



SHOP OUR STORE

KATHLEEN GIPS'

VILLAGE HERB SHOP

HERB OF THE MONTH NEWSLETTER

OCTOBER 2008



Calendula, 2008 Herb of the Year



Botanical Name: Calendula Officinalis

Common Name: Pot Marigold

The bright orange and yellow flowers of calendula are one of my favorite flowers in the garden. It is one of the most colorful for a border or edging and blooms for the entire season here in our North Coast climate. I have even seen calendula flowers in the butter on our Thanksgiving table. The appeal of calendula is not just for its delightful appearance in the garden, but also for its many herbal culinary and medicinal uses.

History

Throughout history the calendula or pot marigolds have been grown in both medieval and kitchen gardens for their beauty, culinary and medicinal uses, especially for the treatment of skin ailments

Culture

Calendula is one of the easiest flowers to grow. It prefers well drained, poor soil in full sun. It germinates from seed right in the garden and will re-seed itself and come up in the same spot each year. Calendula hold a prominent spot in our bee and butterfly garden at the Village Herb Shop. Plant seeds in early spring (April). Calendula prefers temperatures in the 70's and below. Growth is slowed during hot summer days. If you remove spent flowers it will continue to flower until frost.

Harvesting

Harvest Calendula by gently pulling the petals off the flowers. Dry them in a warm, dim, dry location on a paper towel. Their petals are some what tacky and will stick to the drying surface. When dry, in about a week, store in a tightly closed glass jar. Calendula petals will fade in strong light.

Culinary Uses

Calendula petals and leaves are edible. The flowers taste very mild, herbal and a little sweet. The petals are perfect for the edible flower salad, butters, herbal cheese spreads, culinary mixes and teas. We use calendula in many of our herb shop unique products. The petals are chewy even when dried so pulverize, use an herb grinder, or scissor into very fine pieces when using in foods. Calendula petals are good with rice, grains, cornmeal, squash, pumpkin and eggs.

Meaning in the Language of Flowers:
Joy, grief, remembrance

Characteristics:

Grows 12 - 18 inches tall with large yellow or deep orange daisy like flowers.

Recipes

Marigold Punch

- 4 cups reconstituted frozen orange pineapple juice
- 4 cups Earl Grey Tea with Lavender
- 1/2 cup sugar

Brew tea using one teaspoon per cup or one tablespoon per quart. Remove tea bags and add sugar while tea is still hot. Stir to dissolve sugar. Chill tea and then mix with juice. Place in punch bowl and garnish with ice ring made with yellow pansies and mint sprigs.



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Orange Calendula Herb Butter

- One stick of margarine or butter, softened
- 1 Tablespoon freshly chopped spearmint
- 1 Tablespoon of fresh grated orange rind
- 1 Tablespoon of chopped fresh or dried calendula petals

Mix ingredients together well and chill overnight.

Medicinal properties

The most important are Calendula's amazing anti-inflammatory and anti-oxidant properties. It promotes wound healing and so it is used to treat bruises, burns, cuts, minor infections and dermatitis. Calendula is a very safe herb, so it can be used effectively for the very young and aging. Calendula is contained in many soaps and lotions due to its potent healing properties. Calendula petals contain carotene which is important in skin cell health. The petals contain as much lycopene as tomatoes so research is being done in the treatment of cancer.

Calendula petals also contain pyrethrum which is an effective insecticide. Calendula petals kill bacterial and fungus.

Internally calendula petals in tea help inflammation of the digestive tract. They are cleansing for the liver.

Recipes for Your Senses

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Healing Herbal Skin Salve

Use as a topical first aid cream for cuts, scrapes, blemishes and bruises. Apply to injuries to speed healing and prevent infection.

Ingredients:

- | | |
|-------------------------------------------------------------|--------------------------------------------------------------------------|
| 1 tablespoon oil
(sunflower, safflower, almond, apricot) | 5 drops rosemary essential oil |
| 1 teaspoon granulated beeswax | 1 teaspoon very finely chopped calendula petals |
| 10 drops lavender essential oil | 1/2 teaspoon comfrey leaf cut and sifted or crushed in mortar and pestle |
| 10 drops eucalyptus essential oil | 1 capsule vitamin E |

Directions:

Use a one ounce glass container. Prick a hole into the vitamin E capsule with a pin and squeeze out the contents. Add all ingredients. Mix well with a toothpick. Remove cap and place container on a microwave safe dish. Microwave for 1 minute or until all wax is dissolved. Stir with a toothpick. Place in freezer to speed cooling and consolidation.



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More Great Products to Try:



[Calendula](#)

2008 Herb of the Year

\$11.95 to \$19.95

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[EO Bubble Bath Rose Geranium and Citrus](#)

\$11.99

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[Village Herb Shop Calendula Petal Thinking of You Tea](#)

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[Edible Flowers](#)

\$4.99

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Our Upcoming Classes and Events

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- **Oct 25:** [Herbal Sachets for Closets, Trunks, Drawers and Chests](#) - Learn how to use natural herbal scents to discourage insects, absorb odors and refreshen the air.
- **Oct 22:** [Herb Gardening Club](#) - Learn to prepare the herb garden for winter, bring herbs indoors, do a fall clean-up, and organic mulching
- **Nov 01 - Nov 15:** [8 Top Herb Crafts for 2008](#) - Our top eight Herb Crafts set up in our own classroom every day.
- **Nov 13:** [Holiday Party](#) - Join us to celebrate the Season and see our Holiday Gift selection. Help us celebrate over a decade of holiday service with our Customer Appreciation Holiday Party.
- **Every Saturday, Nov-Dec:** [Holiday Open House](#) - We bring new Holiday items to our shelves every week. Join us for a different product selection each Saturday.
- **Nov 21 & Nov 22:** [Fresh Herbal Wreath Class](#) - Make a fresh herbal wreath centerpiece for the holidays.
- **Nov 28 & Nov 29:** [Out of the Malls, Into the Falls to Deck the Halls](#) - Spend \$50 and get a free \$5 gift card! Free Gift Basket Wrap! Shopping Specials All Day!
- **Dec 13:** [Herbal Gift Basket Class](#) - Join us to learn simple treatments for stress relief and relaxation this holiday season.



Herb Craft of the Month

Learn a New Herb Craft Every Month!

Join us for October's Craft:

Sweet Harvest Tea

Join us for November's Craft:

Herb Salt

Follow our simple step-by-step do-it-yourself directions to make your own craft any day of the week.

All supplies are included for this one low price. **Fee: \$5.00 each.**



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Chagrin Falls Shop Hours

Monday through Saturday: 10 am - 5 pm
Sundays:
January through March: Closed on Sundays
April through August: 12 noon - 4 pm
September: Closed on Sundays
October through December: 12 noon - 4 pm

Contact Village Herb Shop

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