

# *The Calendula Kitchen*

HERBAL GUIDE

- Herbal Profiles & Uses
- Gentle Recipes
- Comforting Teas

*From The Calendula Kitchen*

# The Calendula Kitchen Herbal Guide

*A Gentle Companion from Marigold Harbor*

By Davilyn Atwood

In *The Calendula Kitchen*, herbs are not just ingredients, they are quiet companions, offering warmth, comfort, and gentle healing. This small herbal guide reflects the plants that inspired Sylvia's kitchen and the calm rhythms of Marigold Harbor.

## Calendula

### The Herb of Warmth & Gentle Healing

Calendula, with its bright golden petals, is known for its soothing and restorative qualities. Traditionally used in teas, oils, and salves, calendula is often associated with gentle healing and renewal.

In *The Calendula Kitchen*, calendula becomes more than an herb, it becomes a symbol of Sylvia's quiet beginning. Like the flower itself, her journey unfolds slowly, bringing warmth and comfort to those around her.

**From Marigold Harbor:** Even small blooms can bring warmth to an entire garden.

## Chamomile

### The Herb of Calm & Comfort

Chamomile is known for its calming and relaxing qualities. Often used in tea, it encourages rest, reflection, and quiet moments of peace.

In Sylvia's kitchen, chamomile represents slow mornings, soft conversations, and the kind of stillness that allows something new to grow.

**From Marigold Harbor:** Peace often arrives in the quietest moments.

## Rosemary

### The Herb of Memory & Grounding

Rosemary has long been associated with remembrance, clarity, and grounding. Its fragrant leaves bring warmth to both food and reflection.

In *The Calendula Kitchen*, rosemary represents the past Sylvia carries with her — and the steady strength that helps her build something new.

**From Marigold Harbor:** Memory is not something we leave behind, it is something we carry forward.

## **Thyme**

### **The Herb of Quiet Courage**

Thyme is often linked with resilience and quiet strength. Small but hardy, thyme grows in difficult places and thrives with little care.

This herb reflects Sylvia's journey, not dramatic, not loud, but steady and determined.

**From Marigold Harbor:** Courage sometimes looks like showing up again tomorrow.

## **Lavender**

### **The Herb of Rest & Gentle Renewal**

Lavender is known for its calming scent and its ability to encourage rest and restoration. It is often used to soothe the mind and create peaceful spaces.

In Marigold Harbor, lavender reflects the calm that slowly settles into Sylvia's life as she finds belonging and balance.

**From Marigold Harbor:** Rest is not a pause in life, it is part of healing.

## **Lemon Balm**

### **The Herb of Lightness & Joy**

Lemon balm has long been used to lift the spirits and bring gentle brightness to the day. Its soft citrus scent carries a quiet sense of ease.

This herb reflects the subtle joy that begins to grow in Sylvia's life, not sudden, but steady.

**From Marigold Harbor:** Joy often arrives softly, and stays when we make room for it.

## **Sage**

### **The Herb of Wisdom & Quiet Understanding**

Sage is often associated with wisdom, reflection, and thoughtful living. Its earthy aroma encourages slowing down and paying attention.

In *The Calendula Kitchen*, sage represents the quiet understanding that develops between Sylvia and Quinn, something built slowly, through shared moments.

**From Marigold Harbor:**

Understanding grows slowly, like a garden tended with care.

## **A Gentle Reflection**

The herbs of Marigold Harbor are simple.

Calendula.

Chamomile.

Rosemary.

Thyme.

Lavender.

Nothing rare. Nothing complicated. And yet, together, they create something warm and lasting.

Just like the kitchen.

Just like the relationships that grow there.

Just like the life Sylvia slowly builds.

## **From The Calendula Kitchen**

May these herbs remind you:

To begin gently.

To grow slowly.

To build something warm and lasting.