

Chamomile



Chamomile is valued largely for health benefits. There are many varieties. The German variety, pictured above, is the variety used as a tea for a sleep aide. The Mexican variety is valued as a stomach remedy. The German variety has a more pronounced white daisy like flower and upright manner while the Mexican variety is low growing and spreading and has tiny yellow flowers on a dill like foliage.

This is a good example of two plants with the same name that have little relation to each other. German chamomile is an annual. It's lovely in the spring but fades fast in the Texas heat. Mexican chamomile is a hardy plant that can take full direct sun but it is also spreading and can be become overgrown quickly. It has a lovely aroma in the garden and is certainly hardy enough to earn a place in your garden.



Mexican Chamomile