

CALENDULA *(Calendula officinalis)*

SEASON: *Summer to Frost*

GROWING TIPS

- Easy to grow and care for
- Start indoors 4 – 8 weeks before last frost
- Sow 1/4" deep, cover with clear top or plastic wrap
- Warm, sunny spot, germination 4 – 14 days
- Or, sow outdoors after all risk of frost has passed
- Space 1 ft apart, water well, keep moist to germinate
- Grow in full sun, well-draining soil



HARVESTING & PRESERVING

- Harvest flowers daily for longest blooming time
- **Air Dry** - in single layers over paper towels or screen for several days
- **Store** – dried, in brown paper bags or glass jars out of sunlight for 9-12 months.
- **Freeze** – calendula tea in ice trays, use within 6+ months

BENEFITS

Garden

- attracts pollinators, and beneficial insects that control aphids

External

- skin soothing, healing, antifungal, repairs damaged skin

Internal

- used for congested lymph nodes, ulcers, sore throat. (Not for pregnancy.)



USES FOR FLOWERS

- **Infused oil:** 1 part dried flowers covered with 2 to 3 times as much oil
- **All-Purpose Salve:** 3.5 oz infused oil + 0.5 oz beeswax; useful for people & pets
- **Calendula Lotion Bars:** 1/4 c calendula oil + 1/4 c beeswax + 1/4 c mango/shear butter
- **External Tea:** 1/3 cup dried flowers + 1 cup hot water, steep overnight in fridge
- Use calendula tea for rashes, wounds, sore throat, acne, itchy scalp & more (See TheNerdyFarmWife.com for more info.)
- **Varicose Veins Liniment:** 2 TBSP calendula flowers + 2 TBSP yarrow + 2 TBSP St John's Wort + 1 tsp cayenne or ginger powder + 1 1/4 c witch hazel or vinegar (Infuse 2 weeks, strain, shake before use. Apply in upward direction on legs, towards the heart.)

