



Know What You Grow!



Growing Information

Annual

Calendula is a mild season herb. It blooms spring through fall in the Inland Valley and Desert. A partly shady spot is best.

Ideal Planting Window

Outdoors: Sow seeds directly in the ground $\frac{1}{4}$ " deep in early spring when no danger of frost. Seeds germinate best in low light.

Indoors: Plant 6 – 8 weeks before last frost. Transplant when seedlings are 3 -4" tall.

Growing Guidance

Plant in fast-draining, organic soil, and water moderately. If waterlogged, the roots may rot. Deadhead regularly to encourage new blooms and prevent tall, spindly stalks.

Harvesting

Pick after morning dew has evaporated. Bring flower heads indoors and keep away from direct sunlight. You can use the whole flower or just the petals.

Calendula

Scientific Name: *Calendula officinalis*

Recommended Varieties:

- **Pacifica Beauty:** Heat tolerant with orange and yellow blooms atop tall sturdy stems.
- **Calypso:** Dense compact plant with double blooms. Perfect for containers.
- **Dwarf Gem:** Compact plant with double blooms in orange, yellow and apricot.
- **Pink Surprise:** Golden yellow petals with occasional pink edging.

Companion Plant: In a vegetable garden, the calendula will draw aphids and other pests from its companions.



Interesting Facts

- Sometimes called “pot marigold”, calendula is often confused with the common marigold. Although both are members of the sunflower (Asteraceae) family, there are important differences between the two species, such as seeds and plant size.
- As its nickname suggests, calendula is an excellent container plant to keep near the kitchen.
- The most common calendula plants produce bright yellow or orange blooms ranging from 2 ½ - 4 ½ inches across. Other shades include apricot and cream.
- Its leaves are long, narrow, and round on the ends. They are aromatic and sticky.
- Dried calendula serves as a substitute for expensive saffron in cooking.
- Known as the “herb of the sun,” Shakespeare speaks in *A Winter’s Tale* of calendula.
- In 17th century England, calendula was used to add color to butter.

More Information: [Herb Bee](#)

Contact Information



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Drying and Storing

Dry in small batches, immediately after harvest, in a dark, well-ventilated space by spreading the heads out on a drying screen (i.e., an old window screen), cheesecloth, or paper towel.

Store the dried flowers — once they are crispy dry — in air-tight glass containers. Keep in a cool, dry, and dark place. They will stay fresh for approximately 6 months.

More information: [The Spruce](#)

Suggested Uses



For extra eye appeal, garnish cupcakes with a fresh edible calendula bloom.

Decorative: A striking accent in borders, in containers, and along walkways and driveways.

Culinary: Add flower petals to soups, sauces, salad, desserts, cornbread, and egg dishes.

Aromatherapy: Add fragrant dry petals to potpourri or sachet bags.

Medicinal: An ingredient in lotions, salves and soaps used to treat cuts and insect bites. Here are additional [medicinal recipes and remedies](#) .

Commercial: Grown for long-lasting cut flowers used by florists and sold at Farmer’s Markets and grocery stores.

All Photos: AOL Images