

Growing chamomile

Matricaria chamomilla

QUICK FACTS

USDA ZONES

3–9

SUNLIGHT

Full Sun

AT A GLANCE

German chamomile is the standard tea chamomile. Grow it from direct-sown seed in early spring in full sun with lean soil. It self-seeds prolifically. Roman chamomile is a perennial ground cover better suited to low-traffic areas in zones 4-9. For tea production, German chamomile is the more practical choice.

PLANTING CHECKLIST

- Match site to sun requirements above before buying
- Test soil drainage — dig a 12" hole, fill with water, time it (should drain in 1–2 hrs)
- Dig hole 2x wider than rootball, same depth
- Backfill with native soil — do NOT amend the planting hole
- Water deeply at planting and weekly for first 3 weeks
- Mulch 2" deep, keep mulch 2" away from trunk/stems

FULL GUIDE WITH SOURCES

<https://outdoorplantcare.com/vegetables/growing-chamomile/>

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