Grass Roots Remedies Grow Guide
Calendula (Pot Marigold)

DIFFICULTY EASY

Calendula officinalis
Asteraceae family

Calendula is a fast growing, aromatic herb, also known as Pot Marigold. The whole plant is edible, and was formerly used as a pot herb. The petals can be used in salads and to make dye. Calendula is a soothing, healing skin herb, and a gentle blood cleanser, which aids digestion. As a companion plant it helps deter whitefly and other insect pests.

Photo © Clare Holohan, West Highland Herbal

The Calendula growing year

How to grow

Sow
Sow under cover from March, or outdoors from May to June. Germination takes 10-15 days. Self seeds freely.

Plant
Plant 25cm apart. Calendula is a good companion for pea, cucumber, carrot, tomato, asparagus, lettuce, chard, chamomile, spring salads.

Care
Mulch to conserve moisture and keep roots cool. Pinch back to encourage bushy growth. Pick flowers regularly - the more you pick, the more will be produced. Look out for aphids, slugs and snails. Older plants may develop mildew.

Harvest
Gather leaves in the morning to use fresh. Pick flowers as soon as they are fully open. Spread thinly on mesh to dry quickly in warm air, away from direct sunlight. Store in an airtight jar, out of the light.

Save seed
Allow some of the best flowers to go to seed. When the seed head is dry, shake out into a paper bag. Store in a cool, dark place, labelled with species, location and date.

Full or partial sun

Well drained

Conditions
Calendula is very easy to grow, happy in full sun or partial shade. It is suitable for containers or borders.

Soil
Rich, well-drained soil

PH
Acid / Neutral / Alkaline

Where in the wild?
Native to North Africa, Asia and South Central Europe.

Rarity Common

50cm
Hardy
Annual

Uses
Teas, tinctures, oils, balms, poultices, pot herb, salads, flavouring, dyes

Parts used
Petals, flowers, whole plant

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