



CHAMOMILE FLOWERS

Botanical Name: *Matricaria recutita*

Common Name: German chamomile, Hungarian chamomile, mayweed, sweet false chamomile, true chamomile

Medicinal part: Flower

Description: Chamomile is a gentle herb known throughout most of the world which has been used continually for many centuries. Members of the Asteraceae family, these aromatic herbaceous plants have white daisy like flowers and scent reminiscent of apples or pineapple. In fact, the common name "chamomile" is derived from the Greek word kamai which translates to "on the ground" and melon which means apple. Accordingly, the Spanish name Manzanilla, means "little apple."



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