

## Calendula, *Calendula officinalis*

### Tips for Use:

- Harvest calendula petals after the dew has dried. Rinse and dry before using.
- Calendula petals can be used fresh or dried, depending on the recipe.
- Infuse calendula petals into rice recipes, creams or other liquids to add a yellowish color.
- Use petals fresh on raw salads and as a garnish on other dishes.
- Store dried calendula petals in a glass jar for addition to tea blends or to infuse into other liquids.
- Be sure to use only flowers that have not been sprayed with pesticides or other chemicals.

### Mixed Greens with Calendula Petals

This Mixed Greens Salad With Calendula Petals is almost too beautiful to eat. You could certainly add any edible flower which is in season—including violets, pansies, nasturtiums, hibiscus, lavender, and borage.

Edible flowers have been popular for ages—and seem to be experiencing a revival. Whether sprinkled on a salad, cocktail, or cake, these blooms promise to add an ambrosial touch to any spring or summer dish.

8 cups torn mixed salad greens  
1/3 cup shredded red cabbage  
1/2 red bell pepper, thinly sliced  
1/2 avocado, pitted, peeled, and sliced  
1/4 cup thinly sliced red onion  
1 orange, peeled, sliced in half-rounds, and seeded  
1/4 cup sliced almonds, toasted  
1/4 cup fresh calendula petals

In a large bowl, mix the salad greens with the cabbage. Add the red pepper, avocado, onion, orange slices, almonds, and calendula petals.

### Dressing

2 tablespoons red-wine vinegar  
6 tablespoons canola oil  
salt and pepper, to taste

Put the vinegar, oil, and salt and pepper into a small bowl or jar with a lid and whisk or shake to combine.

Pour the dressing over the salad and toss to coat.

Almanac.com, April 26, 2022

## Turkey Calendula Rollups

8 ounces of cream cheese, at room temperature  
2 Tablespoon low-fat mayonnaise  
1 Tablespoon horseradish  
2 to 3 teaspoon lemon juice  
2 Tablespoon diced sweet pickle relish  
1 tart apple, peeled, cored and finely diced

1 cup calendula petals  
4 12-inch tortillas  
8 ounces wafer-thin turkey slices or ham if desired  
Lettuce leaves for garnish  
Calendula petals, for garnish

In a bowl, blend the cream cheese with the mayonnaise, horseradish, lemon juice and pickle relish. Gently stir in apple and calendula petals. With a spatula spread this mixture evenly over each tortilla. Cover spread with a single layer of turkey (or ham) slices. Roll up the filled tortilla, jelly-roll style. Cut immediately, or wrap tightly in plastic wrap and chill until serving. To serve, cut to desired thickness, and arrange on a serving platter over a bed of lettuce leaves. Sprinkle with additional calendula petals. Makes 4 12-inch roll ups

Kitty Morse  
*Edible Flowers, A Kitchen Companion with Recipes, 2007*

## Fresh Herbed Spring Rolls

1 package 8-inch round spring roll skins  
½ cup finely shredded cabbage  
⅓ cup finely shredded carrots  
⅓ cup fresh mung bean sprouts  
⅓ cup sliced scallions  
⅓ cup finely sliced green peppers  
⅓ cup finely sliced red peppers  
¼ cup small leaves of basil, sage, tarragon or other favorite herbs  
2 Tablespoons nasturtium or calendula flowers

Finely chop all vegetables and toss lightly in a large glass bowl with noodles. Carefully wash and dry herbs and flowers, setting aside in a separate bowl.

Immerse the spring roll skins, one at a time, in a shallow bowl of warm water until softened, at least 20 seconds. Remove from water and place on a flat surface.

Place ⅓ cup prepared vegetables on a spring roll skin, leaving a 2-inch border at the bottom edge. Carefully fold bottom up over filling, fold in left and right sides, and then finish rolling the rest tightly. After a few practices, you will get good at it. It is then fun to carefully place the flowers and herbs in a decorative fashion so that they will show through the skin when the roll is finished. Try placing the decorative pieces first and then cover with the ⅓ cup of vegetables.

As completed, cover the rolls with damp paper towels and wrap tightly in plastic until ready to serve. They get tough and stick together if left to dry. Refrigerate and garnish the serving dish with some of the leftover herbs and flowers.

Delicious served with a cilantro peanut sauce or a soy sauce with lime and hot pepper.

Anita Bradley, HSA Pennsylvania Heartland Unit  
*The Herb Society of America's Essential Guide to Growing and Cooking with Herbs*

## Egg Salad with Calendula and Chive

12 hard boiled eggs  
½ cup mayonnaise  
2 teaspoons Dijon-style mustard  
2 Tablespoons each chopped sweet pickles and juice  
¼ cup thinly sliced green onions or minced onion  
⅓ cup finely diced celery  
2 Tablespoons snipped chives  
2 Tablespoons snipped dill leaves  
½ teaspoon Hungarian paprika  
Salt and freshly ground pepper  
1 handful fresh calendula petals, coarsely chopped  
Calendula petals for garnish

Dice the eggs and put them in a bowl. Add the mayonnaise, mustard, pickle juice, onions, celery, 1 Tbsp of the chives, paprika, and salt and pepper. Toss well to blend. Stir in the chopped calendula flower petals. Refrigerate for 1/2 hour before serving. Let stand at room temperature for 5 to 10 minutes before serving. Garnish with calendula petals and the remaining chives and dill and serve immediately. Serves 6

HSA member, Susan Belsinger, ©2007  
*Calendula, An Herb Society of America Guide*

## Calendula Paella

4 cups chicken broth	¼ teaspoon hot pepper sauce
2 ½ cups uncooked long grain rice	2 Tablespoons olive oil
1 cup onion, chopped	1 cup sliced fresh mushrooms
4 garlic cloves, minced, divided	1 package (10 ounces) frozen peas
1 teaspoon salt	½ pound fresh or frozen uncooked shrimp, peeled and deveined
½ teaspoon ground turmeric	1 pound boneless, skinless chicken breasts, thinly sliced
¼ teaspoon pepper	2 Tablespoons lemon juice
1 bay leaf	½ cup calendula petals (about 12 blossoms)
1 large green pepper, julienned	
3 green onions, sliced	
1 teaspoon minced parsley	
1 teaspoon dried thyme	

In a saucepan, combine broth, rice, onion, half of the garlic, salt, turmeric, pepper and bay leaf; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until rice is tender. Meanwhile, in a skillet, sauté the green pepper, onions, parsley, thyme, hot pepper sauce and remaining garlic in oil for 2 minutes. Add mushrooms. Cook until green pepper is crisp-tender. Add tomato and peas; heat through. Discard bay leaf; add rice mixture to vegetable mixture and keep warm over medium-high heat. In another skillet, cook and stir shrimp in lemon juice for 2 minutes. add chicken; cook until chicken is no longer pink and shrimp is fully cooked, about 3-5 minutes. Add rice and vegetables with calendula petals; toss.

TasteofHome.com

**Do you have any recipes featuring the *Calendula officinalis* to share? Contact [educator@herbsociety.org](mailto:educator@herbsociety.org)**

**For more recipes, see [Calendula, an Herb Society of America Guide](#)**