

RINGELBLUME

Marigold



DISTRIBUTION

- vibrant, aromatic flower
- bright yellow, orange, red blossoms
- fern like leaves
- thrive in sunny areas



KEY CHARACTERISTICS

Marigolds have a strong scent which deters many garden pests and even deer and rabbits. Due to that, they are often used as companions in vegetable gardens to protect the other plants. Some varieties like Signet Marigolds have edible flowers and are used in cooking.

In Germany, wild marigold is difficult to find these days and are mostly bought.



GROWING & HARVESTING INFORMATION

- Sowing time: End of April & June
- Blooming period: July till October
- harvest when the flower is dry and the blossoms are opened
→ if they are wet, they lose their healing ability

NICE TO KNOW

The Cempasúchil (mexican marigolds) is also used in Mexican traditions like el Día de los Muertos and also in India where they are used in weddings and Diwali.





MARIGOLD OINTMENT



INGREDIENT LIST

- 50g fresh Mariola blossoms or 25g Fried marigold blossoms
- 200- 250ml Olive oil (or another high-quality oil: sunflower oil, rapeseed oil, coconut oil)
- Beeswax (approx. 10g per 100ml of oil)



PREPARATION STEPS

- Place marigold blossoms in a jar and cover with oil
- Let the jar sit in a sunny spot for 2–3 weeks
- Strain the oil and gently warm it in a water bath
- Add beeswax as desired and melt while stirring
- Pour the ointment into clean jars and let it cool.
- Areas of application: Wounds, Sprains, Bruises, Burns, Eczema, Scar tissue growth, Acne, Warts, Corns
- Shelf Life: approx. 1 year, After opening use it within 2-3 Montserrat

REMEMBER

- the healing ability is limited (as every medicinal plant)
- some people may have an allergic reaction (if they're already allergic to asteraceae)