

Chamomile

Matricaria recutita

Asteraceae

Plant Part used: flower

IDENTIFICATION



White petals, yellow centers, and overall the flower is small. Leaves are delicate looking with thin blades.



Helpful for ...

- Nervousness
- Anxiety
- Stomach aches
- Irritability
- Car sickness
- Soothing to the skin

Applications

- Infusion: 1 cup of boiling water to 1-2 teaspoons of dried flower, let infuse for 5 minutes
- Alcohol-based or vegetable-based glycerin tincture
- Body care products such as lotion, shampoo, and lotions
- Baking! Many cake and frosting recipes include chamomile tea or flowers.

Plant Profiles

With Erin LaFaive

