

Chamomile

Matricaria recutita



It is of the family Asteraceae and is annual.

It can grow up to 50cm and has thin, cropped leaves.

Its flowers resemble small daises.

More info: https://www.amu.bio/_chamomile

Cultivation

It adapts to the cold, although it prefers temperate climates.

It needs full sun, soils rich in organic matter and well drained.

Its propagation can be done by sowing and transplanted when it reaches 2.5 to 5 cm in height. This can also be done by dividing rhizomes.

History

It originates in Europe and North America.

It is considered one of the oldest herbs used by mankind.

The ancient Egyptians used their flower in infusions for the treatment of various diseases.

Utilization

As for its medicinal use, this plant is indicated for colic, digestive problems, burns and conjunctivitis, thanks to its anti-inflammatory action.

Chamomile infusions decreases muscle aches, menstrual cramps, stress, etc. and are also anti-allergic and help to purify the body.

In esthetic terms this plant is commonly used to whiten hair. Its skin-softening action makes it very used in creams.

In the cuisine the chamomile combines with meat dishes, sundaes and teas.