

False chamomile



False chamomile aka German chamomile

(*Matricaria recutita* L.)

False chamomile resembles the common daisy. The plant is an annual with white flowers and blooms from May through August. False chamomile will grow from 6 to 18 inches tall and has very finely divided leaves from 0.75 to 2.5 inches long. The dark brown seeds are 2 millimeters long, with three ribs on one side and a broad brown central area on the other. False chamomile has a pleasant aroma, which distinguishes this species from the close relative scentless chamomile.

Spring- and fall-emerging plants can reduce wheat yield but are easily controlled with sulfonylurea herbicides. False chamomile has been used for medicinal purposes for hundreds of years. The plant is used to make chamomile tea which is reported to have relaxation benefits. Pollen from this plant will cause allergic reactions similar to ragweed.

