

# CHAMOMILE

TYPE:	Annual
SUN:	Full Sun to Partial Shade
HEIGHT:	15 inches
GROWING IT:	Moist well-drained soil.
PARTS USED:	Flowers.
HARVEST:	Collect flowers when fully opened and use fresh, frozen, or dried.
CULINARY:	Main use is for teas.

## TRY IT!

### CHAMOMILE TEA

- 1 tsp. dried Chamomile herb flowers or 2 tsp. fresh flowers
- 2 or 3 leaves of Stevia
- 1 c. boiling water

Use a special tea infuser, which you hang in the cup or use a small teapot. Add the herbs to the cup, then pour boiling water over the herbs. Put a saucer on top for 15 minutes to infuse the tea. The heat in the water draws out the active ingredients. You can stain the tea before drinking. 2 or 3 leaves of Stevia can be used to sweeten tea or you can use honey.