

# DID YOU Know...



## CHAMOMILE

- There are two different plants known as chamomile, German chamomile (*Matricaria recutita*) and Roman or English chamomile (*Chamaemelum nobile*) though both are used in the same way medicinally.
- Egyptians, Romans and Greeks used chamomile to treat many conditions from colds, anxiety, skin conditions, burns and stomach conditions to childhood illnesses like chicken pox, diaper rash and colic.
- Chamomile was a popular choice for lawns in Renaissance England for both durability and sweet fragrance. This was likely the lower growing *Chamaemelum nobile*. It also required minimal mowing.
- While chamomile is often recognized as a sleep promoting herb, it was also known as a sure preventative of nightmares.
- Chamomile oil, though a beautiful blue color, can be added to shampoos to bring out highlights to blonde hair.
- The cheerful white daisy-like flowers symbolized patience in adversity to the Victorians.