



Calendula Cream

Used to make tea and as a healthful salad addition, calendula also makes an efficient, calming cream.

(from Nature's Medicine Cabinet by Bruce Burnett)

To make your own calendula cream: Add 12- to 34-teaspoon (3 grams) of flower petals to 2 cups of organic virgin olive oil.

Place in a double boiler and gently heat for 2 hours.

Remove from heat and strain out the petals.

Place fresh petals in the oil and repeat gentle heating for another 2 hours.

Strain out the calendula flowers again and add 12- to 34-teaspoon (3 grams) of beeswax, gently stirring over the heat until the wax and oil have blended.

Allow to cool in clean jars before sealing.