



COMMUNITY GARDEN

CALENDULA SALVE

1. Harvest Calendula flowers when at their peak fullness.
2. Calendula flowers should be dried completely (which should not take more than a couple days) on a screen and then broken up with your fingers to increase the surface area in the oil. The flowers need to be completely dry because any water in the oil will increase the risk of bacteria growth.
3. The calendula should be left to soak in jar of olive oil with covered lid for 6 weeks, or the mixture should be heated slightly for 10 days, to extract all the medicine. You do not want it to get too hot.
4. Strain oil from flowers using cheesecloth.
5. Use 1-1/2 tsp. of beeswax per ounce of oil.
6. Warm/melt beeswax in pot over stove.
7. Incorporate oil and beeswax.
8. Pour into salve glass containers.
9. Let sit until solidified.
10. Adding essential oils to the finished salve will also help prevent bacteria.