

# How to Grow German Chamomile



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An erect annual (*Matricaria recutita*), with small, daisy like flowers, is used to make chamomile tea and possessing a number of medicinal qualities.

German Chamomile seeds are one of the few seeds that need light to germinate, so starting them by seed is a delicate process. It is best planted outdoors in August by broadcasting the seed and mixing very lightly with the soil. Alternatively, they can be started indoors in propagation flats in March and transplanted outdoors after a hardening off period. In most cases, direct planting in the garden after all chance of frost has passed are successful, as well. Once they are firmly established, German Chamomile is extremely hardy.



Chamomile tea can be sprayed on propagation flats to prevent damping off. It is also believed to increase the absorption of calcium when added to a compost pile.

## Growing German Chamomile

**Growing Cultures:** Outdoors, containers, landscaping, mass plantings. German chamomile not recommended for containers.

**Plant Height:** Chamomile grows to a height of 20 to 30 inches (50 - 70cm).

**Plant Spacing:** Chamomile plants should be spaced 6 inches (15 cm) apart.





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**Preferred pH Range:** Chamomile will grow in a relatively wide pH range between 5.6 (acidic) and 7.5 (neutral).

**Propagation:** From seed. Direct sow in spring or fall. Fall sown seeds germinate following spring. Seeds need light to germinate.

**Seed Germination Period:** 7 to 14 days.

**Seeds Per Gram (Approximate):** 10,000 to 18,000.

**Soil Requirements:** Well drained, poor to average soil.

**Alternative Growing Media:** Soilless potting mixes, perlite, vermiculite, rockwool, coco peat, Oasis foam.

**Time From Seed to Saleable Plant:** Seeds to finished plugs, 6 weeks; plugs to saleable plants, 6 to 6 weeks.

**Sun & Lighting Requirements:** Chamomile grown outdoors prefers full sun but will tolerate some shade.

**USDA Hardiness:** Annual.

**Water Requirements:** Water on a regular schedule, taking care to not overwater.

**Potential Pests & Diseases:** Aphids, mealybug. Minimal disease issues.

**Special Notes:** Chamomile may be considered a noxious weed or invasive plant in some areas. Chamomile is known to attract bees, butterflies or birds and has fragrant blossoms. Chamomile self-sows freely; remove flowers (deadhead) if you do not want volunteer seedlings the following season.