

*The 10<sup>th</sup> Annual  
Edible Flowers  
Food Fest*

*Thursday, July 22<sup>nd</sup>, 2010  
Buffalo Inn  
South Park, Pa.*

## **RULES FOR EDIBLE FLOWERS**

1. Eat flowers only when you are positive they are edible.
2. Just because it is served with food, does not mean a flower is edible.
3. **DO NOT** eat flowers from florists, nurseries or garden centers because they have probably been sprayed.
4. Eat only from flowers that have been grown organically without sprays.
5. If you have hay fever, asthma or severe allergies, you should avoid eating members of the daisy family because they could trigger an allergic reaction.
6. Children under the age of 4 should not eat edible flowers because of possible reactions.
7. Remove pistils and stamens from flowers before eating. Eat only the petals unless leaves are specified.
8. Do not eat flowers picked from the side of a road. Besides exhaust emissions on the plants, you don't know whose dog was there before you!
9. There are many varieties of any one flower. Flowers taste different when grown in different locations.
10. Introduce flowers slowly into your diet in the way you would new foods.
11. Not all flowers are edible. Some are poisonous. Just because the deer and groundhog eat it, doesn't mean you can too!

### **Salmon Pizza with Nasturtiums**

1 prepared pizza crust  
6 ounces of thinly sliced smoked salmon  
or  
1 cooked salmon filet (I like to grill it with a little butter & brown sugar)  
3 ounces of cream cheese, softened  
3 ounces of sour cream  
¼ cup finely chopped red onion  
1 tbl. of fresh dill leaves  
¼ cup nasturtiums, flowers and leaves  
1 tablespoon of chopped nasturtiums for garnish

Combine cream cheese and sour cream until smooth. Finely chop nasturtiums and add .to cheese mixture. Let it sit for one hour in the refrigerator. Spread the cheese mixture over the pizza crust. Flake cooked salmon or slices of smoked salmon uniformly over the crust then sprinkle with the red onion, dill and the rest of nasturtiums. Cut in squares and serve cold.  
Serves 10-12

### **Edible Flower Cream Cheese Spread**

1 8 oz. package of cream cheese softened  
1 stick of butter softened (optional)\*  
1 Tablespoon of Edible flower mixture\*\*  
Fresh Flowers

In a mixing bowl combine cream cheese, butter and flower mixture with a mixer. Line a mold with plastic wrap then line with edible fresh flowers and add cheese spread. Wrap tightly and refrigerate for 6 hours or overnight to let flavor fully develop. Unmold and peel off plastic wrap. Serve with plain butter crackers or cookies.

\* You don't have to include butter but it gives it smoother taste.

\*\*Available from the [www.VillageHerbShop.com](http://www.VillageHerbShop.com)

## **Watermelon, Feta and Black Olive Salad**

by Nigella Lawson

1 Small red onion  
2-4 limes depending on juiciness  
3 ½ pound of ripe watermelon  
9 ounces of feta cheese  
3-4 tbl. Extra virgin olive oil  
4 ounces (1/2 cup) pitted black olives  
1 bunch of flat leaf parsley  
1 bunch fresh spearmint and flowers chopped coarsely  
Peel and halve the onion and cut into very fine slices and place in a bowl. Squeeze limes over the onion and let them set aside until ready to use.  
Cut pieces of watermelon that has been cut from the rind and seeds removed into bit size pieces and place in a large bowl. Gently crumble the feta cheese all over the watermelon. Tear sprigs of parsley so that you have the entire leaf and add to the watermelon. Add the chopped mint at this time. Pour the onions and lime juice all over the salad, add the oil and olives and very gently toss the salad with your hands so you don't break up the watermelon or feta. Add fresh black pepper and serve.  
Serves

## **Lavender Biscotti**

Preheat oven to 325 degrees

### ***Cream together:***

1 stick of butter not margarine  
¾ cup sugar  
¼ cup lavender sugar \* or granulated sugar

### ***Add in order:***

½ cup oil  
3 whole large eggs  
3 cups regular flour (not sifted)  
3 tsp. Baking powder  
2 Tbl. Lavender flowers or minced leaves or a combo

### ***Stir together.***

Then add 1 tsp vanilla  
1 cup finely chopped nuts, soaked in brandy, bourbon, etc.  
Optional

Refrigerate at least 4 hours or overnight. Divide into eight rolls thick as a banana. Use 2 large cookie sheets per 2 rolls and bake at 325 for 15 minutes until lightly brown.

Remove and slice at a 45 degree angle. Return to the baking sheet and put back into the oven until slightly brown. Let cool completely on a rack then store in an airtight jar.

\*To make Lavender sugar, place 5 cups of sugar in an airtight container. Layer lavender flowers and a few washed and dried stems of lavender with the sugar. Stir every couple days until the stems are completely dry. Remove the stems but you can leave the flowers in the sugar. Use in recipes, hot or cold tea, sprinkle over cookies or toast or mix a little with butter as a spread.

### **Rose Petal Ice Cream**

1½ gallon of French vanilla ice cream (softened slightly)

2-3 tablespoons of rose syrup

1 teaspoon of rose water

½ cup of fragrant rose petals, chopped fine

or

¼ cup of dried, crushed fragrant rose petals

½ cup chopped pistachios if desired

Add rose syrup and rose water to softened ice cream and mix thoroughly. Add rose petals and pistachios. Refreeze until hard.

You may serve the ice cream with a few fresh, unsprayed rose petals on top of the ice cream.

### **Beef with Rose et Poivre**

Marinate beef in your favorite recipe, mine happens to be either red wine or bourbon.

Roast until temperature on a thermometer reaches desired doneness. **DO NOT** cut open or poke holes in meat. Allow to rest after coming out of oven for at least 15-20 minutes to allow the juices to be reabsorbed into the meat.

Slice to desired thickness.

Sprinkle with Rose et Poivre and enjoy!

### **Rose et Poivre**

3 small cinnamon sticks, crushed

1/3 cup whole black peppercorns

1/3 cup whole white peppercorns

½ cup whole pink peppercorns

½ cup dried baby rosebuds

or

¾ cup dried rose petals

¼-½ cup of freeze dried chives

Combine ingredients in a jar. When ready to use, place small pieces in a pepper grinder or use an electric coffee grinder. Use on poultry, beef or pork dishes or over a tossed green salad.

### **Roasted Red Pepper Soup with Nasturtiums**

6 red peppers, roasted, seeded and cooled

**OR**

16 oz. jar of roasted red peppers in WATER

1 large can of tomato juice

2 1/2 tomato juice cans of water, chicken or vegetable broth or any combination of the three

About 1 cup of flowers and leaves from washed nasturtiums

1 tablespoon of lemon juice

Leaves from 2 sprigs of fresh thyme

Salt and freshly ground pepper

Sour cream

In a food processor, puree peppers until smooth. Place in saucepan along with broth/water, tomato juice and lemon juice and heat thoroughly. Mince nasturtiums and add to soup with thyme. Add a small amount of salt and freshly ground pepper. Cook for another 5 minutes to allow flavors to meld together.

Serve hot or cold with a dollop of sour cream.

You can also skip the sour cream and add tablespoon of vodka if serving cold, stirring it in. (My husband's idea.) ☺

### **Chicken with Herbes du Provence**

4 chicken breasts or thighs with skin

1 Tablespoon Herbes du Provence

½ cup Extra virgin Olive oil

Clean and dry chicken and place in a bowl. Skin help prevent loss of moisture and improves flavor. You can always take it off after cooking.

Mix Herbes du Provence into olive oil and allow it to sit for 4 hours or longer. You can make this up to a week ahead of time. Pour oil over chicken and marinate it for a couple of hours in the refrigerator.

Place chicken on baking rack and cook at 350 for 25-30 or until juices run clear. Serves 4.

## EDIBLE FLOWERS

Anise hyssop  
Basil  
Bee balm (Monarda)  
Borage  
Calendula  
Chamomile (annual)  
Chives  
Chrysanthemum leucanthemum  
Dendrobium orchid  
Dianthus  
Dandelion  
Daylily buds  
Eastern redbud  
Johnny jump-ups  
Lavender (English)  
Lilacs  
Marigold (Signet)  
Mints  
Nasturtium  
Pansies  
Peas (Vegetable)  
Roses  
Rosemary  
Sage  
Scented geraniums  
Squash blossoms  
Sunflower  
Thyme  
Tulips  
Violas  
Violets (not African violets)  
Yucca flowers

## INEDIBLE FLOWERS

Azalea  
Burning Bush  
Caladium  
Clematis  
Cosmos  
Daffodil  
Dahlia  
Delphinium  
Elephant ears  
Four o'clocks  
Foxglove  
Hyacinth  
Hydrangea  
Iris  
Ivy (English Ivy)  
Jack in the pulpit  
Lantana  
Lily of the Valley  
Lobelia  
Morning glory  
Mountain laurel  
Periwinkle  
Petunia  
Privet  
Rhododendron  
Sweet pea  
Taxus (yews)  
Wisteria

This is only a partial list of edible and inedible flowers. ALWAYS check first before ingesting a flower.

### **Sunny Shrimp**

1 lb of raw shrimp, cleaned and deveined  
5 leaves of pineapple sage, torn  
1 small can of crushed pineapple in its own juice, drained  
reserving juice.

1 tbl. of cooking oil

In a bowl combine shrimp, pineapple juice and pineapple sage  
and marinate for 2-3 hours.

Heat oil in large frying pan and add shrimp combination. Stir in  
crushed pineapple. Cook until shrimp become pink.

Remove from heat and serve. Serves 6-8.

### **Oven Roasted Italian Green Beans with Onion Flowers**

Boil 2 cups of water

Add:

½ lb. fresh green beans trimmed

Cook 10 minutes and drain.

3 tablespoons of butter

¼ cup olive oil

1 tablespoon of minced garlic

¼ cup of pine nuts

1 tablespoon of onion flowers, fresh or dried

2 tablespoons of bread crumbs

¼ cups of Parmesan cheese, grated

Melt butter and oil together and add garlic. Add pine nuts,  
bread crumbs and cheese. Toss with beans and place on a  
cookie sheet and bake at 375 for 15-20 minutes or until beans  
still a bit crispy but done.

Serves 2-3

This recipe is based on my mother's (Virginia Uram) Italian  
Green Bean recipe. She helped prepare much of the food over  
the years for this food fest.

### **Mushrooms stuffed with fresh mozzarella and thyme**

¼ cup balsamic vinegar

¼ cup extra virgin olive oil

1 dozen mushrooms for stuffing, cleaned and stemmed

Fresh Mozzarella balls

1 small jar of roasted red peppers

Sprigs of fresh thyme with flowers if possible, picked off stem

Combine vinegar and oil and brush over mushrooms. Place in mushroom caps stem side up on a baking pan. Cut small pieces of mozzarella and place in mushrooms. Top with a small piece of roasted red pepper and a few thyme leaves and flowers.

Bake at 375 until cheese melts and mushrooms are done.

About 20-25 minutes. Serves 4-6.

### **Oriental Broccoli Salad**

½ cup slivered or sliced almonds

2 Tbsp. Sesame seeds

1 head of broccoli, florets only, broken apart

¾ lb. Bean sprouts

2 cups sliced fresh mushrooms

2 green onions, chopped thinly including green stems

½ small cucumber, peeled, seeded and diced

1 ½ cups shredded red cabbage

¼ cup sunflower seeds

1 yellow pepper, seeded and julienned

1 package of ramen noodles, broken up

#### **Dressing**

½ cup vegetable oil

3 Tbsp. Rice vinegar

2 Tbsp. Light or low sodium soy sauce

1 Tbsp. Granulated sugar

1 ½ tsp Sesame oil

1 clove garlic minced

Salt and pepper to taste

Toast almonds and sesame seeds in a pan over medium heat, stirring occasionally until fragrant. Let cool. Toss rest of ingredients together except for ramen noodles and add almonds and sesame seeds.

Whisk together all ingredients for dressing and refrigerate up to 4 hours before serving. Add dressing before serving.

Sprinkle with broken ramen noodles. Serves 4 as a side salad or 2 as a main salad.

If you like, you can saute 2 chicken breasts, skin removed, cool completely then either cut into pieces or shred them and add to salad.

## **Lavender-Blueberry Vinegar**

Courtesy of Suzanne Carney, Bethel Park, Pa.

1 ½ cups lavender flowers unsprayed  
1 quart washed blueberries gently crushed  
½ gal white vinegar or white wine vinegar (5% acidity)

Put all ingredients in a large glass jar such as a canning jar or a Sun tea jar. Stir well and place in a cool dark place for 3-4 weeks, stirring every few days to allow flavor to develop fully.

Using a cheesecloth-lined strainer, pour mixture into a large stockpot. Add ½-2 cups white sugar depending on taste. Bring to a simmer for 5-7 minutes until the sugar is dissolved.

Allow to cool then pour into bottles, adding fresh whole blueberries or a sprig of lavender. Seal with wax and enjoy!

## **Sources**

### **Labad's Middle Eastern Store-Strip District**

Rose syrup, rosewater, orange blossom water

### **Chahine's Middle Eastern Market-Brookline Blvd.**

Rose syrup, rosewater, orange blossom water

### **McGinnis Sisters Grocery**

Rosewater, orange blossom water, dried lavender, Herbes du Provence, juniper berries (Spice Hunter Brand)

### **Giant Eagle Supermarkets\***

Edible flowers, dried lavender, Herbes du Provence, juniper berries (Spice Hunter Brand)

\*Not all stores carry edible flowers all the time. You may have to ask the produce manager to order them for you. It should only take a day or two. Look for them with the packaged fresh herbs.

### **Pennsylvania Macaroni-Strip District**

Fruit of the rose jam aka rose hip jam, rosewater, orange flower water, dried lavender (packaged)

### **Fortunes Coffee-Strip District**

Dried lavender, Herbes du Provence, juniper berries (Spice Hunter)

### **Reyna's Market-Strip District**

Dried rose petals and buds, dried lavender, other assorted dried flowers

### **Stamoolis Brothers-Strip District**

Rose syrup, orange blossom water, rosewater

### **East End Co-Op**

Fresh, edible flowers according to season. Always ask if they are sprayed.

### **Village Herb Shop**

Dried mixed edible flowers, dried lavender, Herbes du Provence, dried calendula. Ask what is in stock. Web site: [www.villageherbshop.com](http://www.villageherbshop.com)

**Whole Foods** Dried lavender, dried roses, organic fresh flowers, herbs and flower waters

### **Monarda Lemonade**

1 cup of water  
1 cup of granulated sugar  
¼ cup of Monarda petals  
1 cup fresh lemon juice  
4 cups cold water

Stir one cup of sugar into one cup of water, dissolving the sugar. Add petals. Boil until thick and syrupy.

Strain and let cool.

Fill a pitcher with the cold water and add syrup and lemon juice. Stir thoroughly and add ice. Serves 4-6

### **Asian Noodle Salad with Nasturtiums**

1/3 cup rice vinegar  
1 teaspoon sugar  
2 tablespoons peeled and grated fresh ginger  
1 tablespoon of honey  
2 teaspoons of sesame oil  
2 teaspoons Chinese sweet chili pepper sauce  
¼ cup canola oil  
1 lb. of cooked linguini  
1 carrot peeled and grated  
1 red bell pepper, seeded and julienned  
½ of a small cucumber  
3 green onions sliced on the diagonal  
1 cup of nasturtium flowers and leaves chopped  
¼ cup chopped fresh parsley or cilantro leaves

Whisk together vinegar, sugar, ginger, honey, sesame oil and sweet chili pepper sauce. Slowly whisk in canola oil until combined.

Add noodles, carrot, pepper, cucumber, green onions, nasturtiums and parsley/cilantro. Gently toss and serve.  
Serves 6

### **Strawberry-Lavender Margaritas**

1 cup of water

1 cup of sugar

1-2 tablespoons of dried lavender buds

### Mailing list and web information for Allegheny County Parks

You can visit the County Parks website at [www.alleghenycounty.us/parks](http://www.alleghenycounty.us/parks)

There you can get directions to all parks, see our events calendar or get updated information.

You can also sign up to be on our mailing list which is never sold but for our events only. Just email [gardens@alleghenycounty.us](mailto:gardens@alleghenycounty.us) with a request to be placed on our email mailing list and that's it. You get first notice on upcoming classes before the general public.

You can visit Allegheny County Gardens! on our website for gardening information and updates.