

# MENASHA PUBLIC LIBRARY: SPICE OF THE MONTH CLUB



## WHAT IS CHAMOMILE?

Chamomile is a small, daisy-like plant belonging to the aster family. It is native to eastern and southern Europe as well as parts of western Asia. Its flowers have a scent similar to apples. In fact, the word chamomile comes from the Greek word “khamaimelon,” which means “earth apple.” Its bitterness ranges from slight to very strong depending on how it is prepared. Chamomile is overflowing with polyphenols, flavonoids, and other antioxidant and anti-inflammatory chemicals. It is mentioned in the Ebers Papyrus, an Egyptian medical text dating back to 1550 BCE. In ancient Slovakia, a person was expected to bow in deference to chamomile plants when they encountered them. The most popular form of consumption of chamomile is in tea form, with more than one million cups of consumed daily worldwide. Chamomile has been used to treat such wide-ranging ailments as: hay fever, inflammation, gastrointestinal disorders and even rheumatic pain. Chamomile essential oils are used extensively in cosmetics and aromatherapy production.

APRIL

CHAMOMILE



# 8 TIPS FOR CHAMOMILE

- Compounds in chamomile can lower inflammation and calm your entire nervous system, while also helping to curb blood sugar fluctuations.
- Growing your own chamomile plants? Choose a sunny spot to plant your chamomile, after the danger of frost has passed. It can also be grown in large containers in a light potting mix. Chamomile should self-seed each year.
- Chamomile tea can help increase circulation and soothe irritation around the eyes, which can reduce the appearance of dark circles. Place two tea bags in hot water for a few minutes, then remove and allow to cool. Place them over your eyelids for 10 minutes, then remove them and dry your skin with a cloth.
- Chamomile Dressing-Ingredients: 2 tablespoons fresh chamomile flowers, 2 tablespoons extra-virgin olive oil, The juice of 1 lime, 1 tablespoon honey, Salt and pepper to taste. Mix all the ingredients swiftly to create an emulsion to dress salads or fish.
- Add dried or fresh chamomile flowers to freshly baked deserts for an edible decoration.
- Because of its efficiency in calming muscle spasms, chamomile has been used throughout history as a natural way to soothe an upset stomach and reducing the discomfort of menstrual cramps.
- Chamomile's anti-inflammatory power makes it a great mouth rinse to treat inflammations or irritations of the mouth, throat, and gums. Chamomile-soaked frozen washcloths are given to babies and toddlers while teething.
- Those with allergies to ragweed may also be sensitive to chamomile. Do a spot test before using.



**Add Chamomile**

**to:**

**-Salads**

**-Cupcakes**

**-Jams**



**Note:** This information is meant to supplement, not replace advice from your healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects.

**Sources Consulted:** Encyclopedia Britannica; Consumer Health Complete; spiceography.com; Gale Health and Wellness; MasterClass



# Chamomile Lemonade

Courtesy of: [vegetariantimes.com](http://vegetariantimes.com)



## INGREDIENTS:

- Ingredients
- 3/4 cup cane sugar
- 2 Tbs. grated lemon zest
- 5 Tbs. fresh or dried chamomile flowers, or 6 chamomile tea bags
- 3/4 cup lemon juice

## Directions:

1. Combine sugar, lemon zest, and 2 cups water in saucepan. Bring to a boil, stirring to dissolve sugar. Remove from heat, and add chamomile flowers. Cool.
2. Strain chamomile mixture into 2-qt. pitcher; stir in lemon juice and 3 cups water. Serve over ice with lemon slices, or store, covered, in refrigerator up to 5 days.

# Chamomile Infused Jasmine Rice with Broiled Salmon and Asparagus

Courtesy of: [successrice.com](http://successrice.com)

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Servings: 4



## Ingredients:

- 14oz Jasmine Rice
- 4 bags chamomile tea, divided
- 4 tbsp butter, divided
- 4 tbsp lemon juice
- 2 tbsp fresh chives, finely chopped
- 1 1/2 tsp salt, divided
- 1 tsp pepper, divided
- 4 skin-on salmon fillets (each 5 oz)
- 1 bunch asparagus, woody ends trimmed

## Directions:

1. Preheat broiler. Prepare rice according to package directions, add 3 tea bags to simmering water with the rice to infuse with tea flavor.
2. Transfer rice to large bowl. Tear the remaining tea bag, mix only half of the tea leaves with 2 tbsp. of butter, and melt in microwave to infuse the butter.
3. Mix the infused butter, 2 tbsp lemon juice, 1 tbsp chives, 1/2 tsp salt and 1/4 tsp pepper; and fold into the rice and set aside.
4. Meanwhile, arrange salmon and asparagus on foil-lined baking sheet. Drizzle the remaining butter over top of the ingredients. Season with remaining salt and pepper. Broil for 9-11 mins or until salmon begins to flake and asparagus is tender.
5. Serve salmon and asparagus with rice. Drizzle salmon with remaining lemon juice and garnish with remaining chives.