Chamomile, *Matricaria chamomilla*

**Tips:**
- Use fresh or dried chamomile flowers in recipes.
- Infuse chamomile’s green apple flavor into beverages or other foods by steeping the flowers in a hot liquid before proceeding with the recipe.
- Harvest and dry flowers for storage by cutting just the fully opened flower heads, spreading them on a screen in a well-ventilated location away from direct sunlight.
- Store dried flowers in an air-tight, dark colored container away from direct sunlight.
- Dried chamomile flowers retain their flavor for up to 1 year.

**Chamomile Tea**
Chamomile flowers, fresh or dried
Honey, optional

Steep 1 tablespoon of chamomile flowers in 1 cup of just boiled water for 5 to 10 minutes. Strain, add honey if desired.

**Chamomile Lemon Tea**
1 teaspoon chamomile flowers
1 teaspoon lemon verbena
½ teaspoon fennel

Blend herbs and steep in 1 cup of just boiled water for 5 to 10 minutes.

**Tummy Tea**
2 teaspoons chamomile
1 teaspoon lemon balm or lemon verbena
¼ teaspoon ginger

Combine all ingredients and steep in 1 cup of just boiled water for 5 to 10 minutes.

**Chamomile French Toast**
1 ½ cups heavy cream
4 chamomile tea bags
1 teaspoon lemon zest plus 1 tablespoon lemon juice
1/3 cup plus 1 tablespoon honey
1 ½ cups milk
2 teaspoons vanilla extract
8 large eggs
Kosher salt
8 thick (1-inch) slices brioche
4 tablespoons butter
½ cup mascarpone cheese
2 cups fresh berries (any in season)
Preheat the oven to 300 degrees. In a small pot, combine the heavy cream and tea bags. Bring to a simmer, then take off the heat immediately. Let sit and cool, then remove the tea bags.

In a small bowl, combine the lemon zest and juice and 1/3 cup of the honey and whisk. Set aside.

In a medium bowl, combine the chamomile cream, milk, vanilla, eggs, remaining 1 tablespoon honey and a pinch of salt. Whisk until completely combined.

Heat a nonstick pan over medium heat. Add 1 tablespoon of the butter and let melt. Put 2 slices of bread into the cream mixture and let it soak through. Put the soaked bread in the pan and cook until golden brown on both sides, 2 to 3 minutes on each side. Transfer to a baking sheet and hold in the oven. Add another tablespoon of butter to the pan, soak 2 more slices of bread in the cream mixture and cook. Repeat with the remaining butter, bread and cream mixture.

Top the French toast with a dollop of mascarpone, some fresh berries and a drizzle of the lemon honey.

**Sleep Pillow**

Chamomile flowers, dried  
Lavender flowers, dried  
Hops flowers, dried, optional

Blend one part chamomile flowers to half part lavender flowers. Add blend to fabric bags or “sleep pillows”.

**Relaxing Chamomile Bath Tea**

Chamomile flowers, dried  
Lemon verbena leaves, dried  
Lavender buds, dried  
Epsom or sea salt

Blend equal parts of the listed ingredients in a bowl. Store in an air-tight dark container, away from heat and sunlight.

To use, place 3 to 4 tablespoons of the mixture in a muslin bag or large tea strainer and steep in bath water.