



HERBS

Medicinal and Culinary

Seedlings ~ Fresh-Cut ~ Dried

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Genus: **Calendula**

Species: **officinalis**

Plant Family: **Asteraceae**

Common Name: **Calendula**

Garden Care

Plant loves good garden soil, full sun and regular watering. In the spring, sow in pots or directly in the garden. Barely cover, tamp securely and keep evenly moist, warm and in the light. Germination is in about a week. Thin or transplant to 6" to 12" apart. 40-50 days to maturity.

Herbal Actions

Actions Description	Actions Description Detail
Cholagogue	Stimulates the flow of bile from the liver (via the gallbladder). Sometimes synonymous with choleric.
Vulnerary	Helps heal tissue both when applied topically or taken internally.
Antibacterial	Inhibits the growth and production of bacteria.
Antifungal	Inhibits the excess growth and production of fungal infections.
Anti-inflammatory	Alleviates inflammation.
Antioxidant	Inhibits the production of free radicals in the body.
Antiviral	Inhibits growth and production of viruses.
Emmenagogue	Helps bring on menses.
Lymphagogue	Moves lymph fluids through the lymphatic system.

Herbal Energetics

Energetics Description

Dry
Warming

Parts Used

Parts Description

Flowers

Type of Plant

Type Description

Self-Sowing
Herbaceous
Annual

Habitat

Habitat Description

Water Medium
PH Average 5-7
Part Sun/Shade
Sun

Contraindications

Description

Consult a medical practitioner prior to consuming herbs as medicinals; especially if combining with prescribed pharmaceuticals, you are pregnant or nursing, or when providing to children.
If you have a know allergy to members of the Asteracea family, exercise caution before consuming this herb.

Preparations

Preparations Description

Tincture
Salve
Poultice
Tea
Edible
Douche
Infused Oil