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## Chamomile

Buy healthy, green plants with no signs of wilting or disease. Plants should be stocky with plenty of leaves. It's actually a plus if they don't have any flowers - they'll divert their early energy into root development rather than flowering.

Choose a site in full sun with average to rich, well-drained soil.

Work in plenty of compost.

Plant seedlings in spring or mid fall, spacing them 6 inches apart for a carpetlike ground cover effect, or 18 inches apart in herb and flower gardens.

Keep soil evenly moist. Mulching is a good idea.

Trim faded flowers or shear the plant occasionally to promote new blooms.

Fertilize every four to six weeks, or work in a slow-release fertilizer at planting time.

Tear out faded annual types of chamomile at the end of the season, once frost fells them. Cut back perennial types to just 2 or 3 inches.

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