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*Spice of the Month Kits are free, but supplies
are limited. Please, only one kit per household.*



*We have a **monthly newsletter**! Keep up-to-date on
all the library's happenings and latest events!*



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Spice up your life!

The library will have take-and-make
kits to pick up at the beginning
of every month.

Each kit includes:

- Packet of the featured spice
- Information and fun facts
- Recipes to try at home

Chamomile

Chamomile, belongs to two main genera within the daisy family (*asteraceae*), one being German chamomile, (*Matricaria chamomilla*), while the other is Roman chamomile, (*Chamaemelum nobile*). Though these are the two main families, there are over 100 various species of herbs that fall under the label of chamomile. Chamomile has been used in everything from teas, medicines, food, all the way to things such as insecticides.

The most frequently used version is the German chamomile, which grows across eastern Europe and western Asia in an annual cycle. The Roman chamomile is a shorter perennial plant that grows in western Europe. Be careful as the Roman chamomile can be confused with some other plants which are poisonous! These plants begin blooming in early - midsummer, with a strong apple-like fragrance, they are very attractive to bees and butterflies.

Fun Facts

- The ancient Egyptians, Romans and Greeks made use of chamomile in their medicinal practices to treat conditons such as digestive issues, rashes, allergies, as well as reducing anxiety and insomnia.
- Chamomile oil can be added to shampoos to bring out highlights in blonde hair.
- Recognized as a sleep prompting herb, it is also known to keep nightmares away.
- Chamomile is used as a dying agent, turning fabrics a yellow-brown color.
- In the Victorian time, chamomile was known to symbolize paitence in adversity.
- In addition to being used in various forms, the petals of chamonile are edible, and can be consumed as is.

Let's Talk Tea

Because it is made with flower petals, some people might not have considered it a tea in the past, instead being called an herbal infusion, or as we know it today, a herbal tea! Chamomile tea is an herbal tea, meaning that it is caffeine free and is seen as an alternative to black or green teas.



Health Benefits

- May improve sleep quality
- May promote digestive health
- improves skin health
- Helps relieve anxiety and depression
- May improve immune system function



Making Tea

1. Bring 1 cup water to a boil
2. Insert tea bag or infuser filled with 1 tbsp of tea
3. Let steep in hot water for five minutes
4. Remove tea bag or infuser
5. Enjoy!



Instructions

1. Create a lemon chamomile sugar by grinding your chamomile flowers with your granulated sugar and lemon zest. Do this in a mortar, pestle, food processor, or high-speed blender.
2. Wisk your dry ingredients – flour, salt, baking powder, baking soda, and cornstarch in a large bowl and set aside.
3. Cream the butter and chamomile lemon sugar until fluffy (about 2 minutes), then beat in the egg and vanilla. Next, mix the sour cream or greek yogurt until combined, scraping the bowl down as needed.
4. Add the dry ingredients to the wet and mix on low until combined.
5. Shape the dough into a ball, then cover in plastic or beeswax wrap and chill for an hour.
6. Preheat oven to 350F. Roll the dough out to ¼ inch, then use a round circular cookie cutter to cut the cookies; reroll the scraps and cut the remaining cookies. Transfer cookies to parchment-lined baking sheets and bake at 350F for 10 minutes or until the cookies are just starting to get golden on the bottom. Set aside to cool completely.
7. While the cookies bake and chill, make your icing.



Chamomile Roast Chicken

🕒 Total Time: 2 hours 🍽 Servings: 4



Ingredients

- 1 5–6 lb. chicken, cut into 8 pieces
- *3 tbsp. dried chamomile flowers*
- 2 large leeks (1 lb.), halved lengthwise, rinsed thoroughly, and cut into 2-in. pieces
- 1 large onion (14 oz.), peeled and coarsely chopped
- ¼ cup extra-virgin olive oil, divided
- 3 tbsp. fresh lemon juice
- 1 cup dry white wine
- Kosher salt



Recipe from: Frolic and Fare

<https://frolicandfare.com/chamomile-cookies/>



Recipe from: Saveur

<https://www.saveur.com/recipes/chamomile-roast-spring-chicken/>



Instructions

1. To a heatproof liquid measuring cup, add 1½ cups boiling water and the dried chamomile flowers or tea bags. Set aside to steep at room temperature for 30 minutes.
2. Preheat the oven (with one of its racks positioned in the center) to 425°F. Strain the chamomile infusion, discarding the solids. Measure 1 cup of the liquid (drink or reserve any remainder for another use).
3. In a large roasting pan, toss the leeks and onion with 2 tablespoons olive oil and season to taste with salt. Rinse the chicken pieces, then blot dry with paper towels and arrange skin side up atop the vegetables; drizzle with the lemon juice and remaining olive oil and season lightly with salt. Transfer to the oven and cook until the onions begin to turn translucent, about 20 minutes. Carefully pour the wine and the reserved chamomile infusion into the roasting pan and continue cooking until the liquid is simmering and the chicken begins to brown, about 20 minutes more. Turn down the oven to 400°F and continue cooking until the chicken juices run clear and a thermometer inserted at the thickest part of the thigh registers 165°F, 25–35 minutes.
4. Remove from the oven and set aside to rest for 15 minutes. Transfer the chicken and vegetables to a serving platter, drizzle with any accumulated cooking juices, garnish with fresh chamomile flowers, if desired, and serve warm.

Chamomile Cookies

🕒 **Total Time: 2 hours 30 Mins** 🍷 **Servings: 18**

Ingredients for cookies:

- 2 ¼ (270g) cups all-purpose flour
- ½ teaspoon baking powder
- ¼ tsp baking soda
- 1 tbsp cornstarch
- ½ tsp salt
- ½ cup (113g, 1 stick) unsalted butter room temperature
- 1 cup (200g) granulated sugar
- 1 egg at room temperature
- ¼ cup (60g) sour cream or greek yogurt, room temperature
- 1 ½ (8 ml) tsp vanilla extract
- 2 tablespoons dried chamomile flowers – Zest of one two lemons – reserve the lemon juice for the icing

Ingredients for icing:

- 2 cups powdered sugar 240g
- 1 teaspoon vanilla extract 5 ml
- 2 tablespoons milk, plus more if needed 30ml
- Juice of two lemons

Instructions

1. Sift powdered sugar into a medium bowl. Mix in the powdered sugar, lemon juice and vanilla. Drizzle in the milk while and beat until smooth.
2. Top the cookies with a generous layer of lemon icing.

Recipe from: Saveur

<https://www.saveur.com/recipes/chamomile-roast-spring-chicken/>



Recipe from: Frolic and Fare

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