

CHAMOMILE

DAISY-LIKE PLANTS OF THE FAMILY ASTERACEAE

FUN FACT: CHAMOMILE IS DERIVED FROM THE GREEK WORD "KHAMAIMÉLON," WHICH MEANS "EARTH APPLE."

COMMON USES

Its most common use is as a culinary herb. Used fresh, it imparts a spicy, minty licorice flavor to salads and egg dishes, as well as to cooked meats and poultry. It should not be used in soups, as the flavor is too strong. Chamomile is best known for its ability to be made into an infusion which is commonly used to help with sleep and is often served with honey or lemon, or both.



HARVESTING AND STORAGE

Pinch the flowers off at the stem or cut with gardening shears just below the flower head. Pinching the flowers will allow regrowth of the plant pretty quickly.

Once your chamomile flowers are dried, store them in airtight containers, such as glass jars with tight-fitting lids.

FEATURED RECIPE:

- 2 tablespoons fresh chamomile flowers
- 2 cups boiling water
- 2 slices apples (thin slices)
- Honey

Rinse the flowers with cool water. Warm your tea pot with boiling water. Add the apple slices to the pot and mash them with a wooden spoon. Add the chamomile flowers and pour in the 2 cups boiling over and steep for 3-5 minutes. Strain the tea into two cups. Add honey to taste. Drink and enjoy!

CHAMOMILE TEA

