

Marigold, English (Pot)

Edible Flowers



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Suggested varieties: *Calendula officinalis*, Double Art Shades

PLANT



Sow seed 0.5cm deep in pots or rows. Thin or transplant seedlings to 20cm apart. Choose sunny site and reasonable well drained soil

GROW



Remove growing tips to encourage bushiness. Cut off seed heads to prevent excessive 'self-seeding' (growing by itself next year). Open flowers forecast a fine day ahead

EAT



Pick flowers just as they open, stripping and using petals. Keep picking to encourage more flowers. Young leaves are also edible

Growing guide

Easy!

Average time to harvest

From 10 weeks

Equipment needed

None

Germination time

7-14 days

Average plant size

30-60cm tall and wide

Family group to grow with

Asteraceae: lettuce, chicory

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Low calorie complement

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot