

Matricaria recutita

[Synonyms : *Chamomilla courrantiana*, *Chamomilla officinalis*, *Chamomilla recutita*, *Chamomilla suaveolens*, *Chrysanthemum chamomilla*, *Matricaria chamomilla*, *Matricaria chamomilla* var. *recutita*, *Matricaria courrantiana*, *Matricaria suaveolens*]
SCENTED MAYWEED is an annual. Native to northern Asia and Europe it has daisy-like hollow, yellow-centred, white flowers.

It is also known as *Åkta kamomill* (Swedish), *Amareggiola* (Italian), *Amranwen* (Welsh), *Amroque* (Channel Islander-Guernsey), *Babuna* (Hindi, Punjabi, Sanskrit, Urdu), *Babunaj* (Persian, Sanskrit), *Babune* (Persian), Bachelor's buttons, *Blå kamomill* (Swedish), Blue chamomile, *Camomila* (Portuguese), *Camomila da alemanha* (Portuguese), *Camomilla* (Italian, Spanish), *Camomilla commune* (Italian), *Camomilla vulgare* (Italian), *Camomille allemande* (French), *Camomille d'Allemagne* (French), *Camomille commune* (French), *Camomille vrai* (French), *Camomille vulgaire* (French), Chamomile, Chamomile tea, Chamomilla, Common chamomile, Dog gowan, Double mayweed, *Duong cam cuc* (Vietnamese), *Echte Kamille* (German), *Echte kamille* (Dutch), *Ettårig kamille* (Norwegian), Featherfew, *Feldkamille* (German), German camomile, German chamomile, Horse gowan, *Hundskamille* (German), Hungarian chamomile, *Kamille* (Dutch, German, Norwegian), *Kamomill* (Swedish), *Kamomillasauvio* (Finnish), *Kamomilleblom* (Norwegian), *Kamumilla* (Maltese), *Mançanilha* (Portuguese), *Manzanella* (Portuguese), *Manzanilla* (Spanish), *Manzanilla alemana* (Spanish), *Manzanilla cimarrona* (Argentinian, Spanish), *Manzanilla común* (Spanish), *Manzanilla de Aragón* (Spanish), *Manzanilla dulce* (Spanish), *Manzanilla húngara* (Spanish), *Manzanilla matricaria* (Spanish), *Margaça-das-boticas* (Portuguese), *Matricaire fausse camomille* (French), *Matricaire tronquée* (French), Matricaria, Mayweed, *M'soûque* (Channel Islander-Jersey Norman-French), *Papatya* (Turkish), Pin heads, *Romashka aptechnaia* (Russian), *Rumianek bezpromieniowy* (Polish), *Rumianek pospolity* (Polish), Scented chamomile, Single chamomile, *Sötblomster* (Swedish), *Söt kamomill* (Swedish), Sweet false chamomile, True chamomile, *Tysk kamomill* (Swedish), *Ungersk kamomill* (Swedish), *Vellugtende kamille* (Danish), White chamomile, Wild chamomile, and Wild chamomile.

Warning - flowers infused for longer than seven minutes can cause nausea.

Scented mayweed is similar in appearance to chamomile (*Chamaemelum nobile*) but taller and less fragrant and has a hollow centred flower.

Recutita is Latin (circumcised).

Botanically apparently this plant is not a true chamomile although it has a similar appearance to chamomile (*Chamaemelum nobile*). With a weaker aroma and some reputation for being slightly inferior to chamomile it is used, nevertheless, for similar medicinal purposes.

For centuries it has also been one of the traditional highlighters for fair hair. Today it is sometimes a commercial ingredient in shampoos and hair lotions.

Oil from the flowers is used by the perfumery industry.

Medicinally, herbalists have recommended it for treating headaches, neuralgia, earache, stomach disorders, smarting eyelids and children's ailments. In India the flowers have also been used to treat hysteria, indigestion and intermittent fevers.

