

*Matricaria recutita*

[Synonyms : *Chamomilla courrantiana*, *Chamomilla recutita*, *Chamomilla suaveolens*, *Chrysanthemum chamomilla*, *Matricaria chamomilla*, *Matricaria chamomilla* var. *recutita*, *Matricaria courrantiana*]

**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 *Amranwen* (Welsh), *Amroque* (Channel Islander-Guernsey), *Babuna* (Punjabi), Bachelor's buttons, *Camomilla* (Italian), *Camomille allemande* (French), *Camomille vulgaire* (French), Chamomile, Chamomile tea, Chamomilla, Common chamomile, Dog gowan, Double mayweed, *Echte Kamille* (German), Featherfew, *Feldkamille* (German), German chamomile, German chamomile, Horse gowan, *Hundskamille* (German), Hungarian chamomile, *Kamille* (Dutch, German), *Kamomill* (Swedish), *Kamomillasauvio* (Finnish), *Kamumilla* (Maltese), *Manzanilla* (Spanish), *Matricaria*, Mayweed, *M'souûque* (Channel Islander-Jersey Norman-French), *Papatya* (Turkish), Pin heads, Single chamomile, *Sötblomster* (Swedish), Sweet false chamomile, True chamomile, Wild camomile, 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.