PLANT FACT SHEET

Calendula officinalis (L.) T. Norl.

GENUS *Calendula* **FAMILY** Asteraceae

COMMON NAMES Pot marigold, English marigold, Garden Marigold

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Herb, Spice

Leaves eaten with oil and salt. The leaves are dried to concentrate the flavour then used to flavour soups.
The flowers and the colouring from them is used as a substitute for saffron. It can be used to colour rice or orange cake. It has also been used to colour cheeses.
The petals are sometimes used in soup and salads.
The flowers and petals are used for tea.

DESCRIPTION

An bushy annual herb. It grows 30-70 cm high and 30-45 cm wide. The leaves are spoon shaped or sword shaped. The flower heads are daisy like. They can be 10 cm across. Flowers are yellow or orange. There are cultivated varieties.

HABITAT

It is a temperate plant. It needs fertile soil. It suits moist conditions. It can grow in full sun or partial sunlight. They can withstand frost. It suits hardiness zones 6-10. It can grow in arid places. Tasmania Herbarium.

PRODUCTION

Cultivation

Plants are grown from seed. The seed are planted 6 mm deep.

Harvesting and Seed Production

They are fast growing.

NOTES

There are between 20 and 30 Calendula species.

PICTURES



Credit: Food Plants International (Bruce French)



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