

Calendula officinalis
Family: *Asteraceae* – daisy, sunflower
Parts: blossoms

Calendula can be used in the home pharmacy, the first aid kit, the cosmetic counter, the kitchen, and the flower garden.

Properties

Analgesic, antibacterial, antifungal, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, antiviral, antitumor, gentle astringent, cholagogue, demulcent, detoxifying, diaphoretic, emmenagogue, emollient, hemostatic, hepatic, lymphatic, menstrual regulator, tonic, vulnerary.

Energetics: Gently cooling, while also warming, drying, bitter, pungent, clears stagnation
Systems Affected: digestive, female system, liver, lymph, mucus membranes, skin

Uses

- Skin care; cleansing, moisturizing, damaged skin, acne, chapping, scars, sunburn, etc.
- Stimulates production of collagen for skin care, wrinkles and maturing skin
- Baby care; skin care, diaper rash, cradle, cap, thrush, etc.
- Eczema and psoriasis (note this is an aid while the root cause of these conditions are being addressed internally)
- First aid; wounds, bruises, cuts, sores abrasions, slow healing wounds, burns, rashes, bug bites and stings, itching, sprains, etc.
- Skin ulcers, blisters, abscesses, infection, etc.
- Tissue regeneration
- After birth healing, perineal tears, postpartum, control bleeding
- Post operative healing
- Illness, cold and flu, fever, infection, impetigo
- Sore throat, oral inflammation, cankers, mouth sores, cold sores, etc.
- Toothache, gum disease, mouth issues of all kinds
- Conjunctivitis, sore eyes, eye infection and inflammation
- Earache and infection
- Measles, chicken pox, shingle, skin eruptions (helps to sooth pain and inflammation)
- Mild topical pain reliever
- Fungal infections; thrush, athlete's foot
- Vaginal infection and discharge
- Stomach issues, colic
- Gut support, digestive health, bowel inflammation, etc.
- Heartburn and ulcers
- Stagnate liver and sluggish digestion
- Gallbladder, liver and kidney support
- Lymph congestion, swollen glands, mucus (alongside exercise and stretching to keep lymph moving)

- Mild purifying, cleansing effect on the blood
- Varicose veins, hemorrhoids, thread veins, etc.
- Inflamed and ulcerated conditions both inside and out of the body
- Nervousness, anxiety, depression

Herb Preparations

- Tea, drinks
- Bath, foot soak, washes, compress, steam
- Oil, salve, cream, lotion
- Tincture, extract, liniment, culinary vinegar
- Syrup, honey
- Powder, capsules, sprinkles
- Poultice, paste
- Gargle, mouthwash
- Personal care products, cosmetics
- Food: add petals to salads, soups, omelets, butter, ghee, etc.
- Dye for food, cloth and hair rinse

Care/Harvesting

Calendula is a self seeding, annual, meaning if seeds are left on the plant they will drop and sprout up the next spring. It grows in clumps rather than spreading by roots and will bloom from early summer until the first or even second frost kills. it.

- Sow seeds directly in the ground in the spring about 10" apart or you can find it at the local nursery.
- Plant in full sun, light to moderate water
- Dead head for non-stop blooming but allow some to go to seed in the fall so it can self seed.
- Harvest blossoms when fully open during a dry, sunny day. They will be sticky from the resin.
- The roots aid soils, enriching it with lost nutrients. This makes it a wonderful cover crop.
- The plant will attract pollinators and friendly bugs while trapping harmful pests which aids and protects plants growing next to it in the garden.

Dosage/Safety

- Safe for infants and children (3-4 tsp of weak tea)
- Use a consistent application day by day for skin care and wound healing.
- Supports the medicinal action of other herbs making it a good formula herb.
- Safe for pets (apply salve to cuts and wounds)
- Not for internal use during pregnancy.
- Part of ragweed family so check for allergies.