PLANT FACT SHEET

Calendula arvensis L.

GENUS *Calendula* **FAMILY** Asteraceae

COMMON NAMES Field marigold

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Shoots

The young shoots and leaves are boiled and eaten. They are also used in stews.
The flower heads are pickled. They are eaten in salads.
The leaves are used as a condiment for clarified butter.

DESCRIPTION

A herb. It is an annual plant. It grows 30 cm high and spreads 30 cm wide. In poor and dry areas it is smaller. The leaves are oblong and slightly downy. They do not have leaf stalks. The flowers are yellow or orange and 25 mm across. They grow singly at the ends of branches.

HABITAT

It is a temperate plant. It suits hardiness zones 6-10. In Bahrain it grows in gravelly soils. Tasmania Herbarium.

NOTES

There are between 20 and 30 Calendula species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Bailey, C. and Danin, A., 1981, Bedouin Plant Utilization in Sinai and the Negev. Economic Botany 35(2): 145-162

Baydoun, S., et al, 2023, Wild leafy Vegetables: A potential source for a traditional Mediterranean food from Lebanon. Frontiers in Sustainable Food Systems. 6:991979

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 11

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 446

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 280

Dashorst, G.R.M., and Jessop, J.P., 1998, Plants of the Adelaide Plains & Hills. Botanic Gardens of Adelaide and State Herbarium. p 156

Della, A., et al, 2006, An ethnobotanical survey of wild edible plants of Paphos and Larnaca countryside of Cyprus. J. Ethnobiol. Ethnomed. 2:34

Di Tizio, A., et al, 2012, Traditional food and herbal uses of wild plants in the ancient South-Slavic diaspora of Mundimitar/ Montemitro (Southern Italy). Journal of Ethnobiology and Ethnomedicine 8:21

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 35

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Ghanimi, R., et al, 2022, Ethnobotanical study on wild edible plants traditionally used by Messiwa people, Morocco. Journal of Ethnobiology and Ethnomedicine. 18:16

Hadjichambis, A. C., et al, 2007, Wild and semi-domesticated food plant consumption in seven circum-Mediterranean areas. International Journal of Food Sciences and Nutrition. 2007, 1-32.

Kunkel,

Licata, M., et al, 2016, A survey of wild plant species for food use in Sicily (Italy) – results of a 3-year study in four Regional Parks. Journal of Ethnobiology and Ethnomedicine 12:12

Motti, R., et al, 2022, Edible Flowers Used in Some Countries of the Mediterranean Basin: An Ethnobotanical Overview. Plants. 2022, 11, 3272

Pasta, S., et al, 2020, An Updated Checklist of the Sicilian Native Edible Plants: Preserving the Traditional Ecological Knowledge of Century-Old Agro-Pastoral Landscapes. Frontiers in Plant Science. Volume 11|Article 388

Phillips, D.C., 1988, Wild Flowers of Bahrain. A Field Guide to Herbs, Shrubs, and Trees. Privately published. p 68

Pieroni, A., et al, 2023, Bitter Is Better: Wild Greens Used in the Blue Zone of Ikaria, Greece. Nutrients 15, 3242.

Pieroni, A., et al, 2024, Isolated Mediterranean foraging: wild greens in the matrifocal community of Olympos, Karpathos Island, Greece. Journal of Ethnobiology and Ethnomedicine (2024) 20:98

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Sp. pl. ed. 2, 2:1303. 1763

Tanaka,

Tasmanian Herbarium Vascular Plants list p 6

Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/bcd7f4f5-de8b-4482-8562-2f19424a0aa3