

Calendula: The Garden's Golden Healer



Bright, cheerful, and packed with benefits, calendula is one of the most useful flowers you can grow.

Calendula (*Calendula officinalis*), commonly known as pot marigold, has been grown in gardens for hundreds of years.

Calendula reminds us that gardens can be places of healing, learning, and connection as well as food production.

A Welcome Food Source for Pollinators

Calendula flowers bloom over a long season, providing nectar and pollen when many other flowers have finished flowering.

The open flower shape makes it easy for pollinators to access food, attracting:

-  Bumblebees
-  Butterflies
-  Solitary bees
-  Hoverflies

By growing calendula alongside vegetables and fruit crops, we help create a richer and more diverse habitat for beneficial insects. These insects play an important role in pollination and support healthy ecosystems both within and beyond the garden.

A few flowers can make a surprising difference, helping to turn a growing space into a valuable resource for wildlife.

Nature's Brightest First-Aid Plant

Calendula has earned a special place in traditional herbal medicine because of its reputation for supporting skin health.

For generations, people have used calendula flowers to make:

- Skin creams
- Balms
- Salves
- Oils
- Herbal washes

Traditionally, calendula preparations have been used to soothe dry, rough, or irritated skin and to support the skin's natural recovery processes.

The flower's rich orange colour comes from natural plant compounds called carotenoids and flavonoids, which are also responsible for many of its beneficial properties.

Today, calendula remains one of the most commonly used herbs in natural skincare products.



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Calendula in the Kitchen

Calendula is not only useful for skincare; it is also edible.

The colourful petals have been used in cooking for centuries and can add a splash of colour to everyday meals. Sometimes called "the poor person's saffron," calendula petals can be mixed into:

- Salads
- Rice dishes
- Soups
- Bread dough
- Herbal teas

The petals have a mild flavour and are a simple way to bring flowers from the garden to the table.

Always ensure flowers have been grown without pesticides before using them in food.

Making Calendula Oil

Calendula-infused oil is one of the most popular ways to preserve the flowers for year-round use.

Method:

- Harvest fully open calendula flowers.
- Dry them thoroughly.
- Place the dried flowers in a clean glass jar.
- Cover completely with olive or sunflower oil.
- Leave in a warm place for 3-4 weeks.
- Strain the oil and store in a clean bottle.



This infused oil can be used as the base for homemade balms, creams, and lotions.

For example, calendula-infused oil combined with beeswax creates a simple balm traditionally used to moisturise dry skin.

Please note: Herbal remedies should not replace professional medical advice or treatment. Anyone with allergies or health concerns should seek advice from a qualified healthcare professional before using herbal preparations.

Calendula may be small, but its impact is remarkable, supporting pollinators, enriching gardens, and connecting us with centuries of herbal knowledge. 🌻❤️



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