

# Calendula



Calendula

Calendula is a flower native to India and is part of the marigold family. Its leaves are edible and they are often used in salads to add colour. We plant them with lettuce as they draw pests away protecting the lettuce from being eaten.

Below is some information on how we plant Calendula.



## 1 SOW YOUR SEEDS

You can sow seeds early in the greenhouse from March. Otherwise wait until the soil is warmer and grow straight into ground. Individual edible flowers may have more specific instructions on their seed packets however sow in 1cm deep drills leaving 30cm between each row.

## 2 PLANTING OUT

If you have started your seed in the greenhouse then plant out your seedlings from April. Leave 30cm between each row.

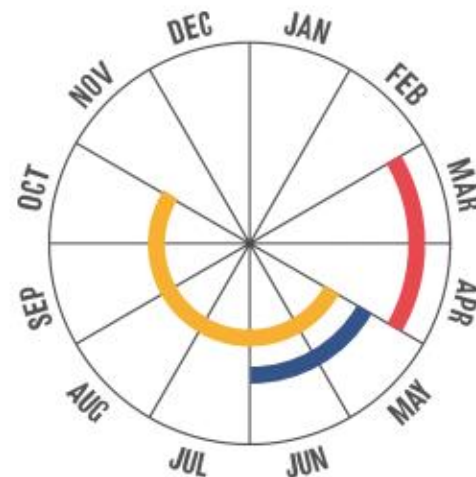
## 3 GROW FOR IT!

There are many varieties of edible flowers such as basil, borage, chamomile, courgette flowers, elderflowers, hibiscus, nasturtiums, pot marigolds, scented geraniums, garden peas, violas.

Edible flowers are great in salads and many are good for making herbal teas such as chamomile.

## 4 HARVESTING

Pick individual petals for a 'cut and come again' harvest. Pick them just before you use them, wash them in cold water only if you have to and dry then on paper towels. Flowers can be stored in the fridge for up to three days.



## Pests

### Aphids



### Caterpillar



### Whitfly

