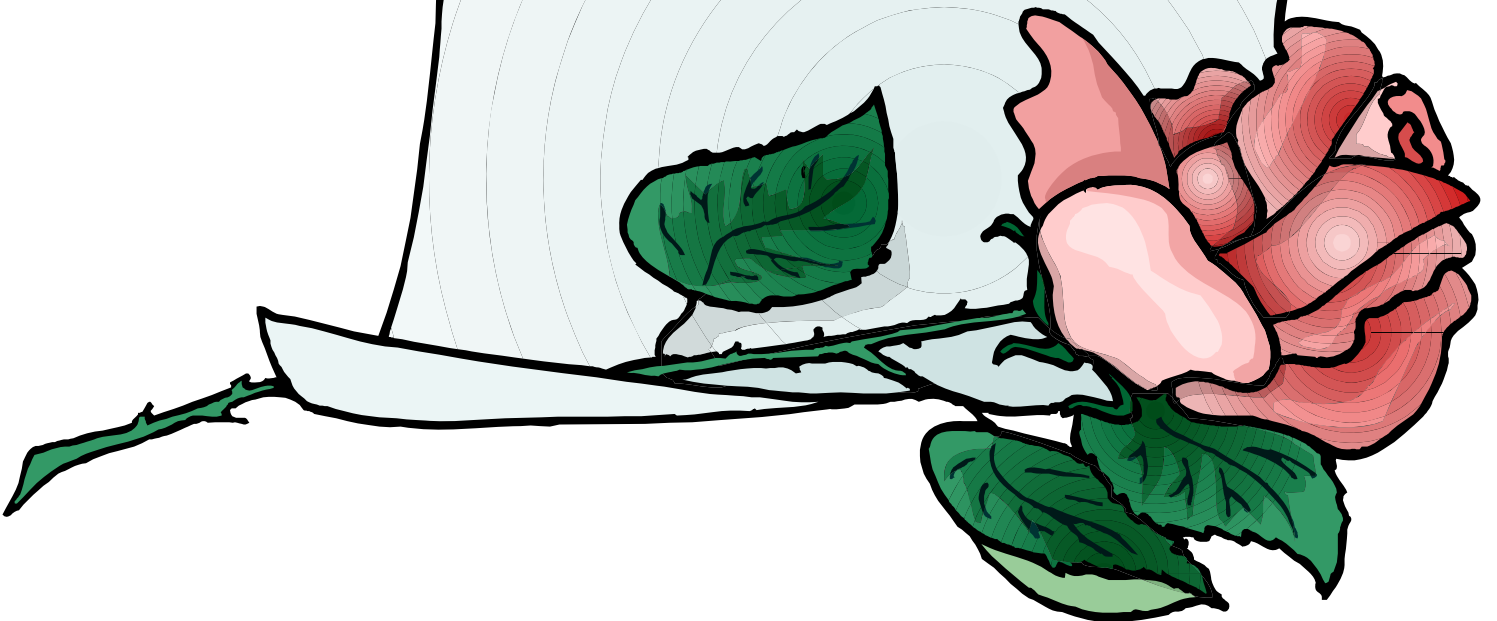


*Edible Flowers
at Hartwood*

July 28, 2010





Confetti Flowers Cheese Spread

*1 8 oz. package of softened cream cheese
1 stick of butter, not margarine
1-2 tablespoons of edible flower mix crumbled*

Combine cream cheese and butter and beat until light and fluffy. Add flower mix and incorporate. You can place it in a mold by lining the mold with plastic wrap and placing fresh edible flowers such as pansies or rose petals in the bottom then filling with cream cheese mixture. Cover with plastic wrap and refrigerate for at least 4 hours for the flavors to meld together. Unmold upside down and serve with crackers, vegetable sticks or toasted breads.

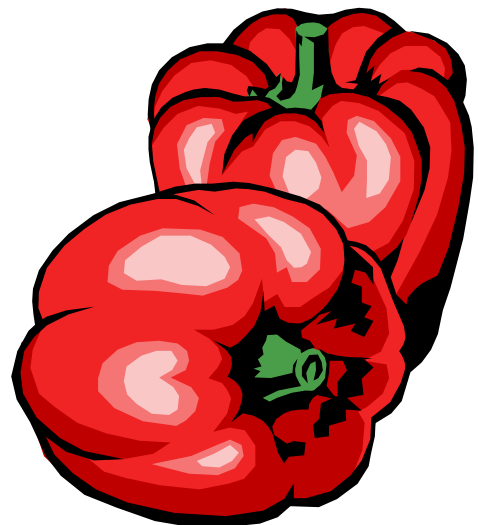
Roasted Red Pepper Soup with Nasturtiums

*6 red peppers, roasted, seeded and cooled
or
16 oz. jar of roasted red peppers in WATER
1 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.)





Lavender Blueberry Scones

- 2 cups all-purpose flour
 - 1 1/2 tbl. of fresh chopped lavender leaves/blossoms
 - 1/4 cup packed brown sugar
 - 1 tablespoon baking powder
 - 1/4 teaspoon salt
 - 1/4 cup butter, chilled
 - 1 cup fresh or frozen blueberries
 - 3/4 cup half-and-half cream
 - 1 egg
1. Preheat oven to 375 degrees F
 2. Cut butter into mixture of flour, sugar, baking powder, and salt. Add blueberries and toss to mix.
 3. In separate bowl beat together cream and egg, and slowly pour into dry ingredients, stirring with rubber scraper until dough forms. Knead just until it comes together, 3 or 4 times. Don't overhandle.
 4. Divide dough in half. On lightly floured board, shape each half into a 6-inch round. Cut into 6 wedges with a sharp knife. Cut straight down, don't slice.
 5. Bake on ungreased sheet about 20 minutes at 375 degrees F
 6. When you take them out of the oven, take the knife and go over the cuts again. Let cool slightly and serve with butter, clotted cream or nothing at all.



Lavender Ginger Lemonade

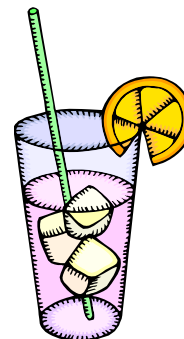
Lavender Ginger Syrup

- 1 cup sugar
- 4 oz. of crystallized ginger, chopped
- 2 tablespoons of dried culinary lavender
- Grated zest of 2 lemons
- 2 cups of water

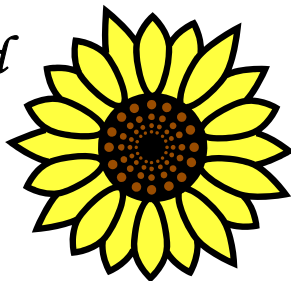
Put the first 4 ingredients in a food processor and blend for 1 minute or until the ginger is broken into small pieces. Transfer to a medium saucepan and add the water. Bring to a boil and cook for 1 minute. Strain into a bowl and discard the solids.

Use one large can of frozen lemonade that makes 1/2 gallon and add syrup and stir. Serve over ice.

Adapted from [The Lavender Cookbook](#), Sharon Shipley



Sunflower Pasta Salad



2 Chicken breasts (Optional)
½ cup Italian Dressing
¼ cup of bottled teriyaki marinade
½ cup toasted hulled sunflower seeds
6 shredded fresh basil leaves
Petals from 2 sunflowers (Optional)

In medium bowl, combine the chicken with the ¼ cup marinade. Let stand turning occasionally for 20-30 minutes. Place them in a baking dish and broil 3-4 minutes on each side, until the chicken is cooked through. Remove from the oven and let cool. Cut the chicken into ½ inch strips and set aside in refrigerator.

In a large pan filled with lightly salted boiling water, cook pasta. Drain well and rinse under cold water and drain again. Transfer to a serving bowl and toss with teriyaki marinade and Italian dressing. Add sunflower seeds. Steam sunflower petals for 2 minutes then remove from heat. Combine basil leaves, chicken strips and pasta. Mound on a platter and add sunflower petals on top. Chill thoroughly before serving.

Adapted from Morse, Kitty. 1999. *Edible Flowers, a Kitchen Companion with Recipes*. New York: Ten Speed Press

Roses et Poivre

3 small cinnamon sticks
1/3 Cup whole black peppercorns
1/3 Cup whole white peppercorns
1/3 Cup whole pink peppercorns
½ Cup dried baby rosebuds or rose petals
½ Cup dried chives

Combine ingredients in a jar. When ready to use, place a small amount in a coffee grinder and grind. Sprinkle over meats, poultry or greens.

Lavender-Blueberry Vinegar

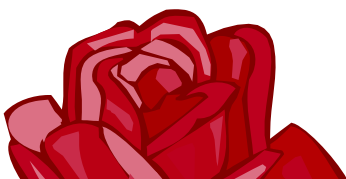
Courtesy of Suzanne Carney, Bethel Park, Pa.

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.

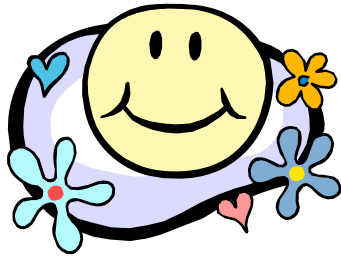
Allow to cool then pour into bottles, adding fresh whole blueberries or a sprig of lavender. Seal with wax and enjoy!





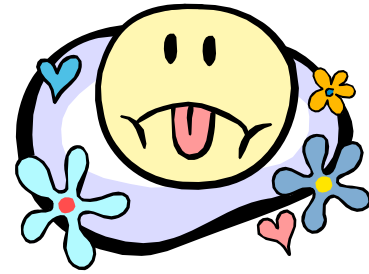
Rules for Edible Flowers

- 1. Eat flowers only when you are positive that they are edible.*
- 2. Just because they are 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.*
- 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.*



Edible Flowers

Anise hyssop (flowers)
Basil (flowers and leaves)
Bee Balm (flowers)
Borage (flowers)
Calendula (flowers)
Chamomile (annual) (flowers)
Chives (flowers and leaves)
Chrysanthemum leucanthemum (flowers)
Dianthus (flowers)
Dandelion (flowers)
Daylily buds and flowers
Eastern redbud (flowers)
Johnny jump-ups (flowers)
Lavender (English) (flowers/leaves)
Lilacs (flowers)
Marigold (Signet) (flowers)
Mint (leaves)
Nasturtium (flowers, leaves)
Pansies (flowers)
Peas (Vegetable) (flowers, seed pods)
Roses (flowers)
Rosemary (flowers, leaves)
Sage (flowers, leaves)
Scented geraniums (flowers, leaves)
Squash blossoms (flowers)
Sunflower (flowers, seed)
Thyme (flowers, leaves)
Tulips (flowers)
Violas (flowers)
Violets (not African violets) (flowers)
Yucca (flowers)



Inedible Flowers

Azalea
Boxwood
Burning Bush
Caladium
Clematis
Cosmos
Daffodil
Delphinium
Elephant Ears
Four O'Clocks
Foxglove
Hyacinth
Hydrangea
Iris
Ivy (English Ivy)
Jack in the Pulpit
Lantana
Lilies (all lilies)
Lily of the Valley
Lobelia
Morning Glory
Mountain Laurel
Periwinkle
Privet
Rhododendron
Sweet Pea
Wisteria

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

MC GINNIS SISTERS GROCERY-BRENTWOOD

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)

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.

www.villageherbshop.com

*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.