



# DOWLING COMMUNITY GARDEN

address DOWLING COMMUNITY GARDEN, PO BOX 6757, MINNEAPOLIS, MN 55406  
telephone 651.255.6607  
web WWW.DOWLINGCOMMUNITYGARDEN.ORG

## Recipes Using Edible Flowers

### FLOWERS FOR GREEN SALADS

Nasturtium, violet, pansy, chive or garlic chive, dandelion, calendula, marigold, bachelor's buttons, borage

### FLOWERS FOR FRUIT SALADS

Rose, violet, pansy, dianthus, anise hyssop, borage, scented geranium, lilac

### FLOWER-SCENTED SUGAR

4 cups sugar  
1/2 cup flower petals, 2-3 branches lavender or 3-4 scented geranium or lemon balm leaves

Carefully clean flowers but do not wash. Trim white end from petals or slightly crush leaves. Lay on wire rack to dry overnight.

Layer sugar and flowers in jar with tight lid. Leave at least two weeks for flavors to develop. Sift sugar to remove flowers before use.

– from Perfect Preserves

#### Resources

Carey, Nora. *Perfect Preserves-Provisions from the Kitchen Garden*. New York, NY: Stewart, Tabori & Chang, 1990.

Creasy, Rosalind. *The Edible Flower Garden*. North Clarendon, VT: Tuttle Publishing, 1999.

Morse, Kitty. *Edible Flowers: A Kitchen Companion with Recipes*. Berkeley, CA: Ten Speed Press, 1995.

Shepherd, Renee and Raboff, Fran. *Recipes from a Kitchen Garden*. Berkeley, CA: Ten Speed Press, 1993.

#### Useful web sites

<http://www.npr.org/templates/story/story.php?storyId=5455396>

<http://homecooking.about.com/library/archive/blflowerindex.htm>

<http://whatscookingamerica.net/EdibleFlowers/EdibleFlowersMain.htm>

<http://asiarecipe.com/flowers.html>

<http://www.fitnessandfreebies.com/food/edibleflowers.html>

[http://www.scotherbs.co.uk/pages/herb\\_information.htm](http://www.scotherbs.co.uk/pages/herb_information.htm)

<http://www.epicurean.com/articles/edible-flowers.html>

### FLOWER TEA SANDWICHES

1/2 cup edible flowers (lilac, peony, marigold, pinks, carnation, rose, lavender)  
4 ounces of softened cream cheese  
Thinly sliced dark bread

Break up the flowers and mix with cream cheese. Spread on bread.

– Kathie Schmidt, *AsiaRecipe.com* (online)

### BLUEBERRY LAVENDER CRANBERRY CRISP

3 cups blueberries  
1 cup cranberries  
1/2 teaspoon fresh lavender flowers  
3/4 cup sugar  
1-1/2 cups crushed oatmeal graham crackers  
1/2 cup brown sugar  
1/2 cup melted butter  
1/2 cup sliced almonds

Preheat oven to 350 degrees F.

Combine blueberries, cranberries, lavender flowers, and sugar. Mix well and pour into an 8 x 8-inch baking pan. Combine crushed crackers, brown sugar, melted butter, and sliced almonds. Crumble over the top of the filling.

Bake for 20 to 25 minutes, until filling is bubbly. Cool at least 15 minutes before serving. Yield: 6-8 servings.

– Recipe adapted by Peggy Trowbridge, *About Home Cooking Guide* (online)

### RHUBARB, ROSE, & STRAWBERRY JAM

2 pounds rhubarb  
1 pound small strawberries  
1/2 pound highly scented rose petals  
1-1/2 pounds sugar  
4 small juicy lemons, including seeds, set aside (*Rhubarb sets unreliably, so use of lemon juice in this recipe is essential; cook lemon seeds with the fruit to extract their pectin.*)

Slice the rhubarb and layer it in a large bowl with the whole hulled strawberries and the sugar. Pour on the lemon juice, cover and leave overnight.

Pour the contents of the bowl into a large non-reactive pan. Add the lemon seeds tied in a muslin bag and bring gently to a boil. Boil for 2 minutes, then pour the contents of the pan back into the bowl. Cover and leave in a cool place overnight once more.

Put the rhubarb and strawberry mixture back into the pan. Remove the white tips from the bases of the rose petals and add the petals to the pan, pushing them well down among the fruit. Bring to a boil and rapidly boil until setting point is reached, then pour into warm sterilized jars. Seal and process. Yield: about 6 pints.

– Philippa Davenport, "Country Living" (Brit.), June 1988; from *About Home Cooking* (online)

## *Edible Flowers Recipes continued*

### **HOW TO MAKE CANDIED FLOWERS**

Violets, pansies, Johnny-jump-ups, rose petals, lilac, borage, pea, pinks, scented geraniums, freshly picked and dry

1 egg white, at room temperature (use powdered or pasteurized egg whites if you are concerned about egg safety)

100 proof vodka

Superfine granulated sugar

Beat egg white until frothy. Add a few drops of vodka to help the flowers dry.

Using a small paintbrush, thoroughly (but not excessively) cover each flower with egg white. Sprinkle with sugar to cover all surfaces; apply more sugar if all is absorbed after a few minutes.

Place on a wire rack or parchment-lined baking sheet to dry. Flowers are dry when stiff and brittle to the touch.

Store between layers of waxed paper in an airtight container for a few months or freeze for up to a year.

### **FLOWER GARNISH FOR CHEESE**

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

Edible flowers or herbs, washed and dry  
Cheese

2 cups dry white wine

1 envelope unflavored gelatin

Lay the flowers and herbs flat on top of the cheese in a design that you like.

Then remove the flowers and herbs, and lay them aside in the pattern.

In a medium 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. (*Stir slowly so you don't create bubbles.*)

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

Refrigerate 15 minutes, then remove from refrigerator and spoon more glaze over the flowers. (*Make up to three layers of glaze as necessary to cover your decorations. If the glaze thickens too much, reheat and replace in ice.*)

Serve with crackers.

– Linda Stradley, *What's Cooking America* (online)

### **ORANGE-CALENDULA DROP COOKIES**

6-8 fresh calendula blossoms, washed and petals removed (discard flower base)

1/2 cup butter, softened

1/2 cup sugar

grated zest of 2 oranges

2 tablespoons orange juice concentrate, melted

1 teaspoon vanilla

2 eggs, lightly beaten

2 cups flour

2 1/2 teaspoons baking powder

1/4 teaspoon salt

1 cup almond halves

Preheat oven to 350 degrees F. Lightly grease two cookie sheets.

Cream butter, sugar and orange rind until fluffy. Add orange juice concentrate and vanilla. Mix in eggs, stirring until blended. Sift together flour, baking powder and salt. Blend calendula petals and dry ingredients into creamed mixture. Drop dough by teaspoonfuls onto cookie sheet. Press an almond half into each cookie.

Bake for 12 to 15 minutes, until golden brown. Yield: 3-4 dozen.

– from *Recipes from a Kitchen Garden*

### **STUFFED NASTURTIUMS**

Nasturtium flowers, about four per person, washed carefully and dried

8 ounces cream cheese, room temperature

1 clove of garlic, minced fine

1/2 tablespoon fresh chives

1 tablespoon fresh lemon thyme or lemon basil, chopped

Mix cream cheese thoroughly with herbs. Carefully place 1-2 teaspoons of mixture in center of flower with small spoon or pastry bag. Chill until served.

– *Valentine Floral Creations*, [www.valentine.gr/recipes](http://www.valentine.gr/recipes) (online)

### **ZUCCHINI BLOSSOM FRITTATA**

2 tablespoons canola oil

2-3 cloves minced garlic

1/2 cup chopped onion

1/4 cup chopped red pepper

12 zucchini blossoms, washed and dried

1 tablespoon chopped fresh basil

1/2 tablespoon chopped fresh oregano

4 large eggs

Salt and pepper

Preheat the oven to 400 degrees F.

In a large ovenproof skillet, heat the canola oil over medium heat. Add the garlic, onion, and red pepper. Sauté about one minute. Add the zucchini blossoms and cook, stirring occasionally, for about ten minutes until they are lightly browned. Add the basil and oregano. Stir to mix well.

In a medium bowl, whisk eggs with salt and pepper to taste. Stir into the vegetables. Lower heat and cook until eggs are just set. Put skillet into the oven and bake until done, about 15-20 minutes. Slice into wedges and serve. Can be served hot or room temperature. Yield: 4 servings.

– *FitnessandFreebies.com* (online)