



*Calendula officinalis*

### Properties:

Antifungal, antimicrobial, anti-viral, antispasmodic, anti-inflammatory, astringent, antiseptic, cholagogue, detoxifying, emmenagogue, lymphatic, vulnerary, emollient

### Personal and Beauty Care:

- #1 skin care herb
- wrinkles and maturing skin
- cleanses and moisturizes
- heals damaged skin such as acne, scars, chapping, and sunburn
- use for golden highlights (use in hair rinse or oil)

### Medicinal Uses:

- acute and chronic skin conditions, such as eczema and psoriasis
- acne, cold sores, canker sores, swelling of the skin, tissue regeneration
- wounds, bruises, cuts, sores, abrasions, slow healing wounds
- burns, sunburn
- skin ulcers, blisters, infections and rashes
- chicken pox and measles
- great baby care herb for: cradle cap, diaper rash, thrush and as a skin soothing baby oil
- earaches
- swollen glands and lymph health (along with exercise and stretching to keep the lymph moving)
- sore throat, inflammation in the mouth
- first aid care, bug bites
- fevers

 **Annie's Place**

- eye strain and conjunctivitis (pink eye)
- gastrointestinal problems, diarrhea, ulcers, cramps, indigestion, etc.
- varicose veins
- hemorrhoids (use in bath water and as a salve)

### Methods of Use:

- Annie's Miracle Face Cream
- infused oil
- salve, ointment, balm
- tincture or glycerite
- infusion (tea)
- poultice, compress
- powder, sprinkle
- herbal bath, foot soak and facial steam
- gargle, mouthwash
- chewing or mashing and applying to area of concern
- Soaps and personal care products

### In the Kitchen:

- Use as a food coloring for a golden color - add 1/2 cup of flowers to soup, broth or heated water.
- Petals can be removed and sprinkled into salads, omelets, cream cheese, butter, bread, smoothies, sandwiches, etc. As always get creative with this.

### In the Garden:

- You can start seeds indoors or sow directly in the ground in the spring, 10" apart.
- Plant in full sun, but this herb is easy and will grow in some shade if that's all you have.
- Provide light to moderate water and dead head for non-stop blooming.
- Collect seeds in the fall to plant next spring or leave on the plant to self seed.
- The flowers are the only part to be harvested, pick when just fully opened on a dry, sunny day before it gets too hot - yes they will be sticky.
- Don't pick flowers that have already begun to seed, they are no longer medicinally active.
- As long as you keep removing spent blossoms, the plant will continue to bloom right to the beginning of winter.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.