

June 2022

**Marigold, *Calendula officinalis* L.**

From the composite family (Asteraceae)

The marigold is a herbaceous, upright and bushy growing annual summer flower. The stem is angular and branched. The leaves of the marigold are light to medium green and hairy. When rubbed, they give off a very characteristic smell. Marigolds bloom from May to October in bright orange and yellow shades. There are double and single flowers, the flower basket can also be dark coloured. In the first weeks of flowering they bloom very intensively, afterwards the flowers often become smaller. The plants grow up to 60cm high. After flowering, the fruits ripen, they are differently curved and sometimes almost ringshaped - this gives the plant its german name. The calendula grows in full sun locations.

The marigold is a medicinal plant. The flowers contain triterpene esters, faradiol esters, taraxasterol, carotenoids and flavonoids.

In the garden, the marigold prefers a sunny location, it does not want to be too wet. Fertilisation is not necessary. When the withered inflorescences are removed flower formation is stimulated. In late summer, leave the flowers until the seeds are ripe, they spread by self-seeding.

