

Chamomile_1994.txt

CHAMOMIL =====

CULTIVATION: ===== Chamomile is a perennial or annual with finely cut fragrant leaves. Flowers consist almost entirely of yellow-white daisy like flowers.

Chamomile needs full sun, or a partly shaded location. The soil should be light, sandy, and well drained. Sow seeds in spring after danger of frost has passed. Germination time is about 1 week. Divide in spring or autumn. Take 3 inch cuttings from side shoots in summer. Most chamomile seeds available is the annual German variety. For a chamomile lawn or seat, plant 4-6 inches apart, otherwise plant about 18 inches apart. Cuttings can be removed from the maturing plant and will root rapidly.

Gather leaves anytime, and pick flowers once they are fully open. Dry both the flowers and leaves.

CULINARY USES: ===== NOT USED AS A CULINARY HERB.

MEDICAL USES: ===== Chamomile is one of the best know herb, it is widely available pre-packed in tea bags. It's soothing, settling and calming effect makes this tea a favorite in many homes. If you make a tea use either the German, or Roman chamomile and make sure the container is covert while in use, or part of the properties of the plant will be lost. Boil water separately and then pour it over the flowers.

Chamomile may be of use to aid digestion, treat menstrual cramps, and reduce inflammation of skin and mucous membranes. Drink 3-4 times a day for stomach or menstrual cramps.

To ease cankers sore swish the tea in your mouth for 3 minutes. It may also be helpful in dissolving kidney stoned, and may help protect against stomach ulcers.

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Research discovered that the herb stimulates the immune system's infection fighting white blood cells. Chamomile oil applied to the skin reduces the time it takes burns to heal. Chamomile may help cut down on the inflammation that accompanies arthritis.

WARNING: ===== If you are allergic to ragweed, aster, or chrysanthemums, you may have a reaction to even one cup of chamomile tea.

OTHER USES: ===== Chamomile helps encourage the growth of nearby seedlings and improves the condition of plants. The medicinal power of this herb comes from the volatile oil in the flower. Infuse and spray on seedlings to prevent damping off, and on compost to activate decomposition.

COSMETIC USES: ===== CHAMOMILE SHAMPOO : Both this shampoo and the conditioning rinse below will bring luster to lifeless, out of condition hair. Make the shampoo by mixing 1 tablespoon of pure soap flakes, 1 ounce of crushed chamomile flowers and 1 tablespoon of borax. Add 1/2 pint of boiling water and stir until a froth has formed. Use as you would a usual shampoo, making sure that on the final rinse all the soap is removed. Add a squeeze of lemon juice to the last rinse for an extra shine.