German Camomile

Herbs and Flowers · https://highdesertpermaculture.org/docs/herbs-and-flowers/german-camomile/

We had a nice patch of Camomile in the hoophouse, but they died after the gophers invaded and I didn't have the orchard garden ready yet.

I'm going to order Camomile bulk tea from the Frontier Co-op and wonder if there are viable seeds in it. And, I wonder whether I have seeds, ordered a bunch that I didn't plant last year.

13 Outstanding Health Benefits of German Chamomile

https://theartofantiaging.com/outstanding-health-benefits-of-german-chamomile/

> ... German chamomile is the most frequently used type of chamomile and has outstanding properties for your whole body — particularly as a stress-reducing and skin-soothing herb. Research has also uncovered special anti-aging effects of a powerful compound found in chamomile. ...

I'll try to grow a lot!

Lots of growing info:

https://wikifarmer.com/german-chamomile-harvest/