



FEBRUARY 28, 2008



THE HERB SOCIETY OF AMERICA BATON ROUGE UNIT

MISSION: The Herb Society of America is dedicated to promoting the knowledge, use and delight of herbs through educational programs, research, and sharing the experience of its members with the community.

CALENDULA, *Calendula Officinalis* Herb of the Year

Presentations

GROWING - Julie Diaz

HARVEST, PRESERVE, STORE - Lori Mann

COOKING - Linda Franzo

BODY CARE & CRAFTING - Sandra Villa

MEDICINAL - Deni Labell



The Baton Rouge Herb Study Group, organized in 1989, became the Baton Rouge Unit of the Herb Society of America, Inc. in October 1991.

Officers:

Rita Salman, Chairperson

Lori Mann, Vice-Chairperson

Kathy Mullin, Treasurer

Sondra Thornhill, Secretary

Introduction

A native of the Mediterranean countries, calendula is a small, bushy, cool-weather annual plant with light green, lance-shaped leaves and yellow-orange flowers that can grow up to 3 inches in diameter. The genus name *Calendula* comes from the Latin *kalendae* (Middle English *calends*) for "first day of the month" and is thought to refer to the fact that the plant can be found blooming at the beginning of most months of the year. Calendula is often called the "Pot Marigold", despite the common name, calendula should not be confused with the true marigolds (*Tagetes* spp., Asteraceae), which it does resemble somewhat.

History and Cultural Significance

Historically, calendula was known as "poor man's saffron" as it was used to color and flavor foods, specifically butter, cheese, custard, bread, cookies, soups, and rice dishes. Calendula petals are also added to salads and used as a dye for fabric and hair. Currently, the pigment of the bright orange calendula is used in the pharmaceutical industry to give a pleasant color to some medicinal preparations. Folk medicine healers in Europe prepared infusions, extracts, and ointments with the petals to induce menstrual flow, to produce sweat during fevers, and to cure jaundice. In 19th century America, physicians used calendula internally to treat liver problems, stomach ulcers, conjunctivitis and externally for superficial burns, bruises, and wounds.

Modern Research

Calendula's healing properties, while established over centuries of use, are not well understood. Various activities have been shown for the essential oil and extracts of the flowers including the following: antimicrobial, anti-inflammatory, antibacterial, antifungal, anti-tumor, cytotoxic, anti-HIV, and wound healing. Recent studies investigating the calendic acid content of the calendula seed have found it to have antioxidant properties. There are very few safety concerns regarding calendula. However, internal use of calendula preparations should be avoided during early pregnancy due to its ability to stimulate menstrual activity. Also, allergic hypersensitivity may be an issue for persons sensitive to other members of the plant family Asteraceae.

<http://content.herbalgram.org/iherb/herbalgram/articleview.asp?a=3229>

The following regular monthly meetings are free, open to the public, and held at the Baton Rouge Garden Center at 7:00 PM unless otherwise noted.

MARCH 27, 2008

Landscape with Herbs

APRIL 12, 2008

*Plant Sale at Independence Park
8:00 AM - 1:00 PM*

APRIL 24, 2008

Flower Power

Saturday of each month from 8:00 to 11:00AM. Bring gloves and clippers. Other volunteers will be available to guide you.

RECYCLE empty pots to BOTANIC GARDEN. Put near white building on left side of parking lot.

Need more information?
Contact Rita Salman
(225) 291-5684
ritasalman@cox.net

CALENDULA



"CALENDULA IS APPROVED BOTH INTERNALLY & EXTERNALLY"

The German Commission E has approved calendula flower for both internal and topical use in treating inflammation of the mucous membranes of the mouth and throat. It is also approved externally for the healing of wounds; herbal infusions, tinctures, and ointments are used for skin and mucous membrane inflammations, such as pharyngitis (inflammation of the throat), leg ulcers, bruises, boils, and rashes.

<http://content.herbalgram.org/iherb/healthyingredients/default.asp?h=Calendula>

Herbal Remedies

When looking for an herbal remedy to treat skin or wounds, think flower power -- or, more specifically, CALENDULA. Its flowers, and occasionally its leaves, can be used to treat a variety of afflictions in different ways. Numerous topical preparations exist for external use. Calendula salve, for example, is a useful and versatile product to keep in the first-aid kit or home medicine chest. In addition to treating minor cuts and abrasions, the salve is great for chapped lips and diaper rash. You can use calendula teas as a mouthwash for gum and tooth infections, a gargle for sore throats and tonsillitis, and a sitz bath for genital inflammation or hemorrhoids. Or drink the tea to help treat bladder infections or stomach ulcers.

<http://health.howstuffworks.com/calendula-herbal-remedies.htm>

Calendula Herbal Tea

Infuse 1 heaping tablespoon of dried flowers per cup of hot water.

Drink 2 to 4 cups each day, or soak a clean cloth in the tea and apply topically

SOIL POLYMERS FOR SALE

\$3 per bag or 2 bags for \$5, 1 pound jar for \$10. Testimonial from Marci: *I was really concerned about planting an herb garden because of the responsibility I would have in watering the plants. In the past, I purchased plants and then got busy and would forget to water them and they eventually died. Ms. Rita told me about this new product called soil polymers that could help me with this problem. I was really impressed with the amount of soil polymers that was generated from the tablespoon of granules. I used the polymers to plant my new herb garden and they are doing great. Even when the weather is hot and dry my herbs are being watered and look healthy.*



HERB SOCIETY BOOKS:

- The Herb Society of America New Encyclopedia of Herbs & Their Uses, by Deni Brown
- The Herb Society of America's Essential Guide to Growing and Cooking with Herbs, edited by Katherine K. Schlosser.

NOTES:



PLANT SALE

April 12

BOTANIC GARDEN

8:00 AM - 1:00 PM


