



CALENDULA | POT MARIGOLD

Calendula officinalis (ka-LEN-dew-luh oh-fish-ih-NAH-liss)

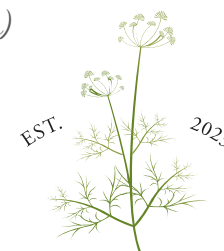
ANNUAL | ASTERACEAE FAMILY

ZONES: 2-11

EXPOSURE: FULL

MATURE HEIGHT: 1-2 FT | SPREAD 1-2 FT

BLOOM: ORANGE | SUMMER-FALL



HERB & VINE
— healing plants —



Medicinal



Culinary



Pollinators



Cut

This hardy medicinal herb sports daisy-like flowers that are packed with vitamins and potent medicinal benefits. Calendula can be used to flavor foods or to make dyes.

- **Therapeutic***: Its healing and astringent action are sufficient to make it an effective stop bleed. It reduces inflammation, shortens healing time, combats fungal and infections of the skin. Use as mouthwash for gum disease, sore throat, and gingivitis. Also helps liver function by encouraging bile production, improves circulation. Works as a 'lymphatic' remedy, applied in conditions of swollen lymph glands, especially in the upper body
- **Culinary**: dried petals season soups, cakes etc. and make an edible dye that works as a saffron substitute.

Cautions: not recommended during pregnancy or if you have a sensitivity to plants in the Asteraceaea (daisy) family.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*

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