

Chamomile

Sowing Indoors (to get a head start):

- For best results use sterile, disease free and weed free soil to start your seedlings.
- Sow thinly in pots or trays of seed starter soil.
- Gently firm the seeds into the surface.
- Keep moist and warm, approximately 15-20°C.
- When large enough transplant 5cm apart in further trays.
- Grow on at approximately 15°C.
- Gradually harden off before planting out to final position, spacing 30cm apart.

Sowing Outdoors:

- For best results use sterile, disease free and weed free soil to start your seedlings.
- Sow outdoors in a seed bed, cover lightly with fine soil and keep moist.
- When large enough thin to 10cm apart.

Transplanting in the Garden:

- It is best to transplant in the early evening or cooler day – hot temperatures are likely to upset the seedling.
- Dig a hole that is the same depth as your seedling and approximately twice as wide.
- Space seedlings approximately 25 cm apart.
- Place your seedling into the hole, bring the soil closer and be sure not to plant the seedlings deeper than the root ball – the top of the root ball should be at the same level as your hole.
- Always give your seedlings a slight water after transplanting to remove air bubbles and settle your seedlings into their forever home.

Growing Tips

- Remove dead heads to prolong flowering
- Keep weeds under control during the growing season.
- Weeds compete with plants for water, space and nutrients, so control them by either cultivating often or use a mulch to prevent their seeds from germinating.
- Mulches also help retain soil moisture and maintain even soil temperatures.
- This is especially important for tomatoes as their roots may be easily damaged when weeding, and this can lead to blossom end rot.
- Keep plants well-watered during the growing season, especially during dry spells.
- Plants need about 2cm to 5cm of rain per week during the growing season.
- Use a rain gauge to check to see if you need to add water.
- It's best to water with a drip or trickle system that delivers water at low pressure at the soil level.
- If you water with overhead sprinklers, water early in the day so the foliage has time to dry off before evening, to minimise disease problems.
- Keep the soil moist but not saturated.
- Monitor for pests and diseases.
- Check with your local Garden Centre for pest controls recommended for your area.