



HERBS

Medicinal and Culinary

Seedlings ~ Fresh-Cut ~ Dried

Stacy Fisk
Herb Farmer
775-741-4043
3700 Alcorn Road
Fallon, NV 89406
fiskstacy@yahoo.com

Genus: **Matricaria**

Species: **recutita**

Plant Family: **Asteraceae**

Common Name: **Chamomile, German**

Garden Care

Plant thrives in regular garden soil or alkaline soils in the sun to part shade. Mix small seed with sand to stretch it. In the fall or early spring, strew on disturbed soil or a weed-free seedbed. Germination is in about a week. Thin to 3" apart, flowering in the spring, 80 days to maturity. In our 7a & 7b zone, chamomile that germinates in the fall will overwinter with a little mulch, and generate an early harvest.

Herbal Actions

Actions Description	Actions Description Detail
Antispasmodic	Ease cramps or spasms in skeletal or smooth muscle tissue.
Anti-inflammatory	Alleviates inflammation.
Antimicrobial	Inhibits the growth and production of a broad spectrum of microbes including; bacteria, fungi, viruses, and protozoans.
Bitter	An herb known for its positive effects on digestive and liver function due to its bitter taste.
Carminative	Aids the release of gas from the intestines and reduces the production of gas.
Diaphoretic	Stimulates perspiration through peripheral vasodilation or stimulation of sweat glands.
Emmenagogue	Helps bring on menses.
Hypnotic	Inducing or sustaining deep sleep.
Nervine	An herb that has a positive effect on the nervous system.
Stomachic	Promoting the appetite or assisting digestion.

Herbal Energetics

Energetics Description
Slightly Cooling
Mildly Drying

Parts Used

Parts Description
Floral Buds
Flowers
Leaves

Type of Plant

Type Description
Annual
Self-Sowing
Herbaceous

Habitat

Habitat Description
Water Medium
Part Sun/Shade
Moist Soil

Contraindications

Description
Consult a medical practitioner prior to consuming herbs as medicinals; especially if combining with prescribed pharmaceuticals, you are pregnant or nursing, or when providing to children.
If you have a known allergy to members of the Asteracea family, exercise caution before consuming this herb.

Preparations

Preparations Description
Tincture
Warm Infusion
Tea
Compress
Infused Honey
Tincture