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### *Calendula arvensis*

[Synonyms : *Calendula aegyptiaca*, *Calendula gracilis*, *Calendula micrantha*, *Calendula persica*]

**FIELD MARIGOLD** is an annual. Native from central and southern Europe to Israel it has brown- or purple-centred, orange-yellow flowers.

It is also known as *Åkerringblomma* (Swedish), *Ackerringelblume* (German), Field marygold, Grandmother's spinning wheel, *Kaléndoula* (Greek), *Kalendulo agra* (Esperanto), Marigold, *Měsíček rolní* (Czech), *Ringelblume* (German), *Suffeira tar-raba* (Maltese), and Wild marigold.

The flower heads close in the evening and in wet weather and the plant is aromatic when crushed.

The flowers are pollinated by bees.

*Arvensis* means 'of or growing in cultivated fields or land'.

The young shoots and leaves can be eaten as a vegetable , raw or cooked. The flower heads can be pickled.

Like pot marigold (*Calendula officinalis*) the flowers yield a yellow dye.

Medicinally, in the south-eastern Mediterranean the flowers have been used internally to treat period problems, and the leaves and flowers have been applied externally as a remedy for skin disorders (including healing wounds). In Spain the leaves have been used locally to cause sweating. The plant has also been used in the treatment of tumours and some forms of cancer.