

Description

Calendula Nova
Calendula Officinalis
Family: Asteraceae

Calendula has sticky leaves and stem with daisy-like orange or yellow flowers which produces either single or double rows of petals. It flowers throughout summer and in warmer climates in early spring and late autumn.

Growing Tips

This is an annual, easy to grow herb and prefers a sunny position and fertile soil. It also self sows.

Parts Used

Flowers, petals

Uses

The dried flowers are mostly used as an antiseptic and antifungal for wound healing which can be applied as a tea or an ointment. Wounds must be well cleaned before applying Calendula because it is so fast-acting in repairing skin it can trap bacteria and cause abscesses. The flower is referred to as the "poor man's saffron" due to the fact that it can replace this very expensive herb in cooking. Alternatively the petals will add colour to soups and cakes.

Research is currently being done on its effectiveness in treatment of stomach ulcers.

Origin & History

The name is derived from the word calend - clock, and was used for the flower's ever presence throughout the calendar year. Hindus used it to decorate altars and temples. It has also been suggested that the leaf juice with vinegar would reduce inflamed and swollen areas when bathed with it.

During the American Civil War the leaves were used as antiseptic poultices on open sores and burns.

Do not confuse Calendular with Tagetes varieties which are only used for companions and flower gardens and sometimes also referred to as Calendula.

