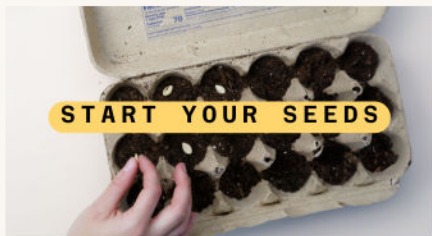
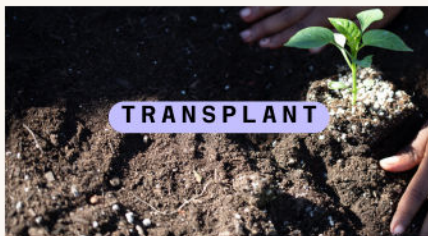


HOW TO PLANT & CARE FOR YOUR CALENDULA



- Begin growing calendula indoors 4-6 weeks before the last frost.
- Fill your container with potting soil. Plant seeds about 1/4" deep, keeping them 8" apart.
- Put the container in a sunny spot. Water gently once or twice a day to keep the soil moist.
- You should see sprouts in 5-15 days.



- Transplant seedlings when they reach 3-4" tall and frost is no longer a concern.
- Gradually introduce your seedlings to direct sunlight for a few hours daily, 1 week before planting outdoors.
- Dig a hole matching the size of the seedlings' roots, place them in, cover with soil, and gently press them in. Plant seedlings 6-8" apart.
- Water immediately.



- Water in the morning and mulch to maintain plant hydration and health.
- Calendula typically matures in 45-60 days. Harvest flower heads every few days once fully opened.
- Dry flowers in a well-ventilated area away from direct sunlight.
- Use dried flowers for oil infusions, baths for skin health, or in herbal tea blends.
- Leave some flowers to produce seeds for next year's planting.