



Common Name: Chamomile, Roman

Botanical Name: Chamaemelum nobile 'Roman'



- **Zone:** 4-9
- **Type:** Herbaceous perennial
- **Height:** 3-6 in.
- **Width:** 6-12 in.
- **Habit:** Upright, mounding
- **Flower:** Small, daisy-like, white flowers
- **Bloom Season:** June-Sept.
- **Foliage:** Finely dissected leaves, fern-like
- **Flavor:** Mild, slightly bitter flavor
- **Fragrance:** Sweet, crisp, apple-like & herbaceous
- **Sun:** Full sun to partial shade
- **Soil:** Sandy, well-drained
- **Water:** Medium
- **Tolerant:** Drought, deer, light foot-traffic
- **Attracts:** Bees, butterflies  
- **Uses:** Herb & rock gardens, borders, ground cover, between flag stones, lawn substitute., Flower heads are used to make a soothing, herbal tea.. Used in rinses & shampoos for blond hair, cosmetics & perfumes. It has a healthy effect on nearby plants.
- **Caution:** not recommended for use during pregnancy as it can cause uterine contractions and miscarriage.
- **Harvesting:** Pick flowers in full bloom on a dry, early morning. Dry where it is dark and even temperatures. Turn & shake frequently and it should be dry in about 4 days. When it is crisp, yet resilient it is ready for use. Store in a dark, airtight container.

