

CALENDULA

1 SOWING YOUR SEEDS

Calendula can be sown from March to May. Sow them directly into your raised bed. Create drills 1cm deep with 20cm between each row. Water the drill and then sprinkle in your seeds along the drill. Cover lightly with soil.

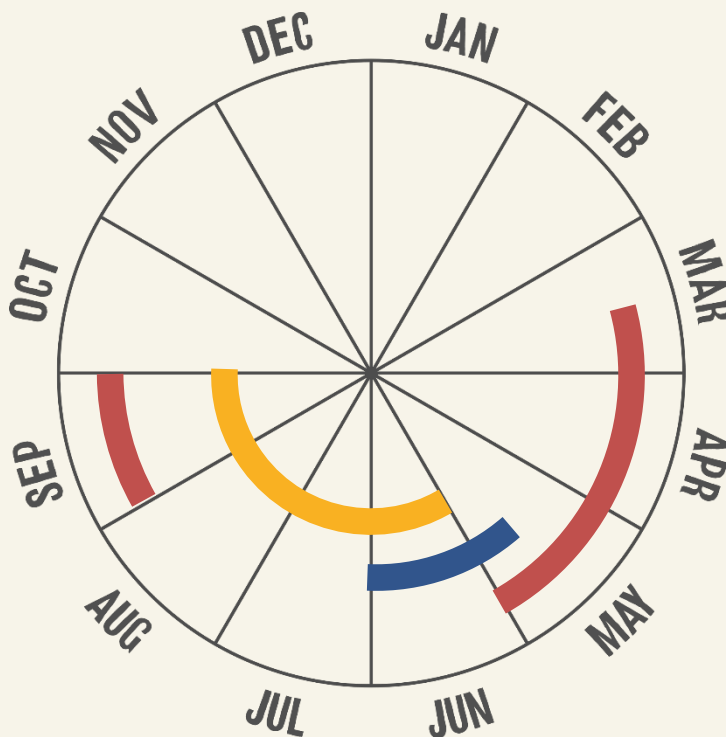
Calendula are hardy this means they can survive over winter. So, they can also be sown in September for early flowers the next year.

2 THINNING OUT

Once seedlings are 5-10cm tall they will need space to grow. Carefully remove the smaller and weaker plants. Leave 25cm between each plant.

3 CUTTING

Once the flower heads are fully open pick off the petals to harvest. Pick them just before you want to use them. Flowers can be stored in the fridge for up to three days. Use the petals to add colour to salads.



Remove any dead or wilted flowers. This is called deadheading and encourages the plant to produce more flowers.

Calendula is a great companion plant to help repel pests from tomatoes, peas, carrots and lettuce.



Seedlings



Young plants



Ready to harvest