

Dragonfly's Nook

PLANTS ♥ CRAFTS ♥ GOOD VIBES

Grow a kinder, greener tomorrow

CALENDULA

(*Calendula officinalis*)

♥ The Sunshine Flower ♥

Medicinal
Beautiful
Beneficial

Bright blooms. Gentle healing. A happier, healthier you.

Happy
Plants
Happier
People

Medicinal Benefits

- ♥ Supports skin healing and tissue repair
- ♥ Soothes inflammation, irritation & minor burns
- ♥ Antimicrobial and antifungal properties
- ♥ Gentle enough for sensitive skin
- ♥ Supports overall skin health
- ♥ Traditionally used for wounds, rashes, eczema, and insect bites
- ♥ Rich in antioxidants (carotenoids and flavonoids)

Attracts Good Things



Loved by bees, butterflies & other pollinators



Adds bright, cheerful color to your garden



Blooms for months (spring through fall)



Easy to grow and self-seeds readily

A beautiful plant for people, pollinators and the planet! ♥

Plant Care



Sunlight: Full sun (at least 6 hours daily)



Water: Moderate. Keep soil moist but not soggy.



Soil: Well-draining, moderately fertile soil.



Spacing: 8–12 inches apart.



Blooms: Spring through fall.



Hardiness: Annual (reseeds easily).

Quick Facts

- ♥ **Type:** Annual herb
- ♥ **Height:** 1–2 feet
- ♥ **Flowers:** Bright orange or yellow
- ♥ **Uses:** Medicinal, culinary, ornamental
- ♥ **Hardiness Zones:** 2–11
- ♥ **Grows well in pots!** ♥

Calendula
Small flower.
Big healing
potential.

How to Use Calendula

Different parts of the plant offer different benefits!

Flowers



- ♥ Best for: teas, salves, oils, tinctures, and culinary use.
- ♥ Use fresh or dried.
- ♥ Rich in healing compounds like flavonoids and carotenoids.
- ♥ Add to skincare, first aid balms, or bath soaks.

Leaves



- ♥ Milder than the flowers, but still beneficial.
- ♥ Can be used in poultices for skin irritation or insect bites.
- ♥ Sometimes added to salads (young, tender leaves).
- ♥ Contain anti-inflammatory and soothing properties.

Stems



- ♥ Less commonly used, but can be included in whole-plant infusions or composted.
- ♥ Stems contain beneficial compounds, though in lower amounts than the flowers.

Seeds



- ♥ Save seeds from spent flowers to grow again next season!
- ♥ Easy to collect and replant.
- ♥ Calendula self-seeds readily in the garden.

Popular Ways to Use Calendula



Herbal Tea
(flowers)



Infused Oil
(flowers)



Salve & Balm
(flowers)



Edible Garnish
(flowers & young leaves)



Poultice
(leaves or flowers)

*From garden to home apothecary...
Calendula brings a little more sunshine to every day.*