

DID YOU KNOW...



Calendula officinalis

- *Calendula officinalis* has many common names, including pot marigold, mary's gold, poor man's saffron, poet's marigold and of course, calendula.
- Calendula flowers have a rich history dating back to at least the medieval period and including culinary, medicinal and mystical uses.
- The flower is the subject of many poems due to its beauty, habit of opening at 9 a.m. and closing at 3 p.m. and the way the flower head follows the sun throughout the day.
- It was used as protection against evil influences and disease, including the plague. Flowers strewn around doors prevent evil from entering and scattered under the bed offer protection during sleep.
- Some cultures hold the calendula as a symbol of endurance due to its long bloom time.
- In the Victorian language of flowers, calendula means joy, remembrance, grief.
- The petals of the calendula flower have been used as a textile or hair dye, color cheese and butter, make skin salves and ointments as well as to flavor soups, cooked grains, butters, breads and salads.
- For more details about growing and using calendula, see *Calendula: An Herb Society of America Guide*. <http://herbsociety.org/factsheets/Calendula%20Guide.pdf>

