



EVERYTHING HERBAL

by Cheryl Jabz



Calendula Flavor & Common Uses



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Flavor Profile



Calendula petals have a mild, slightly earthy flavor with subtle floral notes. Many people describe the taste as gently peppery with a light bitterness, similar to saffron in appearance but much milder in flavor.

2

Best Flavor Pairings



Calendula blends well with chamomile, lemon balm, mint, honey, citrus, and light broths. It pairs nicely with rice dishes, soups, herbal teas, and simple butter or oil infusions.

3

Used In Teas



Dried calendula petals are commonly steeped into herbal teas for a gentle, soothing cup. They are often combined with other herbs to add color, mild flavor, and a calming herbal touch.

4

Great In Oils & Salves



Calendula is one of the most popular herbs for infused oils, salves, and balms. The petals are often soaked in carrier oils for use in skin-loving herbal preparations.

5

Popular In Soap Making



Calendula petals are widely used in handmade soaps for natural beauty and herbal appeal. They add warm golden color, gentle exfoliating texture, and a classic botanical look.

6

Used In Skin Care



Calendula is often found in creams, lotions, body butters, lip balms, and bath products. It is especially popular in herbal skincare collections because of its gentle reputation.

7

Common Culinary Uses



Calendula petals are sometimes sprinkled into salads, rice, egg dishes, soups, and baked goods for a bright pop of color. They are also used as a garnish in herbal butter blends and savory dishes.

8

Easy DIY Uses



Try calendula in bath salts, facial steam blends, herbal sachets, oil infusions, tea blends, and floral decorations for homemade wellness and beauty projects.



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