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.