

Common Name: **Marigold**

Genus: *Calendula*

Species: *officinalis*

Family: Asteraceae

AKA: *Caltha officinalis*, Oculus Christi, Pot Marigold, Marygold, Golds, Ruddes

Historical Uses:



Medical: To look at marigolds would draw “evil humours” out of the head and strengthen the eyesight. It was also of value against pestilence, poisoning, intestinal trouble, scabs and angry words.(1)

It is thought to strengthen and comfort the heart very much, and also to withstand poison, as also to be god against pestilent agues, being taken any way. *Fuchsius* hath written, that being drunke with wine it bringeth downe the termes, and that the fume thereof expelleth the secondine or after-birth. The floures and leaves of marigolds, being distilled, and the water dropped into red and watery eyes, ceaseth the inflammation, and taketh away the paine.



2



Conserve made of the floures and sugar taken in the morning fasting, cureth the trembling of the heart, and is also given in time of plague or pestilence, or corruption of the aire.(2)

Culinary: Used to color cheese, butter and custards, thicken soup and adulterate saffron. Used as a pot-herbe.(3)

Ornamental: From the Greate Herbal, maidens make garlands of it when they go to feasts or bridals because it hath fair yellow flowers and ruddy.(4)

Household: Used as a hair dye.(5)

Folklore/Astrology: Warm and dry in the second degree. It is an herb of the Sun in Leo. To dream of it foretells a happy marriage, wealth and prosperity. Name derives from the Romans who said it bloomed on the Calends (15th of each month).(6)



Contemporary Uses:

Parts Used: Flower petal and whole flower heads. Cut in dry conditions.

Medicinal: A bitter-sweet, salty herb that stimulates the liver, gall bladder, and uterus, soothes the digestive tract, supports the heart, and clears infections. Reduces inflammations of the skin, controls bleeding, and helps heal irritated tissue.(7)

Culinary: Petals used as a substitute for saffron in rice and soup, and infused to give color to cheese, butter, milk desserts, and cakes.(8) Can be added fresh to salads.

Area of Origin: Mediterranean region to Iran

Plant type: Annual, self-seeding

Form: Bushy

Height: 8” to 20”

Flower color: Yellow to orange

Flowering period: Summer, longer depending on region and temperature.

Soil type/requirements: Average garden loam to poor soil

Ph: 4.5 to 8.2, Average: 6.6

Hardiness zone: Hardy annual

Sun requirements: Full sun

Propagation: Seeds in spring

Sources

1. Freeman, p. 9
2. Gerard, p. 738-741
3. Ibid
4. Freeman, p. 9
5. Anderson, p. 60-61
6. Ibid
7. Bown, p. 150
8. Ibid

Illustrations/Images:

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| 1. Schoffer's Herbal | 1485 | 3. PSUMG | 2011 |
| 2. PSUMG | 2011 | | |