Pot Marigold seeds

Calendula officinalis



Height: Up to 40 cm

Suitable for: A sunny position in most soils.
Ideal for containers.

Summary: Pot marigolds are bushy, long lived annual herbs with both culinary and medicinal uses, but often grown just for the attractive golden orange flowers. They are a traditional cottage garden plant, flowering from early summer into the autumn, and self seed nearby if not deadheaded ensuring a supply of these bright and cheerful herbs in succeeding years.

More information:

Pot marigold is a native of Asia and southern Europe but grows well in our climate in the UK.

This bright golden-orange flowered herb is often found in gardens and allotments, where it puts on a spectacular display if sown en masse in drifts. It is quick and easy to grow, tolerating many different soils and aspects, but does best in a well drained sunny spot.

Flowering starts in late June/early July and will carry on until the first frosts of late autumn, especially if regularly dead headed. The plants are an ideal addition to any garden as the flowers attract bees and other beneficial insects such as ladybirds which will eat your greenfly.

The daisy like flowers are an excellent cut flower and the petals are edible and can be used in the kitchen in many ways. The leaves, whilst not poisonous, are very bitter tasting. Calendula petals have a tangy, slightly peppery taste and have been used both in the kitchen and medicinally since ancient times.

Wash the flowers before using and then strip out the golden petals. Incidentally if you have a glut these dry very successfully for winter use if stored in a jar in a cool dry place, adding colour to your food in the dark days of winter.

- Add the petals to brighten up and add a peppery zest to creamy soups, soft cheeses and green salads, they make a delicious garnish.
- Knead into bread dough just before the final rise for a splash of colour.
- The flowers are sometimes known as ‘poor man’s saffron’, try adding to rice dishes for both flavour and colour.
- Experiment with the blossoms – add to apple tarts, mayonnaise and white sauces, pickles and preserves.

In addition pot marigold flowers have both medicinal and cosmetic uses. Traditionally in herbal medicine they are used to treat the skin — insect bites, eczema, minor burns and wounds. Cosmetically Calendula is a popular ingredient in soothing creams both for the face and body, and as an ingredient in perfumery.