

Calendula and Yarrow: Herbal Preparation Projects

by Barbara Richey

Calendula (*Calendula officinalis*)



I made a calendula ointment. Calendula is a beautiful golden flower that can be found in eastern Canada, south through New England, west through Pennsylvania and Ohio, north through Michigan and Wisconsin. In the west, it is cultivated in California. Calendula features warm gold blossoms. Once they bloom the flowers can be picked throughout the season.

Calendula is an herb that is used to heal the skin. It's great for scrapes, bruises, insect bites and minor wounds. It can also be used for sore and/or infected gums. I enjoyed working with this flower because of all of the useful healing properties. I have family members with eczema and varicose veins. I created salves to treat their skin ailments.

Preparation

Make an infused oil using olive oil

1. Place dried herbs (flowers, stems, leaves...etc.) into a coffee grinder and grind them to a powdery state.
2. Transfer the powder (3/4 full) into a mason jar.
3. Fill jar with olive oil
4. After constantly stir for 3 to 4 weeks.
5. Oil may be strained through cheesecloth (clean) into a separate mason jar.

I then made a simple salve using herbal infused oil and beeswax.

1. Coffee carafe or other heat tempered glass container
2. Pour 1 cup of infused oil then add 1 oz of bees wax
3. Stir until wax is melted.
4. Pour mixture into 2 oz jars amber...
5. Make sure you label jars content and use
6. Store finished product in a cool dry place

I was really proud of my first attempt in making a salve.



Yarrow (*achillea millefolium*)

I made a yarrow tincture. Yarrow is a beautiful white flower which can be found in temperate regions of the Northern Hemisphere in Asia, Europe and North America. It is considered a weed in some places and feed for cattle in others. Yarrow can be used for a number of ailments to include...colds, fever, flu, diarrhea, loss of appetite and menstruation problems.

I used dried leaves and flowers ground in a coffee grinder. I used 100 proof alcohol as my menstruum.

Preparation

This was my first project.

To prepare a tincture I completed the following steps:

1. Grind and sift dried plant in a coffee grinder to a powder consistency
2. Fill the jar with powdered yarrow

3. Add 100 proof alcohol to top of jar...(after a while the contents will become saturated)
4. Shake contents daily for 4 – 6 weeks
5. Use a cheese cloth to strain contents into another jar
6. Make small dropper size bottles as needed. Store finished product in a cool dry place

Yarrow and calendula are herbal medicines to keep on hand. They can be used to cure almost any ailment. They were both fun to make and I enjoyed sharing them with family and friends. It was especially rewarding to have receive positive feedback. - Barbara Richey