



# Arctic Chamomile

*Matricaria discoidea*

## Description

Arctic chamomile grows to 12-inches high under optimum conditions. Arctic chamomile has greenish-yellow disk flowers with a mild pineapple aroma and taste.

## Habitat and Range

Arctic chamomile grows in hard packed soil such as roadside and trails and is considered a weed, but it is a useful plant.

## Food Use:

Fill a jar with arctic chamomile flowers, spruce tips, and two pinches of labrador tea leaves. Cover with water. Let sit in bright sunlight for 6-8 hours. Strain and enjoy.

## Resources:

Discovering Wild Plants Copyright 1989 by Janice J. Schofield

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