

Classification

family - ASTERACEAE

Latin - Matricaria discidea

Common - wild chamomile, mayflower

reference

Native American Ethnobotany ~ Moerman

Did you know.....

That you can harvest the flower heads (best to cut with scissors.) Wrap into a piece of fabric. Tie and use as a dream sachel to help for sleep + dreams.

FIRST NATIONS USE ~

Cheyenne (U.S.) ceremonial plant

Inuit ~ steam bath / cold remedy / preservative with meats + berries.

Kutenai ~ dried flower heads for jewelry.

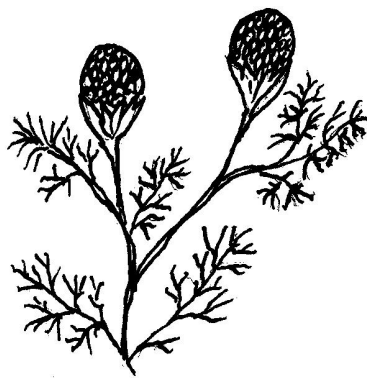
Recipes

Bug Spray
Simmer whole plant 30 minute
Let sit overnight
Strain + store in spray bottle for use.

growing conditions

dry open fields
gravel + sandy areas
indicator plant
when salmonberries appear.

Pineapple Weed

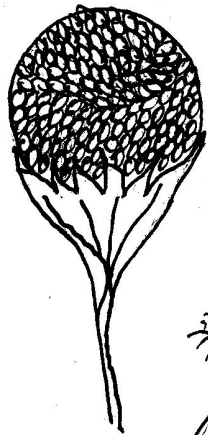


HARVESTING ~

flower tops
June thru September
Leaf - summer

flower

heartburn
Stomach upsets
gas
insomnia
anxiety



Uses

Salads
muffins
smoothies
dream pillows
teas
insect repellent

~ First Nations ~
insence
perfume
fibre - used
in bedding
to line
baby
cradles

CAUTION

allergies to Ragweeds

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