



# MONETA FARM & HOME CENTER

## Annual Herb Day

May 3<sup>rd</sup>, 2025

10:00 am—2:00 pm

# ACE Hardware



We will have a Kids Corner, for kids to paint a flowerpot for Mom

Sedalia Baptist Church will be Hosting a bake sale on-site

Young Shiitake will be here demonstrating how to Grow Mushrooms

Hypertufa Planter workshop starting at 11 am, Registration required.

Flower Pot  
Painting  
Craft  
For Kids



## 2025 HERB OF THE YEAR "CHAMOMILE"

### HERBAL USES OF CHAMOMILE

Chamomile is a common flavoring agent in foods and beverages and other products such as mouthwash, soaps, cosmetics and herbal products, when used as a food product chamomile is not likely to cause any health benefits or side effects. When used as a medicinal product it may produce both desirable and undesirable effects on the body. Chamomile is used as a possible aid in treating anxiety, upset stomachs, Colic and or diarrhea, it also is sometimes used in the treating of mouth ulcers caused by chemotherapy and radiation treatments. Chamomile has in the past also been used as herbal treatment for insomnia, gingivitis and skin irritation. Use of chamomile as a medicinal treatment should be done with caution as research has not shown effectiveness in treating these conditions with herbal products however, many health food stores still sell the products as a holistic, homeopathic remedy for many ailments,

### STORY BEHIND THE HERB OF THE YEAR

*The International Herb Association works with groups all over the world to educate people about the importance of herbs.*

In 1991 the International Herb Association established National Herb Week, to be celebrated every year during the week prior to Mother's Day. Every year since 1995 the International Herb Association has chosen an "Herb of the Year" to highlight. They evaluate choices based on them being outstanding in three major categories: medicinal, culinary, or decorative. Moneta Farm and Home Center has been hosting a Herb Festival during this time for over 30 years.



# CHAMOMILE 2025 HERB OF THE YEAR

## *Growing and Caring for Chamomile*

Chamomile plants thrive in well-draining soils and prefer full sun to partial shade. The plants need a minimum of six hours of sunlight daily to thrive, They require regular watering, especially when young but well-established plants are fairly drought tolerant, Chamomile benefits from a balanced fertilizer applied every two weeks during the growing season.

Plant chamomile in the garden after the last spring frost, it also grows well in raised beds and in containers. Space plants about 8 inches apart in full sun for best flowering.

It is advised to mix compost and organic matter into the soil when planting and to mulch around the plant to help keep in soil moisture. If the plant gets top heavy when flowering, support with bamboo sticks and twine as needed.

Harvest the flowers with pruning shears after blooming and when the petals begin bending backwards, flowers can be used fresh or dried, Dry the flowers and leaves completely on a screen out of direct sunlight, and store the dried chamomile in an airtight jar in a dark dry place, such as the pantry.

In General few pests effect the chamomile plant but if aphids become a problem use insecticidal soap as a control for serious infestations, In long periods of hot damp weather, powdery mildew can become a issue, space plants so that they enjoy good airflow in order to help deter the disease at the first signs of mildew remove the dead leaves and discard them, (don't compost diseased plant materials)

You should be able to get 3 to 4 good harvests in a season before the killing frost comes

**FOR MORE INFORMATION FOLLOW US ON FACEBOOKS AND VISIT OUR WEBSITE**  
**[WWW.MONETAFHC.COM](http://WWW.MONETAFHC.COM)**

## *How to make Chamomile Tea*

- Use 1 tablespoon of dried chamomile flowers per every 8oz cup of water
- Place the Crushed, Dried flowers in a Tea infuser
- Pour Boiling water over the Flowers
- Steep for approximately five minutes
- Remove the infuser and enjoy
- You can add Ice to the tea to make Iced Chamomile Tea also

## *Benefits of Chamomile Tea.*

- Chamomile tea is a caffeine-free alternative to Black or Green teas that have a earthy, somewhat sweet taste to it.
- It is also full of antioxidants, Powerful compounds that may play a role in reducing your risks of certain diseases
- Chamomile contains apigenin, an antioxidant that binds to certain brain receptors to promote sleepiness and reduce insomnia.
- Some older studies found that it may help to control diarrhea and stomach ulcers, and to treat nausea and gas, however more studies are needed to confirm this
- Some of the antioxidant compounds have been linked with lower incidents of certain types of cancers, especially breast, intestines, skin and prostate cancers.
- Chamomile tea has anti-inflammatory properties that may prevent damage to the cells of the pancreas which can help to control blood sugar.
- It has also been shown to aid in the control of LDL cholesterol and Triglycerides.
- Can also help reduce the severity of anxiety and Depression,

While these health claims lack evidence that does not mean they are false, they just haven't been fully studied, Chamomile tea is generally safe for most people there is reports of allergies to it especially to those with allergies to plants in the daisy family, (ragweed and Chrysanthemums

