



CALENDULA

After you read through this month's Ingredient of the Month, take this quiz to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed through the ACF's online learning center. Seventy-five-percent accuracy is required to earn one hour of continuing education credits toward professional certification.

1. If the flowers are harvested, Calendula blooms from _____ until first frost.

- a. April
- b. May
- c. June
- d. September

2. Calendula is another name for French or African marigolds.

- a. True
- b. False

3. Nicholas Culpepper mentioned that a tea of Calendula flowers will _____.

- a. cure a cold
- b. clear the mind
- c. comfort the heart
- d. improve vision

4. Calendula is a common ingredient in which of the following products?

- a. Soap
- b. Sun Creams
- c. Lip Balms
- d. All of the above

5. What is the most widely known species of Calendula?

- a. Calendula palaestina
- b. Calendula maritima
- c. Calendula arvensis
- d. Calendula officinalis

6. Which of the following materials should be avoided when storing herbs and spices?

- a. Plastic
- b. Tin
- c. Aluminum
- d. All of the above

7. Once dried, Calendula petals are highly floral and perfumed with undertones of _____.

- a. Citrus
- b. Vanilla
- c. Sandalwood
- d. Sage

8. Calendula are a cousin to _____.

- a. Daisies
- b. Irises
- c. Daffodils
- d. Hollyhocks

9. In many recipes, calendula can be used as an inexpensive replacement for which spice?

- a. Saffron
- b. Mace
- c. Nutmeg
- d. Paprika

10. Calendula was once used as a source of dye for fabrics.

- a. True
- b. False