

## CREATING CALENDULA OIL

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**Grind (or rub the flowers between your palms) 1-2 cups of dried calendula flowers with 2 cups of an organic olive, almond oil, or castor bean oil. Pour this blended oil into a clean, dry glass quart jar and cover with a lid. Label and place in a warm sunny location or in the oven of a gas stove that has a pilot light. Ideal temperature for infusing herbs in oil is 80-100F. Let this oil infuse for 2-4 weeks.**

**A few more ideas for heat sources: place your glass jar of oil and flowers into water that is in a crock pot. Keep the temperature of the water around 100F or a bit higher. Let this hot water heat the oil. You can check the temperature of the oil with a thermometer and increase the temperature of the water if needed so that the oil can be around 100F. You may also want to use a double boiler on your stove and warm the oil and calendula blossoms for several hours. Turn off the heat at night and warm the next day if you want the oil to be a deeper color.**

**Good quality calendula oil should turn a deep golden color. I recommend using dried calendula flowers instead of fresh flowers when making oil and salve. Fresh calendula flowers contain a lot of water that will easily make your oil get moldy if you use fresh flowers.**

**At the end of the infusing period, separate the flowers from the oil by pouring the oil through unbleached cheesecloth. Squeeze as much of the oil from the plant matter as possible. Compost plant material and wash the cheesecloth. Label your jar and store in a dark cool cupboard. Most oils have a shelf life of 12-18 months.**