

May 2021

Chamomile, *Chamomilla recutita* (L.) RAUSCHERT

From the daisy family (Asteraceae)

Chamomile is an annual, herbaceous plant. In spring it produces a beautiful rosette of leaves from which the stems with the flower heads grow from May onwards. Its delicate, feathered (pinnate) leaves and the flower with its yellow tubular florets and white ligulate flowers are characteristic. The flower heads of the chamomile are hollow, which makes it easy to distinguish from other species. The plant grows up to 50 cm high and has few requirements for its habitat. It is found in fields, roadsides and fallow land.

Valuable chemical compounds are bisabolol and chamazulene.

Chamomilla recutita is cultivated for its effectiveness as a medicinal plant. It is sown in autumn and the heads can be harvested from the end of May onwards. As with many medicinal plants, care should be taken to use varieties with the desired constituents. Not all chamomile contain these. Therefore, when producing chamomile tea in pharmacopoeia quality, use specially bred and controlled varieties.

