

Marigolds: Bright Blooms for Biodiversity and Wellbeing



Why Marigolds Matter for Nature

Encouraging Biodiversity

A diverse garden is a healthy garden. Flowers such as marigolds provide food sources for insects throughout the growing season and help create habitats that support wildlife.

Biodiversity helps:

- Improve ecosystem resilience
- Support beneficial insects
- Reduce the risk of pest outbreaks

Natural Pest Management

Many gardeners plant marigolds alongside vegetables because their distinctive scent may help deter certain garden pests. They are commonly grown near tomatoes, beans, courgettes, and other crops as part of companion planting systems.

By increasing biodiversity and attracting beneficial insects, marigolds can contribute to a more balanced garden ecosystem.

More Than Just a Pretty Flower

The vibrant orange, yellow, and red blooms of marigolds bring a splash of colour to our polytunnel, but these flowers offer far more than visual beauty. Marigolds (*Tagetes* species) have been grown for centuries for their benefits to wildlife, gardens, and human wellbeing.

At ERCAH, we grow marigolds alongside vegetables because they help create a thriving, biodiverse growing space that benefits both nature and people.

Supporting Pollinators

Marigolds produce nectar and pollen that attract a variety of pollinating insects, including:

- Bees
- Hoverflies
- Butterflies
- Other beneficial insects

Pollinators play a crucial role in growing food. Around one-third of the food we eat depends on pollination, making pollinator-friendly plants an essential part of healthy gardens and ecosystems.



The Community Hub
East Renfrewshire

Benefits of Marigolds for People



People have valued marigolds for generations, not only for their beauty but also for their traditional uses in wellness and self-care.

Marigold flowers contain natural plant compounds including antioxidants and flavonoids, which have been widely studied for their protective properties.

How to Use Marigolds

Marigold Tea

Petals from edible marigold varieties can be dried and added to herbal tea blends.

To make marigold tea:

- Use 1-2 teaspoons of dried petals.
- Pour over hot water.
- Leave to infuse for 5-10 minutes.
- Strain and enjoy.

The tea has a mild, earthy flavour and can be combined with mint, lemon balm, or chamomile.

Edible Flowers

Marigold petals are sometimes called "poor man's saffron" because of their bright colour.

Petals can be sprinkled over:

- Salads
- Soups
- Rice dishes
- Desserts

Always ensure flowers have been grown without pesticides and are identified as edible varieties before consumption.

Homemade Skin Infusion

Traditional herbalists have long used marigold-infused oils in homemade creams, ointments, and balms.

A simple infusion can be made by:

- Drying the flower petals thoroughly.
- Covering them with a carrier oil such as olive oil.
- Leaving the mixture in a warm place for several weeks.
- Straining before use.

Infused oils have traditionally been used in skincare preparations for dry or irritated skin.

Important: Herbal remedies are not a substitute for professional medical advice. Anyone with allergies or medical conditions should seek advice from an appropriate healthcare professional before using herbal products.



The Community Hub
East Renfrewshire