

EDIBLE FLOWER WORKSHOP

HORT

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One thing you need to remember is that NOT every flower is edible.

In fact, sampling some flowers can make you very, very sick.

You also should **NEVER** use pesticides or other chemicals on any part of any plant that produces blossoms you plan to eat.

Never harvest flowers growing by the roadside.

Identify the flower exactly and eat only edible flowers and edible parts of those flowers.

Always remember to use flowers sparingly in your recipes due to the digestive complications that can occur with a large consumption rate. Most herb flowers have a taste that's similar to the leaf, but spicier. The concept of using fresh edible flowers in cooking is not new.

42 flowers you can eat Chamomile to Violets



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11. Chamomile

Small and daisylike, the flowers have a sweet flavor and are often used in tea. Ragweed sufferers may be allergic to chamomile.

12. Chervil

Delicate blossoms and flavor, which is anise-tinged.

13. Chicory

Mildly bitter earthiness of chicory is evident in the petals and buds, which can be pickled.

14. Chrysanthemum

A little bitter, mums come in a rainbow of colors and a range of flavors range from peppery to pungent. Use only the petals.

15. Cilantro

Like the leaves, people either love the blossoms or hate them. The flowers share the grassy flavor of the herb. Use them fresh as they lose their charm when heated.

16. Citrus (orange, lemon, lime, grapefruit, kumquat)

Citrus blossoms are sweet and highly scented. Use frugally or they will over-perfume a dish.

17. Clover

Flowers are sweet with a hint of licorice.

18. Dandelion

Read more about dandelions here: [Backyard Forage for Dandelions](#).

19. Dill

Yellow dill flowers taste much like the herb's leaves.

20. English daisy

These aren't the best-tasting petals — they are somewhat bitter — but they look great!

21. Fennel

Yellow fennel flowers are eye candy with a subtle licorice flavor,

much like the herb itself.

22. Fuchsia

Tangy fuchsia flowers make a beautiful garnish.

23. Gladiolus

Who knew? Although gladioli are bland, they can be stuffed, or their petals removed for an interesting salad garnish.

24. Hibiscus

Famously used in hibiscus tea, the vibrant cranberry flavor is tart and can be used sparingly.

25. Hollyhock

Bland and vegetal in flavor, hollyhock blossoms make a showy, edible garnish.

26. Impatiens

Flowers don't have much flavor — best as a pretty garnish or for candying.

27. Jasmine

These super-fragrant blooms are used in tea; you can also use them in sweet dishes, but sparingly.

28. Johnny Jump-Up

Adorable and delicious, the flowers have a subtle mint flavor great for salads, pastas, fruit dishes and drinks.

29. Lavender

Sweet, spicy, and perfumed, the flowers are a great addition to both savory and sweet dishes.

30. Lemon verbena

The diminutive off-white blossoms are redolent of lemon — and

great for teas and desserts.

31. Lilac

The blooms are pungent, but the floral citrusy aroma translates to its flavor as well.

32. Mint

The flowers are — surprise! — minty. Their intensity varies among varieties.

33. Nasturtium

One of the most popular edible flowers, nasturtium blossoms are brilliantly colored with a sweet, floral flavor bursting with a spicy pepper finish. When the flowers go to seed, the seed pod is a marvel of sweet and spicy. You can stuff flowers, add leaves to **salads, pickle buds like capers, and garnish to your heart's** content.

34. Oregano

The flowers are a pretty, subtle version of the leaf.

35. Pansy

The petals are somewhat nondescript, but if you eat the whole flower you get more taste.

36. Radish

Varying in color, radish flowers have a distinctive, peppery bite.

37. Rose

Remove the white, bitter base and the remaining petals have a strongly perfumed flavor perfect for floating in drinks or scattering across desserts, and for a variety of jams. All roses are edible, with flavor more pronounced in darker varieties.

38. Rosemary

Flowers taste like a milder version of the herb; nice used as a garnish on dishes that incorporate rosemary.

39. Sage

Blossoms have a subtle flavor similar to the leaves.

40. Squash and pumpkin

Blossoms from both are wonderful vehicles for stuffing, each having a slight squash flavor. Remove stamens before using.

41. Sunflower

Petals can be eaten, and the bud can be steamed like an artichoke.

42. Violets

Another famous edible flower, violets are floral, sweet and beautiful as garnishes. Use the flowers in salads and to garnish desserts and drinks.

From [True Food: Eight Simple Steps to a Healthier You](#) (National Geographic, 2009) by Annie B. Bond, Melissa Breyer and Wendy Gordon.

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The culinary use of flowers dates back thousands of years to the Chinese, Greek and Romans. Many cultures use flowers in their traditional cooking — think of squash blossoms in Italian food and rose petals in Indian food. [Adding flowers](#) to your food can be a nice way to add color, flavor and a little whimsy. Some are spicy, and some herbacious, while others are floral and fragrant. The range is surprising.

It's not uncommon to see flower petals used in salads, teas, and as garnish for desserts, but they inspire [creative uses](#) as well — roll spicy ones (like chive blossoms) into handmade pasta dough, incorporate floral ones into homemade ice cream, pickle flower

buds (like nasturtium) to make ersatz capers, use them to make a floral simple syrup for use in lemonade or cocktails. I once stuffed gladiolus following a recipe for stuffed squash blossoms — they **were great. So many possibilities...**

Eating Flowers Safely

So. As lovely as eating flowers can be, it can also be a little ...

deadly! Not to scare you off or anything. Follow these tips for eating flowers safely:

- Eat flowers you know to be consumable — if you are uncertain, consult a reference book on edible flowers and plants.
- Eat flowers you have grown yourself, or know to be safe for consumption. Flowers from the florist or nursery have probably been treated with pesticides or other chemicals.
- Do not eat roadside flowers or those picked in public parks. Both may have been treated with pesticide or herbicide, and roadside flowers may be polluted by car exhaust.
- Eat only the petals, and remove pistils and stamens before eating.
- If you suffer from allergies, introduce edible flowers gradually, as they may exacerbate allergies.
- To keep flowers fresh, place them on moist paper towels and refrigerate in an airtight container. Some will last up to 10 days this way. Ice water can revitalize limp flowers.

Allium to Carnations

1. Allium

All blossoms from the allium family (leeks, chives, garlic, garlic chives) are edible and flavorful! Flavors run the gamut from delicate leek to robust garlic. Every part of these plants is edible.

2. Angelica

Depending on the variety, flowers range from pale lavender-blue to deep rose and have a licorice-like flavor.

3. Anise hyssop

Both flowers and leaves have a subtle anise or licorice flavor.

4. Arugula

Blossoms are small with dark centers and with a peppery flavor much like the leaves. They range in color from white to yellow with dark purple streaks.

5. Bachelor's button

Grassy in flavor, the petals are edible. Avoid the bitter calyx.

6. Basil

Blossoms come in a variety of colors, from white to pink to lavender; flavor is similar to the leaves, but milder.

7. Bee balm

The red flowers have a minty flavor.

8. Borage

Blossoms are a lovely blue hue and taste like cucumber!

9. Calendula / marigold

A great flower for eating, calendula blossoms are peppery, tangy, and spicy — and their vibrant golden color adds dash to any dish.

10. Carnations / dianthus

Petals are sweet, once trimmed away from the base. The blossoms taste like their sweet, perfumed aroma.

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How To Choose Edible Flowers - Edible Flower Chart:

Begonia - Tuberous begonias and Waxed begonias -

Tuberous Begonias (*Begonia X tuberosa*) - The leaves, flowers, and stems are edible. Begonia blossoms have a citrus-sour taste. The petals are used in salads and as a garnish. Stems, also, can be used in place of rhubarb. The flowers and stems contain oxalic acid and should not be consumed by individuals suffering from gout, kidney stones, or rheumatism.

Wax Begonias (*Begonia cucullata*) - The fleshy leaves and flowers are edible raw or cooked. They can have a slight bitter after taste and if in water most of the time, a hint of swamp in their flavor.

Calendula (*Calendula officinalis*) - Also called Marigolds. A wonderful edible flower. Flavors range from spicy to bitter, tangy to peppery. Their sharp taste resembles saffron (also known as Poor Man's Saffron). Has pretty petals in golden-orange hues. Sprinkle them on soups, pasta or rice dishes, herb butters, and salads. Petals

add a yellow tint to soups, spreads, and scrambled eggs. Only the pedals are edible.

Carnations (*Dianthus caryophyllus* - aka *Dianthus*) - Carnations can be steeped in wine, candy, or use as cake decoration. To use the surprisingly sweet petals in desserts, cut them away from the bitter white base of the flower. *Dianthus* are the miniature member of the carnation family with light clove-like or nutmeg scent. Petals add color to salads or aspics. Carnation petals are one of secret ingredients that has been used to make Chartreuse, a French liqueur, since the 17th century.

Chrysanthemums (*Chrysanthemum coronarium*) - Tangy, slightly bitter, ranging in colors from red, white, yellow and orange. They range in taste from faint peppery to mild cauliflower. They could be blanched first and then scatter the petals on a salad. The leaves can also be used to flavor vinegar. Always remove the bitter flower base and use petals only. Young leaves and stems of the Crown Daisy, also known as Chop Suey Greens or Shingiku in Japan, are widely used in oriental stir-fries and as salad seasoning.

Clover (*Trifolium* species) - Sweet, anise-like, licorice. White and red clover blossoms were used in folk medicine against gout, rheumatism, and leucorrhea. It was also believed that the texture of fingernails and toenails would improve after drinking clover blossom tea. Native Americans used whole clover plants in salads, and made a white clover leaf tea for coughs and colds. Avoid bitter flowers that are turning brown, and choose those with the brightest color, which are tastiest. Raw flower heads can be difficult to digest.

Cornflower (*Centaurea cyanaus*) - Also called Bachelor's button. They have a slightly sweet to spicy, clove-like flavor. Bloom is a natural food dye. More commonly used as garnish.

Dame's Rocket (*Hesperis matronalis*) - Also called Sweet Rocket or Dame's Violet. This plant is often mistaken for Phlox. Phlox has five petals, Dame's Rocket has just four. The flowers, which resemble

phlox, are deep lavender, and sometimes pink to white. The plant is part of the mustard family, which also includes radishes, broccoli, cabbage, cauliflower, and, mustard. The plant and flowers are edible, but fairly bitter. The flowers are attractive added to green salads. The young leaves can also be added to your salad greens (for culinary purposes, the leaves should be picked before the plant flowers). The seed can also be sprouted and added to salads. NOTE: It is not the same variety as the herb commonly called Rocket, which is used as a green in salads.

Dandelions (*Taraxacum officinalis*) - Member of the Daisy family. Flowers are sweetest when picked young. They have a sweet, honey-like flavor. Mature flowers are bitter. Dandelion buds are tastier than the flowers: best to pick these when they are very close to the ground, tightly bunched in the center, and about the size of a small gumball. Good raw or steamed. Also made into wine. Young leaves taste good steamed, or tossed in salads. When serving a rice dish use dandelion petals like confetti over the rice.

Day Lilies (*Hemerocallis* species) - Slightly sweet with a mild vegetable flavor, like sweet lettuce or melon. Their flavor is a combination of asparagus and zucchini. Chewable consistency. Some people think that different colored blossoms have different flavors. To use the surprisingly sweet petals in desserts, cut them away from the bitter white base of the flower. Also great to stuff like squash blossoms. Flowers look beautiful on composed salad platters or crowning a frosted cake. Sprinkle the large petals in a spring salad. In the spring, gather shoots two or three inches tall and use as a substitute for asparagus. **NOTE: Many Lilies contain alkaloids**

and are NOT edible. Day Lilies may act as a diuretic or laxative; eat



in moderation.

English Daisy (*Bellis perennis*) - The flowers have a mildly bitter taste and are most commonly used for their looks than their flavor. The petals are used as a garnish and in salads.

Fruit Flowers:

Most fruit trees are usually sprayed just before and during the bloom. If you are using your own flowers that have not been sprayed, use only the petals, not the pistils or stamens.

Apple Blossoms (*Malus species*) - Apple Blossoms have a delicate floral flavor and aroma. They are a nice accompaniment to fruit dishes and can easily be candied to use as a garnish. **NOTE: Eat in moderation as the flowers may contain cyanide precursors. The seeds of the apple fruit and their wild relatives are poisonous.**

Banana Blossoms (*Musa paradisiaca*) - Also known as Banana Hearts. The flowers are a purple-maroon torpedo-shaped growth that appears out of the top of usually the largest of the trunks. Banana blossoms are used in Southeast Asian cuisines. The blossoms can be cooked or eaten raw. The tough covering is usually removed until you get to the almost white tender parts of the blossom. It should be sliced and let it sit in water until most of the sap is gone. If you eat it raw, make sure the blossom comes from a variety that isn't bitter. Most of the Southeast Asian varieties aren't bitter.

Citrus Blossoms (orange, lemon, lime, grapefruit, kumquat) - Use highly scented waxy petals sparingly. Distilled orange flower water is characteristic of Middle Eastern pastries and beverages. Citrus flavor and lemony.

Elderberry Blossoms (*Sambucus* spp) - The blossoms are a creamy color and have a sweet scent and sweet taste. When harvesting elderberry flowers, do not wash them as that removes much of the fragrance and flavor. Instead check them carefully for insects. The fruit is used to make wine. The flowers, leaves, berries, bark and roots have all been used in traditional folk medicine for centuries.

NOTE: All other parts of this plant, except the berries, are mildly toxic! They contain a bitter alkaloid and glycoside that may change into cyanide. The cooked ripe berries of the edible elders are harmless. Eating uncooked berries may cause nausea, vomiting, and diarrhea

Fuchsia (*Fuchsia X hybrida*) - Blooms have a slightly acidic flavor. Explosive colors and graceful shape make it ideal as garnish. The berries are also edible.

Garden Sorrel (*Rumex acetosa*) - Sorrel flowers are tart, lemon tasting. So use like a lemon: on pizza, a salad topping, in sauces, over cucumber salads.

Gladiolus (*Gladiolus* spp) - Flowers (anthers removed) have a nondescript flavor (taste vaguely like lettuce) but make lovely receptacles for sweet or savory spreads or mousses. Toss individual petals in salads. It can also be cooked like a day lily.

Herb Flowers:

Most herb flowers are just as tasty as the foliage and very attractive when used in your salads. Add some petals to any dish you were already going to flavor with the herb.

Alliums (leeks, chives, garlic, garlic chives) - Known as the "Flowering Onions." There are approximately four hundred species that includes the familiar onion, garlic, chives, ramps, and shallots. All members of this genus are edible. Their flavors range from mild onions and leeks right through to strong onion and garlic. All parts of the plants are edible. The flowers tend to have a stronger flavor than the leaves and the young developing seed-heads are even stronger. We eat the leaves and flowers mainly in salads. The leaves can also be cooked as a flavoring with other vegetables in soups, etc.



Chive Blossoms (*Allium schoenoprasum*) - Use whenever a light onion flavor and aroma is desired. Separate the florets and enjoy the mild, onion flavor in a variety of dishes.

Garlic Blossoms (*Allium sativum*) - The flowers can be white or pink, and the stems are flat instead of round. The flavor has a garlicky zing that brings out the flavor of your favorite food. Milder than the garlic bulb. Wonderful in salads.

Angelica (*Angelica archangelica*) - Depending on the variety, flower range from pale lavender-blue to deep rose. It has a flavor similar to licorice. Angelica is valued culinarily from the seeds and stems, which are candied and used in liqueurs, to the young leaves and shoots, which can be added to a green salad. Because of its celery-like flavor, Angelica has a natural affinity with fish. The leaves have a stronger, clean taste and make an interesting addition to salads. In

its native northern Europe, even the mature leaves are used, particularly by the Laplanders, as a natural fish preservative. Many people in the cold Northern regions such as Greenland, Siberia, and Finland consider Angelica a vegetable, and eat the stems raw, sometimes spread with butter. Young leaves can be made into a tea.

Anise Hyssop (*Agastache foeniculum*) - Both flowers and leaves have a delicate anise or licorice flavor. Some people say the flavor reminds them of root beer. The blossoms make attractive plate garnishes and are often used in Chinese-style dishes. Excellent in salads.

Basil (*Ocimum basilicum*) - Depending on the type, the flowers are either bright white, pale pink, or a delicate lavender. The flavor of the flower is milder, but similar to the leaves of the same plant. Basil also has different varieties that have different milder flavors like lemon and mint. Sprinkle them over salad or pasta for a concentrated flavor and a spark of color that gives any dish a fresh, festive look. [Linguine with Tomatoes and Basil](#)



Bee Balm (*Monarda didyma*) - Also called Wild Bergamot, Wild Oswego Tea, Horsemint, Monarda. Wild bee balm tastes like oregano and mint. The taste of bee balm is reminiscent of citrus with soft mingling of lemon and orange. The red flowers have a minty flavor. Any place you use oregano, you can use bee balm blossoms. The leaves and flower petals can also be used in both fruit and regular salads. The leaves taste like the main ingredient in Earl Gray Tea and can be used as a substitute.

Borage (*Borago officinalis*) - Has lovely cornflower blue star-shaped flowers. Blossoms and leaves have a cool, faint cucumber taste.

Wonderful in punches, lemonade, gin and tonics, sorbets, chilled



soups, cheese tortas, and dips.

Burnet (*Sanquisorba minor*) - The taste usually is likened to that of cucumbers, and burnet can be used interchangeably with borage.

Chervil (*Anthriscus cerefolium*) - Chervil flowers are delicate white flowers with an anise flavor. Chervil's flavor is lost very easily, either by drying the herb, or too much heat. That is why it should be added at the end of cooking or sprinkled on in its fresh, raw state in salads.

Chicory (*Cichorium intybus*) - Earthy flavor, eat either the petals or the buds. Chicory has a pleasant, mild-bitter taste that has been compared to endive. The buds can be pickled.

Cilantro/Coriander (*Coriander sativum*) - Like the leaves and seeds, the flowers have a strong herbal flavor. Use leaves and flowers raw as the flavor fades quickly when cooked. Sprinkle to taste on salads, bean dishes, and cold vegetable dishes.

Fennel (*Foeniculum vulgare*) - It has a star-burst yellow flowers that have a mild anise flavor. Use with desserts or cold soups, or as a garnish with your entrees.

Ginger (*Zingiber officinale*) - The white variety of ginger is very fragrant and has a gingery taste on the tongue. Petals may be eaten raw or you can cook the tender young shoots.

Jasmine (*Jasminum officinale*) - The flowers are intensely fragrant and are traditionally used for scenting tea. True Jasmine has oval, shiny leaves and tubular, waxy-white flowers. **NOTE: The false Jasmine is in a completely different genus, "Gelsemium", and family, "Loganiaceae", is considered too poisonous for human consumption.**

This flower has a number of common names including yellow jessamine or jasmine, Carolina jasmine or jessamine, evening trumpetflower, gelsemium, and woodbine.

Lavender (*Lavandula angustifolia*) - Sweet, floral flavor, with lemon and citrus notes. Flowers look beautiful and taste good too in a glass of champagne, with chocolate cake, or as a garnish for sorbets or ice creams. Lavender lends itself to savory dishes also, from hearty stews to wine-reduced sauces. Diminutive blooms add a mysterious scent to custards, flans or sorbets. **NOTE: Do not consume lavender oil unless you absolutely know that it has not be sprayed**



and is culinary safe.

[Cottage Cheese-Herb Bread](#)

[Crostini with White Truffle and Olive Paste](#)

[Grilled Pork Chops with Lavender Flowers](#)

[Lavender Creme Brulee](#)

[Lavender Focaccia](#)

[Lavender Hazelnut Bread](#)

[Lavender Jelly](#)

[Lavender Sorbet](#)

[Lavender Tea Cookies](#)

[Peppered Lavender Beef](#)

Lemon Verbena (*Aloysia triphylla*) - Tiny cream-colored citrus-scented blossoms. Leaves and flowers can be steeped as an herbtea, and used to flavor custards and flans.

Marjoram (*Origanum majorana*) - Flowers are a milder version of plant's leaf. Use as you would the herb.

Mint (*Mentha* spp) - The flavor of the flowers are minty, but with different overtones depending on the variety. Mint flowers and leaves are great in Middle Eastern dishes.

Oregano (*Origanum vulgare*) - Milder version of plant's leaf. Use as you would the herb.

Rosemary - Milder version of leaf. Fresh or dried herb and blossoms enhance flavor of Mediterranean dishes. Use with meats, seafoods,



sorbets or dressings. [Lemon Rosemary Chicken](#)

Safflower (*Carthamus tinctorius*) - The dried flowers, Mexican saffron, are used as a food colorant in place of the more aromatic and expensive Spanish saffron.

Sage (*Salvia officinalis*) - The flowers are violet-blue, pink or white up to 1 3/8 inches long, small, tubelike, clustered together in whorls along the stem tops. Flowers have a subtler sage taste than the leaves and can be used in salads and as a garnish. Flowers are a delicious companion to many foods including beans, corn dishes, sauteed or stuffed mushrooms, or pesto sauce.

Savory (*Satureja hortensis*) - The flavor of the flowers is somewhat hot and peppery and similar to thyme.

Thyme (*Thymus* spp.) - Milder version of leaf. Use sprigs as garnish or remove flowers and sprinkle over soups, etc. Use thyme anywhere a herb might be used.)

Hibiscus (*Hibiscus rosa-sinensis*) - Cranberry-like flavor with citrus overtones. Use slightly acidic petals sparingly in salads or as garnish. The flower can be dried to make an exotic tea.

Hollyhock (*Alcea rosea*) - Very bland tasting flavor.

Honeysuckle (*Lonicera japonica*) - Sweet honey flavor. Only the flowers are edible. **NOTE: Berries are highly poisonous - Do not eat them!**

Impatiens (*Impatiens wallerana*) - The flowers have a sweet flavor. They can be used as a garnish in salads or floated in drinks.

Johnny-Jump-Ups (*Viola tricolor*) - Lovely yellow, white and purple blooms have a mild wintergreen flavor and can be used in salads, to decorate cakes, or served with soft cheese. They are also a great addition to drinks, soups, desserts or salads.

Lilac (*Syringa vulgaris*) - The flavor of lilacs varies from plant to plant. Very fragrant, slightly bitter. Has a distinct lemony taste with floral, pungent overtones. Great in salads and crystallized with



egg whites and sugar.

Linden (*Tilia* spp.) - Small flowers, white to yellow was are delightfully fragrant and have a honey-like flavor. The flowers have been used in a tea as a medicine in the past. **NOTE: Frequent consumption of linden flower tea can cause heart damage.**

Marigold (*Tagetes tenuifolia* - aka *T. signata*) - The marigold can be used as a substitute for saffron. Also great in salads as they have a citrus flavor.

Nasturtiums (*Tropaeolum majus*) - Comes in varieties ranging from trailing to upright and in brilliant sunset colors with peppery flavors. Nasturtiums rank among most common edible flowers. Blossoms have a sweet, spicy flavor similar to watercress. Stuff whole flowers with savory mousse. Leaves add peppery tang to salads. Pickled seed pods are less expensive substitute for capers. Use entire flowers to garnish platters, salads, cheese tortas, open-faced sandwiches, and savory appetizers.

Pansy (*Viola X wittrockiana*) - Pansies have a slightly sweet green or grassy flavor. If you eat only the petals, the flavor is extremely mild, but if you eat the whole flower, there is a winter, green overtone. Use them as garnishes, in fruit salads, green salad,



desserts or in soups.

Peony (*Paeonia lactiflora*) - In China the fallen petals are parboiled and sweetened as a tea-time delicacy. Peony water was used for drinking in the middle ages. Add peony petals to your summer salad or try floating in punches and lemonades.

Phlox, Perennial Phlox (*Phlox paniculata*) - It is the perennial phlox, NOT the annual, that is edible. It is the high-growing (taller) and not the low-growing (creeping) phlox that grows from 3 to 4 feet tall. Slightly spicy taste. Great in fruit salads. The flowers vary from a Reddish purple to pink, some white.

Pineapple Guave (*Feijoa sellowiana*) - The flavor is sweet and tropical, somewhat like a freshly picked ripe papaya or exotic melon still warm from the sun.

Primrose (*Primula vulgaris*) - Also know as Cowslip. This flower is colorful with a sweet, but bland taste. Add to salads, pickle the flower buds, cook as a vegetable, or ferment into a wine.

Queen Anne's Lace (*Daucus carota*) - Also known as Wild Carrot and Bishop's Lace. It is the original carrot, from which modern cultivars were developed, and it is edible with a light carrot flavor. The flowers are small and white, and bloom in a lacy, flat-topped cluster. Great in salads. **NOTE: The problem is, it is closely related to, and looks almost exactly like another wild plant, Wild or Poison Hemlock, which often grows profusely in similar habitats, and is said to be the most poisonous plant native to the United States. The**

best way to differentiate between the two plants is to remember that Queen Anne's Lace has a hairy stem, while the stems of Wild Hemlock are smooth and hairless and hollow with purple spots.

Roses (*Rosa rugosa* or *R. gallica officinalis*) - Flavors depend on type, color, and soil conditions. Flavor reminiscent of strawberries and green apples. Sweet, with subtle undertones ranging from fruit to mint to spice. All roses are edible, with the flavor being more pronounced in the darker varieties. In miniature varieties can garnish ice cream and desserts, or larger petals can be sprinkled on desserts or salads. Freeze them in ice cubes and float them in punches also. Petals used in syrups, jellies, perfumed butters and sweet spreads. NOTE: Be sure to remove the bitter white portion of the petals.

[Rose Petal Jam](#)

[Rose Petal Drop Scones](#)



[Rose Petal Tea](#)

Scented Geraniums (*Pelargonium* species) - The flower flavor generally corresponds to the variety. For example, a lemon-scented geranium would have lemon-scented flowers. They come in fragrances from citrus and spice to fruits and flowers, and usually in colors of pinks and pastels. Sprinkle them over desserts and in refreshing drinks or freeze in ice cubes. **NOTE: Citronelle variety may not be edible.**

Snap Dragon (*Antirrhinum majus*) - Delicate garden variety can be bland to bitter. Flavors depend on type, color, and soil conditions. Probably not the best flower to eat.

Sunflower (*Helianthus annuus*) - The flower is best eaten in the bud stage when it tastes similar to artichokes. Once the flower opens, the petals may be used like chrysanthemums, the flavor is distinctly bittersweet. The unopened flower buds can also be steamed like artichokes.

Sweet Woodruff (*Galium odoratum*) - Also known as Wild Baby's Breath. The flower flavor is sweet and grassy with a hint of nutty, vanilla flavor. **NOTE: Can have a blood thinning effect if eaten in large amounts**

Tulip Petals (*Tulipa*) - Flavor varies from tulip to tulip, but generally the petals taste like sweet lettuce, fresh baby peas, or a cucumber-like texture and flavor. **NOTE: Some people have had strong allergic reactions to them. If touching them causes a rash, numbness etc. Don't eat them! Don't eat the bulbs ever. If you have any doubts, don't eat the flower.**

Vegetable Flowers:

Did you know that broccoli, cauliflower, and artichokes are all flowers? Also the spice saffron is the stamen from the crocus flower? Capers are unopened flower buds to a bush native in the Mediterranean and Asian nations. The general rule is that the flowers of most vegetables and herbs are safe to eat. Always check first, because as with anything in life, there will always be exceptions. **NOTE: Avoid - the flowers of tomato, potato, eggplant, peppers and asparagus.**

Arugula (*Eruca vesicaria*) - Also called garden rocket, roquette, rocket-salad, Oruga, Rocketsalad, rocket-gentle; Raukenkohl (German); rouquelle (French); rucola (Italian). An Italian green usually appreciated raw in salads or on sandwiches. The flowers are small, white with dark centers and can be used in the salad for a

light piquant flavor. The flowers taste very similar to the leaves and range in color from white to yellowish with dark purple veins.

Arugula resembles radish leaves in both appearance and taste.

Leaves are compound and have a spicy, peppery flavor that starts mild in young leaves and intensifies as they mature.

[Arugula Salad](#)

[Arugula, Pear and Asiago Cheese Salad](#)

[Walnut, Arugula & Gorgonzola Crostini](#)

Artichoke (*Cynara scolymus*) - The artichoke is considered a flower in which the leaves of the flower are eaten and the choke or thistle part is discarded.

Broccoli Florets (*Brassica oleracea*) - The top portion of broccoli is actually flower buds. As the flower buds mature, each will open into a bright yellow flower, which is why they are called florets. Small yellow flowers have a mild spiciness (mild broccoli flavor), and are delicious in salads or in a stir-fry or steamer.

Corn Shoots (*Zea mays*) - Corn shoots may be eaten when they resemble large blades of grass with a strong sweet corn flavor, which could be used as a garnish for a corn chowder. The whole baby corn in husk may also be eaten, silk and all.

Mustard (*Brassica species*) - Young leaves can be steamed, used as a herb, eaten raw, or cooked like spinach. **NOTE: Some people are highly allergic to mustard. Start with a small amount. Eating in large amounts may cause red skin blotches**

Okra (*Abelmoschus esculentus*) - Also known as Ochro, Okoro, Quingombo, Quingumbo, Ladies Fingers and Gumbo. It has hibiscus-like flowers and seed pods that, when picked tender, produce a delicious vegetable dish when stewed or fried. When cooked it resembles asparagus yet it may be left raw and served in a cold salad. The ripe seeds have been used as a substitute for coffee; the seed can be dried and powdered for storage and future use.

Pac Choy (*Brassica chinensis*) - A sister of the Broccoli plant.

Pea Blossoms (*Pisum* species) - Edible garden peas bloom mostly in white, but may have other pale coloring. The blossoms are slightly sweet and crunchy and they taste like peas. The shoots and vine tendrils are edible, with a delicate, pea-like flavor. Here again, remember that harvesting blooms will diminish your pea harvest, so you may want to plant extra. **NOTE: Flowering ornamental sweet peas are poisonous - do not eat.**

Radish Flowers (*Raphanus sativus*) - Depending on the variety, flowers may be pink, white or yellow, and will have a distinctive, spicy bite (has a radish flavor). Best used in salads. The Radish shoots with their bright red or white tender stalks are very tasty and are great sautéed or in salads.

Scarlet Runner Beans (*Phaseolus vulgaris*) - Have brilliant red blooms that are very tasty and can be served as a garnish for soups, in salads. Bean pods toughen as they age, so make use of young pods as well as flowers.

Squash Blossoms (*Curcubita pepo*) - Squash and pumpkin blossoms are edible and taste mildly of raw squash. Prepare the blossoms by washing and trimming the stems and remove the stamens. Squash blossoms are usually taken off the male plant, which only provides pollen for the female.

Violets (*Viola* species) - Sweet, perfumed flavor. Related flowers, Johnny jump-ups or violas, and pansies now come in colorful purples and yellows to apricot and pastel hues. I like to eat the tender leaves and flowers in salads. I also use the flowers to beautifully embellish desserts and iced drinks. Freeze them in punches to delight children and adults alike. All of these flowers make pretty adornments for frosted cakes, sorbets, or any other desserts, and they may be crystallized as well. heart-shaped leaves are edible, and tasty when cooked like spinach.

Yucca Petals (Yucca species) - The white Yucca flower is crunchy with a mildly sweet taste (a hint of artichoke). In the spring, they can be used in salads and as a garnish.

Candied Edible Flowers

Yes, you can eat the flowers! (But only the edible ones.) Candied edible flowers make pretty and unique garnishes for cakes, cupcakes, cookies, ice cream, and fruit salads. Consider making candied flowers when baking for a special occasion such as Mother's Day, Easter, an afternoon tea, or for gift-giving.



Candied flowers, also called sugared flowers or crystallized flowers, are simply edible flowers that are washed and dried, brushed with egg white or meringue, sprinkled with sugar, and then dried. Generally flowers that have a sturdier petal such as pansies, rose petals, and tulip petals, are perfect to use when making candied flowers as they hold up well when coated with the egg white and sugar.

STOP!! There are many flowers that are edible, but many that are not. Be sure you can positively identify a flower before eating it. Common toxic or poisonous flowers include angel's trumpet, azaleas, belladonna, calla lily, castor bean, crocus, daffodils, daphne, foxglove, larkspur, lily-of-the-valley, nightshade, and rhododendron. Check with a florist, plant nursery, or garden center to positively identify edible flowers.

Edible Flower Tips

Do:

- Be 100% positive that you are using edible flowers.
- Only use flowers that have not been sprayed with pesticides.
- Remove the reproductive parts of the flower if possible, the pistils and stamens, as this is the pollen area that can cause allergic reactions. Normally, you will only want to eat the flower petals and discard the other parts of the flower.
- Consume flowers sparingly as too many can cause digestion issues.
- Use the prettiest blossoms and when they are at their peak of their bloom. Early morning and late afternoon are normally best times for cutting flowers. Leave a long enough stem that you can easily hold onto while making the candied flowers, at least 2 to 4 inches.
- Wash each flower gently, but thoroughly, in cool water to remove any dirt or insects before using.
- Use flowers immediately after they are picked. If necessary, place stems in cool water so they don't start wilting.

Dont:

- Do not use flowers that have been sprayed with pesticides.
- Do not serve edible flowers along with inedible flowers. Your guests may not realize the difference and accidentally eat an inedible flower.
- Do not use flowers that are damaged or excessively dirty. Avoid flowers growing by the side of the road that have car exhaust and road dirt.
- Do not use flowers that appear to be infested with insects.
- Use caution when eating flowers if you have asthma, allergies, or hay fever. Be aware that your guests may also be allergic.

Making Candied Edible Flowers

Ingredients:

- Flower blossoms
- Powdered egg whites or meringue powder, equivalent of 1 or 2 egg

whites, depending on number of blossoms

- Superfine granulated sugar, about $\frac{1}{2}$ to 1 cup

Tools:

- Paper towels to dry flowers
- Small shallow bowls for egg white and sugar
- Small artist paintbrush
- Wire rack for drying flowers

Directions:

- 1 Wash each flower gently but thoroughly in cool water to remove any dirt or insects before using.
- 2 Place washed flowers on paper towels to dry, gently blot the flowers if necessary to remove excess water.
- 3 In a small bowl, combine powdered egg whites or meringue powder with water, using the proportions shown on the egg white or meringue powder container.
- 4 Place sugar in a separate small bowl.
- 5 Holding each flower by the stem, use the small artist paintbrush to apply a thin layer of the egg white mixture to each side of the petals. Cover each petal completely as any places not coated will wilt and turn brown. **Tip:** Start by coating the back-side of the petals, then turn the flower over and coat the top-side of the petals. It may be easier to lay the flower on a flat dish to coat the egg white mixture rather than holding in your hand.
- 6 Sprinkle sugar over both sides of the flower. Gently shake off any excess sugar.
- 7 Place sugared flowers on the wire rack to dry. Allow the flowers to completely dry and harden, up to 48 hours.

Common and Popular Edible Flowers

There are at least 100 types of common garden flowers that are edible. The following is not a complete list. You may have many of the following edible flowers growing now in your own garden.

Apple blossoms

Bachelor button

Bee balm

Borage

Calendula
Chrysanthemums
Dianthus
Honeysuckle
Lavender
Mint
Pear blossoms
Shasta Daisies

Carnations
Clover
Fuchsia
Impatiens
Lemon verbana
Nasturtium
Peony
Squash blossoms

Chamomile
Dandelion
Hibiscus
Jasmine
Lilac
Pansy
Roses
Sunflowers

Chive flowers
Daylily
Hollyhock
Johnny Jump
Marigold
Peach blossoms
Sage
Violets

Source: National Sustainable Agriculture Information Service

How to Sugar your Flowers



Once you have sown and grown your own edible flowers, one of the most satisfying and beautiful ways to use them is to sugar them.

Sugared flowers are fantastic for decorating cakes or desserts, or as a striking addition to accompany any sweet dish.

1. Work to a ratio of one egg to 50g of sugar. For a subtle, matt appearance, use icing sugar. If you wish to have a more distinct, crystallised, appearance, use caster sugar. Roblox Hack Bigo Live Beans Hack YUGIOH DUEL LINKS HACK Pokemon Duel Hack Roblox Hack Pixel Gun 3d Hack Growtopia Hack Clash Royale Hack my cafe recipes stories hack Mobile Legends Hack Mobile Strike Hack

2. Ensure that the flowers are dry before commencing. You can work with individual petals that have been separated from the flower, or whole flowers. Ensure that you have first checked which part of the flower is edible if you wish to use the flower whole. Violas (including Viola Heartease, Viola Freckles and Viola Sorbet Raspberry) are particularly popular as they can be eaten whole. Cowslips and Wild Primroses also make lovely sugared flowers, as do Dianthus Parfait Strawberry, Raspberry and Red Peppermint. Even Pea flowers can be sugared as they are sweet tasting and can be eaten whole.

3. Using a small, new and clean paintbrush, paint the petals/flower all over with egg whites. Sprinkle all painted surfaces with sugar, which will stick to the egg white. Alternatively make a paste from the egg white and sugar and apply all over the flower using a clean, new brush. This will give a more matt appearance to your sugared flowers.

4. Make sure you cover the whole petal/flower as any part you miss will quickly wilt and lose its colour.

5. Dry overnight on greaseproof paper in a warm and dry place. Whole flowers will need to be turned to ensure the entire flower is dried. Flowers sugared in this way will last a few weeks if kept in a cool, dry, dark place.

6. For flowers which last a little longer, replace the egg white with gum arabic which can be purchased from chemists. Dissolve at a ratio of 1 teaspoon to 1 $\frac{1}{2}$ tablespoons of water or clear spirit such as vodka.

7. Rosewater can also be used instead of alcohol or water. Ideally use rosewater which has been made up with tap water, not purified water

(which has had its salts removed). The salts are required for better flower preservation.

8. Once your flowers are dry they are ready to decorate and garnish all your favourite cakes and desserts!

For more ideas on how to use your sugared flowers see "How to Make Sugared Petal Crush"



Raw egg should not be consumed by babies or young children, the elderly or pregnant.

- See more at: <http://theedibleflowershop.co.uk/how-to-sugar-your-flowers/#sthash.pSkyhJhZ.dpufR>

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embellish desserts and iced drinks. Freeze them in punches to delight children and adults alike. All of these flowers make pretty adornments for frosted cakes, sorbets, or any other desserts, and they may be crystallized as well. heart-shaped leaves are edible, and tasty when cooked like spinach.

Yucca Petals (Yucca species) - The white Yucca flower is crunchy with a mildly sweet taste (a hint of artichoke). In the spring, they can be used in salads and as a garnish.

Making Blossom Ice Cubes:

Gently rinse your pesticide-free flower blossoms.

Boil water for 2 minutes for all the air trapped in the water to escape. Remove from heat and let the water cool until room temperature. **NOTE: This will ensure that the ice cubes are crystal clear.**

Place each blossom at the base of each individual compartment within an ice tray. Fill each compartment half full with the cooled boiled water and freeze.

After the water is frozen solid, fill each ice cube compartment the rest of the way to the top with the remaining boiled water. Freeze until ready to use.

Making Flower-Infused Syrup:

1 cup water (or rosewater)

3 cups granulated sugar

1/2 to 1 cup edible flower petals (whole or crushed)

In a saucepan over medium heat, add the water or rosewater, sugar, and edible flower petals; bring to a boil and let boil for approximately 10 minutes or until thickened into syrup. Remove from heat.

Strain through cheesecloth into a clean glass jar.

Keeps up to 2 weeks in the refrigerator.

Can be added to sparkling water or champagne for a delicious beverage. Or, it may be poured over fruit, pound cake or pancakes.

Makes about 2 to 3 cups syrup.

How To Make Flower Butter:

1/2 to 1 cup chopped fresh or dried petals

1 pound sweet unsalted butter, room temperature

Finely chop flower petals and mix into softened butter. Allow the mixture to stand at room temperature overnight to allow the flavors to fuse.

Chill for a couple of weeks or freeze for several months.

Learn how to make [Lavender Jelly](#).

Preserving Edible Flowers:

To preserve flowers, put them on moist paper and place together in a hermetically-sealed container or in plastic wrapping. This way, certain species can be preserved in the refrigerator for some 10 days.

If the flowers are limp, they can be revitalized by floating them on icy water for a few moments; don't leave too long or else they will lose some of their flavor.

You can also store the whole flower in a glass of water in the refrigerator overnight.



Crystallized/Candy Edible Flowers:

Candied flowers and petals can be used in a variety of imaginative ways - to decorate cakes large and small - all kinds of sweet things, such as ice cream, sherbet, crèmes and fruit salads, cocktails.

Ingredients:

1 egg white or powdered egg whites

Superfine granulated sugar (**either purchased or made in a blender or food processor - just blend regular sugar until extra-fine**)

Thin paintbrush

Violets, pansies, Johnny-jump-ups, rose petals, lilac, borage, pea, pinks, scented geraniums, etc.

Wire rack covered with wax paper

Directions:

Carefully clean and completely dry the flowers or petals.

Beat the egg white in the small bowl until slightly foamy, if necessary add a few drops of water to make the white easy to spread.

Paint each flower individually with beaten egg white using the small paintbrush. When thoroughly coated with egg white, sprinkle with superfine sugar.

Place the coated flowers or petals on wax paper on a wire rack. Let dry at room temperature (this could take 12 to 36 hours). To test for dryness, check the base of the bloom and the heart of the flower to make sure they have no moisture. Flowers are completely dry when stiff and brittle to the touch. **NOTE: To hasten drying, you may place the candied flowers in an oven with a pilot light overnight, or in an oven set at 150 degrees to 200 degrees F with the door ajar for a few hours.**

Store the flowers in layers, separated by tissue paper, in an airtight container at room temperature until ready to use.



Garnishing Cheeses with Edible Flowers:

The cheese can be prepared 24 hours in advance of serving. Use flat chunks of cheese, with edible rinds, in a variety of shapes. (Cheddar, Jack, Brie, or Camembert, in round, wedge, or square shapes).

Edible flowers or herbs

Cheese

2 cups dry white wine

1 envelope unflavored gelatin

Lay the flowers and herbs flat on top of the cheese in the presentation that you want to display.

Then remove the flowers and herbs, lay them aside in the pattern you want to display them.

In the medium size saucepan over medium heat, combine the white wine and gelatin. Stir until gelatin is completely dissolved and the mixture is clear. Remove from heat and put the saucepan in a larger container filled with ice. Keep stirring as it thickens, **NOTE: Stir slowly so you don't create bubbles. (If it gets too thick, you can reheat and repeat.)**

Place the cheese in a dish to catch the drippings from your glaze. Spoon the glaze over the cheese and spread evenly. After a few minutes it will become tacky to the touch, then you can "paste" on your flowers in the design pattern you planned.

Refrigerate about 15 minutes; then remove from refrigerator and spoon more glaze over the flowers.

NOTE: Make as many layers of glaze as necessary to cover your decorations - can be three layers for a thick design. If the glaze thickens up too much, just reheat and replace in ice.

Serve with crackers.

Making Flower Petal Tea:



2 cups fresh fragrant rose petals (about 15 large roses)*

3 cups distilled water

Honey or granulated sugar to taste

*All roses that you intend to consume must be free of pesticides. Do not eat flowers from florists, nurseries, or garden centers. In many cases these flowers have been treated with pesticides not labeled for food crops. The tastiest roses are usually the most fragrant.

Clip and discard bitter white bases from the rose petals; rinse petals thoroughly and Pat dry

In a small saucepan over medium-high heat, place the prepared rose petals. Cover with water and bring just to a simmer; let simmer for approximately 5 minutes, or until the petals become discolored (darkened).

Remove from heat and strain the hot rose petal liquid into teacups. Add honey or sugar to taste.

Makes 4 servings.

Ingredients Nutrition

Servings 16 Units US

- 1 egg white (please use powdered egg whites to avoid salmonella)
- 3 -6 drops [100 proof vodka](#), flavored (optional)
- superfine sugar (caster)
- petals violets, begonias, pansies, Johnny-jump-ups, rose petals, lilac, borage, pea, pinks, scented geraniums (Amount depends on size of flowers can be between 30-90 petals)

-

Candied Flowers

1. Beat egg whites until frothy. Add a couple of drops of vodka to help the flowers dry quicker.
2. Using fresh picked flowers, paint each flower individually with beaten egg white using the artist's paintbrush.
3. When thoroughly coated, sprinkle with fine sugar and place on the wire rack to dry. Flowers are completely dry when stiff and brittle to the touch.
4. They should be free of moisture. This could take 12 to 36 hours, depending on humidity. To hasten drying, you may place the candied flowers in an oven with a pilot light overnight, or in an oven set at 150 degrees to 200 degrees F with the door ajar for a few hours.
5. Store the dried, candied flowers in airtight containers until ready to use. They will keep for as long as a year.



Uses for Lavender

Add this Lavender Vanilla Syrup to champagne, vanilla ice cream, or over mixed summer berries: Simmer 1 cup water & $\frac{1}{2}$ cup raw sugar over medium heat, stirring until sugar dissolves. Add 2 tsp pure vanilla extract & 2 Tbsp organic dried lavender blooms, and simmer 20 mins. Remove from heat, let cool, place in fridge overnight. Strain blooms and store syrup in fridge for up to 3 months.

Lavender oil: With a wooden mallet, bruise freshly cut organic lavender flowers, stems & leaves and stuff them into a 500mL mason jar, cover with oil (light olive, almond or jojoba) & let sit for 48 hours. Strain (repeat the above steps again for a stronger fragrance) & store oil in a dark glass jar.

Prepare a recipe a homemade lavender jelly & give it for a hostess gift

Stir crumbled organic fresh lavender blooms and a pinch of cinnamon into vanilla ice cream for a pleasant treat

Use your scrap sewing material to make a lavender eye pillow

Make a lavender sachet by adding organic lavender buds to a muslin bag - gift it as a wedding favor

To make an infused sugar, just start with organic sugar and a dried herb or spice. It's important not to let moisture get into the mixture, to avoid clumping the sugar. Combine them in an airtight container in approximately a 2:1 ratio of sugar to spice or herb. After about 2 weeks, the sugar will be infused, and it will keep well for at least 3

months. So make it after Thanksgiving, and it'll be ready for December gifting.

Rose Petal Scones Recipe:

[Print](#)

Prep Time: 25 minutes

Cook Time: 12 minutes

Yield: 24 scones

Ingredients:

2 1/4 cup all-purpose flour 2 teaspoons granulated sugar

2 teaspoons baking powder

1/2 teaspoon baking soda

3/4 teaspoon salt

1/2 teaspoons ground cinnamon

1/4 cup (1/2 stick) chilled unsalted butter

1/3 cup coarsely-ground pistachio nuts, shelled and unsalted

1 cup chilled heavy cream 1 tablespoon rose water*

2 tablespoons rose petals, cleaned and finely shredded (organic only - no pesticides)**

Rose Water Icing (see recipe below)

* Rose Water is distilled from water and roses. It is used heavily in South Asian, West Asian, and Middle Eastern cuisine (especially in sweets). It is usually found in specialty stores (Asian or Indian grocery and spice stores), but some grocery stores now carry it. If you are

unable to find culinary essence or rose water, substitute 1 tablespoon fresh-squeezed lemon juice.

** All roses that you intend to eat must be free of pesticides. Do not eat flowers from florists, nurseries, or garden centers. In many cases these flowers have been treated with pesticides not labeled for food crops. The tastiest roses are usually the most fragrant.

Instructions:

Preheat oven to 425 degrees F. Lightly spray a large baking sheet with vegetable-oil cooking spray.

In a large bowl, sift together flour, sugar, baking powder, salt, baking powder, baking soda, salt, and cinnamon. With a pastry blender or two knives, cut butter into flour mixture until particles are the size of small peas; stir in pistachio nuts.

In a separate bowl, combine cream and rose water. Stir in the shredded rose petals. Add the rose mixture to the dry ingredients; stir until a soft dough forms. When making scones, work the dough quickly and do not over mix.

Note: Scones can be cut into any shape you desire. Use a drinking glass

to make circles, or cut into squares or wedges with a knife. Dip the edges of the cutter in flour to prevent the dough from sticking. Do not pat the edges of the scone down; instead leave the cuts as sharp as possible to allow the scones to rise in layers.

Drop dough by the teaspoonful onto the prepared baking sheet.

Bake approximately 10 to 12 minutes or until golden brown. A good check is to use an instant digital thermometer to test your scones. The temperature of the scones should be at 200 degrees F. when done.



This is the type of cooking and meat thermometer that I prefer and use in my cooking. I get many readers asking what cooking/meat thermometer that I prefer and use in my cooking and baking. I, personally, use the [Thermapen Thermometer](#) shown in the photo on the right. Originally designed for professional users, the [Super-Fast Thermapen Thermometer](#) is used by chefs all over the world.

While scones are baking, prepare Icing. Remove scones from oven to a baking rack to cool slightly, then drizzle the prepared Icing over the scones while still warm.

Makes 24 scones.

Rose Water Icing:

1 cup powdered (confectioners' sugar)

3 tablespoons rose water

1 tablespoon red current jelly

In a bowl, combine powdered sugar, rose water, and red current jelly until smooth.

NOTE: If the icing is too thick, add another teaspoon of rose water.