



Calendula

Calendula officinalis



Family Name: Asteraceae

Common Names: Marigold, Pot Marigold – not to be confused with the French Marigolds.

Description: Native to Mediterranean Europe, but grown in Australia and New Zealand, self-sows freely in the garden. The flowers maybe yellow or orange disc florets, the plant has branching stems that are slightly or moderately hairy or sticky. The seeds are crescent shaped or circular.

Parts Used: Flowers are used medicinally, orange petals considered to be the most effective. Gather the whole flower heads in the morning after the dew has gone, before wilting or discolouration begins; dry in a warm place out of direct sunlight.

Constituents: Carotenoids, resin, essential oil, sterols, flavonoids, polysaccharides, bitter principle (malic acid), saponins, sterols, mucilage, potassium and sodium salts, phosphorus.

Actions: Anti-inflammatory, vulnerary, antifungal, lymphatic, astringent, antiviral, antimicrobial, cholagogue (bitter), emmenagogue, antispasmodic.

Indications: An excellent herb for skin problems including inflammation, infection, bruising, cuts, ulcers, bed sores, slow healing wounds, minor burns, scalds, warts, oily skin and eczema. As a mouthwash, Calendula is effective in treating periodontal disease.

Internal Uses: It is beneficial for stomach and duodenal ulcers, leaky gut and for its antimicrobial effect on the gut, liver and gallbladder. Calendula tincture can be used for viral infections of the liver and liver disorders.

As an immune and lymphatic stimulant to aid the bodies fight against bacterial, viral, fungal and parasitical infections.

A hot infusion stimulates the circulation aiding in the fight against infection. Calendula helps in the treatment of varicose veins, haemorrhoids, also artery and capillary haemorrhage due to the presence of bioflavonoids and carotenoids.

External Uses: For treating vaginal infections or inflammations, varicose veins, haemorrhoids, shingles, chicken pox, measles, ringworm, athletes foot, mumps, sore inflamed eyes, conjunctivitis, styes, breast congestion and inflammation, insect bites and toothache.

According to the British Herbal Pharmacopea, Calendula is a specific for enlarged lymph nodes, sebaceous cysts, duodenal ulcers and inflammatory skin lesions of both a chronic and acute nature.

References: Waikato Centre For Herbal Medicine Course Notes
Herbalpedia 2007

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Inquires to HFNZ, PO Box 42, Katikati
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Calendula in the Kitchen

Use calendula in place of saffron in rice dishes. Add to salads, omelettes, cakes, buns and biscuits.

Calendula Rice (serves 4 – 6)

1 chopped onion	1 tsp chopped fresh rosemary
1Tb oil	2 – 3 Tb calendula petals
400g rice	grated cheese
500ml vegetable stock	a little butter & salt

Sauté the onion in oil. Add rice and sauté again. Add stock, salt and rosemary. Simmer until rice is cooked. Add Calendula petals. Sprinkle with grated cheese and dot with butter.

Calendula Biscuits

112gms butter	55gms raw sugar
1 beaten egg	2 cups flour
2 tspn baking powder	2 heads of calendula petals

Cream butter and sugar; add egg, flour, baking powder and petals. Roll the stiff mixture into balls and bake at 200°C for 15 minutes.

Golden Sauce

Cream together 1 egg, ½ cup softened butter, ½ cup sugar and 1 cup of calendula petals. Add a little boiling water and cook very gently until thick.

Calendula & Carrot Soup

4 Tb butter	1 cup of coarsely chopped onions
4 cloves crushed garlic	1 cup of coarsely chopped apple
½ cup chopped peanuts	¼ tsp cinnamon
½ tsp ground nutmeg	¼ tsp cumin
1 kg carrots coarsely chopped	4 cups vegetable or chicken stock
½ cup milk	1 cup calendula petals

In a large stockpot, melt butter over a medium low heat. Add onion and garlic, sauté until they turn translucent. Add apples, peanuts, cinnamon, nutmeg and cumin. Continue to cook for 3 minutes. Add carrots and cook for a further 5 minutes over a low heat, stirring intermittently. Pour in the stock, cover and allow to simmer for 20 – 25 minutes. Remove from the heat and allow to cool slightly before pouring into a blender or food processor. Puree until smooth. Return to pot and stir in milk. Reheat but do not let it boil. Stir in petals just before serving.

Turkey & Calendula Roll-ups

250gms cream cheese – room temp.	2 Tb mayonnaise
1 Tb Horseradish	2-3 tsp lemon juice
2 Tb chopped sweet pickle relish	1 apple, peeled, cored, finely diced
1 C Calendula petals	4 x 12in tortillas
250gms sliced turkey	lettuce leaves for garnish

Calendula petals for garnish

In a bowl blend the mayonnaise with the cream cheese, horseradish, lemon juice and pickle. Gently stir in apple and calendula petals. With a spatula spread the mixture evenly over each tortilla then place a single layer of turkey over this. Roll up the tortilla. Cut and serve immediately on a bed of lettuce with a sprinkling of calendula petals.