



Bring Edible Flowers



Flowers are delightful. We enjoy their wonderful fragrances. We see their beauty and use them as a decorative item. So what do flowers have to do with food? Believe it or not, **A LOT**. Have you ever eaten sage, chives, and dandelions? Today, the use of flowers for food is being revived.

Edible flowers are a unique addition to any feast. Using them as part of your daily menu adds nutritional appeal to all dishes. But before you begin picking wildflowers or purchasing a bouquet of flowers for your next meal some words of caution:

- Make sure the flower is edible. Ask a qualified professional if you are unsure before consuming it. Do your research.
- Start slowly when you begin incorporating edible flowers into your diet to avoid allergic reactions.
- Do not consume flowers bought from retail outlets unless you know they were grown without chemicals.
- Eat only the flower parts you have confirmed as safe for human consumption.
- Make sure all flowers you pick are rid of bugs

How to select and store edible flowers:

- Pick and eat edible flowers and blossoms the same day.
- Pick edible flowers in the morning for best success. Picking them in the evening right before the sun goes down would be your next best choice.
- If you do plan to store them put them into an airtight container. Place a napkin or paper towel on the bottom to absorb the extra moisture.
- Do not pack tightly or they will lose their delicate look.



Preparation:

- Edible flowers need to be added at the end of preparation. Example: After you have tossed a salad, you can sprinkle a few petals or blossoms on it.



Menu Ideas:

- Squash blossoms go nicely when added to vegetables or casseroles
- Rose petals are a tasty treat with fresh fruit
- Daylily buds have a beanie taste when added to an Oriental dish
- Wild violets make a beautiful garnish for peas
- When making ice cubes, drop a few edible flowers into each compartment before freezing. Then add to a punch bowl or cocktail later
- Chrysanthemum petal tips complement ginger in meat dishes
- Try using homegrown hibiscus to make a delicious, fragrant tea
- Apple blossoms have a delicate floral flavor
- Carnations add a spicy, clove-like flavor to dishes
- English Lavender have a sweet lemony taste

