



eats

Edible Flowers-Yum!

by Judy Alleruzzo

Gardening of any kind makes me hungry. I always seem to get the planting, weeding and enjoying myself. Typically I'm covered in all and manure. The debris I'd leave inside to grab a treat would leave me unfortunately, with a few of the right plants you can have a smörgåsarbete to find that there are many flowers in our gardens that are edible.



Edible Spring Flowers

Bringing a few blooms to your menu helps celebrate this season.

Nasturtium - Toss these with fresh greens or use them as a garnish. They offer your dishes a spicy, radish flavor.

Violets & Pansies - You can also toss these with fresh greens or use them as a garnish. Also think about baking them on top of shortbread cookies. All you have to do is paint the flowers with whipped egg whites and sprinkle with sugar. You can use them this way or just fresh to decorate a spring cake. Just remember to refrigerate flowers.

Scented Geraniums - There are many flavors of Scented Geraniums. The flowers taste like their fragrance. Lemon scented geraniums have lemon flavored flowers. Use in vinegars, salads or as a garnish.

Summer Flowers

This time of year you can make a beautiful feast with the abundance of edible flowers.

Fuchsias - I think any salad would be more beautiful with the pink and purple blooms of Fuchsias as a garnish. Make sure you pinch off the calyx, the green cap that attached flower to the stem, before serving.

Roses - The more fragrant the flower the more tasty the petals. Pinch off the white part of the petal at the base. Sprinkle on salads and amaze your friends!

Day Lilies - Each flower has a slightly different taste. Beautiful in a salad or as a garnish.

Herb Flowers, like Chives & Basil - Flowers will taste just like the herb and they are pretty as a garnish or sprinkled on a salad.

Zucchini Flowers - This is a great way to keep your Zucchini population down. My favorite use is to dip them in an egg and flour batter, then saute them in Olive Oil. Finish them off with a sprinkle of Parmesan Cheese right before serving. Yum!



eats

Edible Flowers-Yum! - *Continued*

Marigolds - All varieties are edible especially the lemon scented varieties like 'Gem'. Use as a garnish or sprinkle on salads.

Sunflowers - Each petal is edible. Use as a garnish or sprinkle on salads. Leave the seed head until the seeds ripen to enjoy and share a few with the birds.

Lavender - These florets are very perfumy tasting, and have many uses. One great way to use them is to steep the individual florets in whipping cream with a few teaspoons of sugar. Strain out the floret and then whip. It's a fragrant delight served over chocolate cake or berries.

There are a few rules when tasting flowers from your garden.

1. Make sure you have not used any type of sprays on your flowers either organic or inorganic.
2. Some flowers have a white or green cap at the back of the flower's throat. Pinch this off as it's usually bitter.
3. Eat only flowers you know are edible.
4. Eat small quantities of the flowers as larger quantities may be hard on your system.
5. Harvest the flowers in the cool of the early morning. The flowers are at their freshest.
6. Don't forget to rinse flowers off before eating them.

Edible flowers are such a taste treat this time of year. Be adventuresome and start grazing in your own flower garden!