

CALENDULA (MARIGOLD)

Edible
Playgrounds

1 SOW YOUR SEEDS

From April to May sow seeds in raised beds in a sunny spot.

Calendula seeds have a curled outer shell.

Sow by placing them 1cm deep with a 20cm space between each seed.

2 HARVESTING

Calendula flower heads are ready to eat once they are fully open. Pick off the petals just before you want to use them.

Flowers can be stored in the fridge for up to three days.

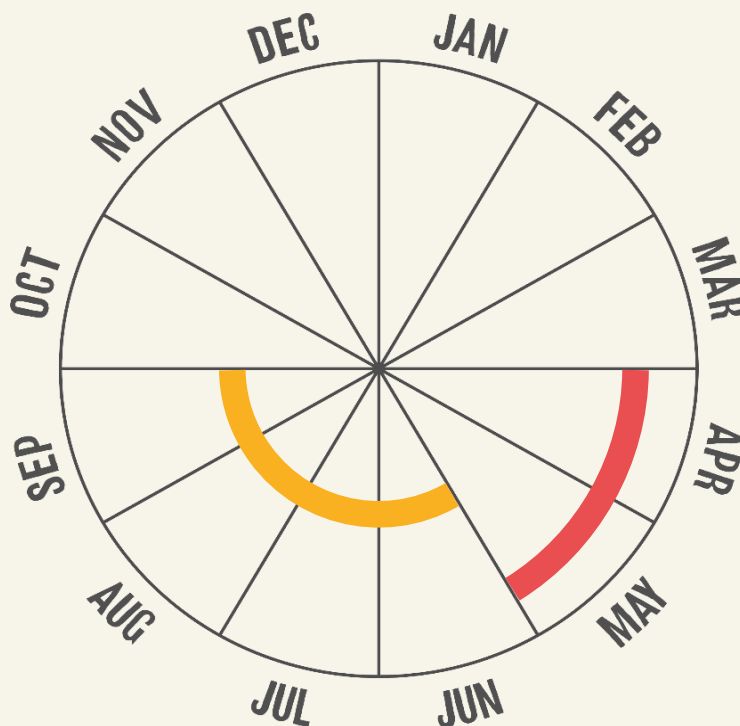
Deadhead (pick off wilted flowers) and compost, as this encourages the plant to produce more.

TOP TIPS

Water regularly and weed around the plants.

Calendula is a great companion plant for tomatoes, peas, carrots and lettuce.

These edible flowers are great in salads and can be used to decorate cakes or you can dry the flowers to make tea.



Young plants



Ready for harvest