

## 1. Calendula Officinalis (Calendula)

Calendula is a marigold and in the daisy family. It has been grown for thousands of years as a medicinal and a culinary plant. It is also known as pot marigold. The majority of cosmetics and herbal and cosmetic products named 'calendula' are made from *C. officinalis*.

The flowers of *C. Officinalis* contain flavonol glycosides, triterpene oligoglycosides, oleanane-type triterpene glycosides, saponins, and a sesquiterpene glucoside.

### Suggested uses

Studies have suggested that the plant has anti-inflammatory, anti-viral, anti-tumor, and can readily heal wounds. An oil made from calendula has shown to have positive results from radiation dermatitis. Traditionally it has been used for abdominal cramping and constipation. Recent studies using ethanol extract and water extract have proven its effectiveness. *Calendula* in suspension or in tincture (in ethanol) is used topically for treating acne, reducing inflammation, controlling bleeding, and soothing irritated tissue. It can also be used in place of marigolds as companion plant in the garden.

Calendula has been shown to cause allergic reactions and should be avoided during pregnancy.

### Parts to use

The petals – are edible and can be used in salads or dried as a coloring to cheeses or as a replacement for saffron. Saffron is one of the most expensive culinary herbs on the market.

### How to use

Raw – Put in salads, in sandwiches, wraps, or other source where it can be eaten raw. Pick petals, wash (if necessary) and enjoy. Medicinally the petals can be applied to cuts and wounds to stop bleeding, prevent infection and speed healing

Cooked – the petals can be added to soups, stews, or other dishes. It is popular in Mediterranean dishes.

In salve – Olive oil, petals, bees wax. Variety of uses. <http://voices.yahoo.com/how-calendula-salve-4147523.html>

Extract – ethanol (vodka) - water, dried petals, 190 proof alcohol, various uses <http://www.motherearthliving.com/health-and-wellness/calendula-tincture-recipe.aspx#axzz36ECopojs>

Extract – water (steamed or tea) many uses <http://thenerdyfarmwife.com/14-uses-for-calendula-tea/>

Extract – Oil - Olive oil (not EVOO), petals. Many uses. Even in oil lamps. <http://www.rootsimple.com/2011/07/how-to-make-a-calendula-oil-infusion/>

As a dye – using calendula and other marigold flowers you can obtain a variety of colors from yellow, to oranges, to brown. You can use it in fabrics, paper, thread etc. Different fibers require different processes to set, and seal the colors in.

### Growing –

The plants are easy to start from seed indoors or sown directly into the ground. It is an annual and will not survive the Indiana winter unless it is allowed to reseed itself.

### Storage

Light is the enemy of medicinal herbs. Dried leaves should be stored in paper bag out of light. Oils and tinctures should be stored in a dark glass container away from light. Sunlight is the worst as the UV will break down the compounds that are beneficial

