

Herb of the Year *Calendula officinalis*



Pot Marigold, Poor Man's Saffron, Summer's Bride, by whatever name is one of the cheeriest flowers in the garden. The bright yellow flowers bloom from May to frost on compact 12" plants. Calendula is a hardy annual and will readily self sow.

Calendula has many uses. It can be planted as a companion plant to Tomatoes to repel the Tomato worm. A yellow dye made from the flowers is used to color butter, stews and soups. (Poor Man's Saffron). Both the leaves and flowers are edible and add an interesting bite to salads.

Calendula has long been thought to help in the healing of skin infections and wounds. Today, research is being done in Europe to evaluate the effectiveness of Calendic acid, that is produced from the seed, as a possible salve for psoriasis and other skin ailments.

In India garlands of 'Marigold' flowers are worn at weddings and carried at funerals flower.

Sprinkle some flowers on your salad or float some in a soup and bring the cheer of the garden to the table.

A most able little herb.