for a location with at least several hours of direct sunlight daily, although in hot climates, some afternoon shade can be beneficial to protect delicate blooms from scorching
<b>Temp.</b>	Chamomile thrives in moderate temperatures, ideally between 15-20°C, preferring warm sunny conditions but not extreme heat; it can tolerate some frost but will not survive prolonged freezing temperatures
<b>Water</b>	Chamomile plants need regular watering when they are young, but are fairly drought tolerant once established. Water regularly in pots but allow the water to drain from the pot and let it dry before watering again.
<b>Care Tips</b>	Chamomile grows best in cool conditions and should be planted in part shade, but will also grow in full sun. The soil should be dry.

<h2 style="text-align: center;">Pests</h2>	<p>aphids, thrips, spider mites, fungus gnats, scale insects, and slugs. Slug traps using beer and a mist spray using neem oil and/or lavender oil are the organic way to repel these pests.</p>
<h2 style="text-align: center;">Disease</h2>	<p>Fungal diseases are the most common issue usually caused by overwatering. Treat with Neem oil or a baking soda solution and maintain good drainage.</p>
<h2 style="text-align: center;">Propogate</h2>	<p>Chamomile commonly reseeds itself, so saving seed is often not necessary for continued harvests year after year. Just leave a few flowers in the garden to set seed and they will sow themselves next season. Alternatively, you can start a plant from cuttings.</p>
<h2 style="text-align: center;">Harvest</h2>	<p>Harvest when the flowers are fully open and the essential oil content is highest. Harvest every few days or once a week during peak flowering. Gently pinch the stem just below the flower head. Place your forefinger and middle finger under the flower head. Pop the flower head off. Use pruning shears to make a clean cut below the flower. Avoid twisting or pulling the entire plant.</p>
<h2 style="text-align: center;">Store</h2>	<p>Lay the flowers out in a single layer on paper towels or cheese cloth. Place them in a dark, warm, dry area for one to two weeks, or use a dehydrator at the lowest possible setting. Store the dried flowers in a sealed glass jar for up to six months.</p>
<h2 style="text-align: center;">Science</h2>	<p><a href="https://www.nccih.nih.gov/health/chamomile">https://www.nccih.nih.gov/health/chamomile</a></p> <p><a href="https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/chamomile">https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/chamomile</a></p>