

# MARIGOLD

## CALENDULA OFFICINALIS



### PLANTING

Plant the seeds in springtime

1. Fill pot with soil. Pat down to remove air pockets.
2. Water, then sprinkle seeds on compost .
3. You can cover the pot with plastic film to retain moisture.
4. After 2 weeks, seeds will germinate.

### GARDENING TIPS

You could plant every two weeks so you constantly have flowers looking good. Plant next to tomatoes to combat whitefly. Marigolds repel pests and attract pollinators to the garden. They will often come back the following year thanks to self-seeding.

### HARVEST

Harvest in the summer on a sunny day. Pick flower heads and lay out in the sun to dry, or with a needle and thread, pierce through the centre of the marigold and hang to dry like a garland indoors.

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For further information regarding herbs contact [Julia@herbal-consultant.com](mailto:Julia@herbal-consultant.com)

### USE

Marigolds have been used for hundreds of years. Calendula Officinalis has been shown to possess anti-inflammatory, wound healing, anti-bacterial, anti-fungal and anti-viral effects. Often used by adults and children as a wound healer, having strong antiseptic properties. Can be used as a tea tincture, mouth-wash, douche for thrush and vagina discharge or used externally as an ointment or cream. It can help repair damaged or broken skin.

### CALENDULA OIL

The herb Marigold in calendula oil provides it with healing anti-inflammatory properties making this macerated oil suitable for any damaged skin, ulcers, wounds, scars, bed sores, cracked skin and during pregnancy it is often used to prevent stretchmarks and reduce pain on sore nipples.

### MAKING A MACERATED OIL

#### METHOD 1

- Pack a sealed jar tightly with fresh herbs.
- Cover with good quality olive or sweet almond oil, make sure the plant material is covered.
- Seal jar tightly and stand in full sun for two weeks.
- Strain and pour into dark bottles.
- This should last 12 months.

#### METHOD 2

- Place finely chopped herbs into a bowl.
- Cover with oil.
- Place the bowl over a pan of boiling water and heat for 1 hour.
- Remove and strain.
- Pour into dark jar when cool.

