PLANT FACT SHEET

Calendula stellata Cav.

GENUS *Calendula* **FAMILY** Asteraceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Roots - spice

The leaves are mixed with Lavatera cretica (Malva multiflora) to make a vegetable dish.
The flowers are cooked as a garnish for traditional bread.
The roots are dried and used as a spice.

DESCRIPTION

A herb.

HABITAT

It is a Mediterranean climate plant.

REFERENCES

Tbatou, M, et al, 2016, Wild Edible Plants traditionally used in the countryside of El Jadida, Coastal Area in the Center of Morocco. Life Sciences Leaflets 75:28-48 (As Calendula algeriensis)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f95f1897-ecc8-4315-a78c-8fd7846d0b2a