



Calendula Tea

Use your sample of dried calendula flowers provided by the library to brew a cup of tea:

MAKES 1 SERVING

Ingredients:

- 1-2 Tbsp calendula flowers
- 8 oz boiling water

To prepare as a tea, pour 8 oz boiling water over 1-2 Tbsp of flowers. Cover and steep for 10-15 minutes. Strain and serve immediately.

*From Anthony's Goods
Organic Calendula Flowers
Gluten & caffeine free*

Note: Information in this newsletter is meant to supplement, not replace advice from your healthcare provider and is not meant to cover all possible uses, precautions, interactions or adverse effects.



Visit our SOTM Archive

Use the link below to find past issues of our Spice of the Month newsletter on our website! Download, print or save the PDF copies as you discover your new favorite herbs and spices.

www.menashalibrary.org/sotm

Sources:

- <https://hort.extension.wisc.edu/articles/calendula-calendula-officinalis/>
- <https://www.verywellhealth.com/health-benefits-of-calendula-4582641>
- *DK Essential Herbs: Treat Yourself Naturally with Herbs and Homemade Remedies*
- *Spice Apothecary: Blending and Using Common Spices for Everyday Health* by Bevin Clare
- sample herbs purchased from Anthony's Goods



Spice of the Month **CALENDULA**



Calendula officinalis is an annual or short-lived perennial herb in the daisy family originating from southern Europe and the Eastern Mediterranean area. It has long been cultivated and is a widespread garden escapee in cool, temperate climates. It has been used for many centuries for a range of culinary and medicinal purposes.

The leaves and petals of this plant are edible. The leaves are typically bitter and often are added to leafy salads. The fresh petals are used as a garnish, seasoning, or a traditional yellow cheese colorant. Calendula was also used historically as medicine and a dye for fabrics, foods, and cosmetics.

In this newsletter you will find:

Tips, recipes, and more. Keep reading! →



Learn About Calendula

- Calendula is a marigold plant that has long been used for its skin health benefits, such as helping with **wound healing**.
- Calendula petals are rich in naturally occurring compounds called **flavonoids**. These compounds are said to have **anti-inflammatory, anti-thrombogenic, antidiabetic, anticancer, and neuroprotective effects**.
- In a garden, the fragrant leaves of the plant **attract butterflies**. The petals are a popular choice for floral displays and potpourri mixes.
- Calendula oil is made by **infusing the flowers in carrier oils such as olive oil or coconut oil**. The oil can be used on its own or as an ingredient in ointments, balms, creams, or lotions. It can also be made in a tincture and tea or put into a capsule.
- Calendula's **tissue-healing properties are wonderful for the gastrointestinal tract**.
- Calendula is traditionally said to **lift the spirits and encourage cheerfulness**.



Green Goodness Spice Blend

Acts as an anti-inflammatory, supports heart health, supports kidney health, calms and nourishes.

This blend is especially good when added to a creamy base to make a dip or dressing - you can use Greek yogurt, cream cheese, mayonnaise, buttermilk, sour cream, or even a vegan nut cheese. Use this by the handful rather than the teaspoon!

Ingredients:

- 8 parts dried holy basil
- 8 parts dried chives
- 8 parts dried parsley
- 4 parts dried calendula petals
- 4 parts garlic powder
- 4 parts onion powder
- 2 parts ground turmeric
- 1 part freshly ground pepper
- sea salt to taste (optional)

*From **Spice Apothecary** by Bevin Clare*



How to Use Calendula

- Use dried calendula in cooking as you'd use dried thyme or rosemary, grinding or chopping it finely just before use.
- Drink 1 cup (1-2 tsp herb per cup boiling water) 3 times daily for inflammatory digestive disorders.
- In a cream or ointment, use for minor cuts and scrapes and any inflamed or dry skin. It's also helpful for fungal infections.
- Blend together 1 tsp of calendula oil, 1 tsp of St John's wort oil, and 2 drops lavender oil and gently apply to the skin to soothe sunburn and help relieve pain of shingles.

Bonus Tip:

Add dried calendula petals to soup or stews; the flavor is palatable and mild.

Calendula Body Powder

A talc-free body powder such as this is perfect for delicate or sensitive skin, for keeping skin dry in hot or humid weather, or for soothing and protecting areas of skin that are prone to chafing or rubbing. Apply to clean, dry skin after bathing using cotton balls, or just sprinkle the powder on your body and lightly smooth it over the skin.

MAKES 3/4 OZ (20G)

Ingredients:

- 3/4 oz (20g) kaolin powder
- 5 drops calendula tincture
- 5 drops lemon essential oil

Sift the kaolin evenly onto a wide, flat plate. Mix the tincture and essential oil together & decant into a clean container with a fine mist atomizer. Spray this mix onto the kaolin, taking care to spray evenly and not to saturate the powder, which may cause lumps. Allow powder to dry. Store in an old, clean body powder container or clean pepper shaker. Use within 6 months.

*From **Essential Herbs** by DK Publishing*