



Blooming Edibles

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Benefits of Flowers

- Flowers are rich in nectar and pollen, and some are high in vitamins and minerals.
- For instance, roses—especially rose hips—are very high in vitamin C, marigolds and nasturtiums contain vitamin C, and dandelion blossoms contain vitamins A and C.
- Flowers are also nearly calorie-free.





Factors to be aware of

- Some people, eating pollen can trigger allergies or even asthma.
- To be safe, remove the pollen-bearing parts of each edible flower (the pistils and stamens). The sepals or calyx also should be removed except for the viola-violet clan (pansies, Johnny-Jump-Ups, and violets)

Harvesting Edible Flowers

- Edible flowers should be picked as fully open flowers in the cool of the day, after the dew has evaporated.
- It is best to sample several flowers before harvesting.
- Flowers grown in different locations can have different tastes, because of different soil types, fertilization, and environmental conditions.
- Flowers may taste different at the end of the growing season and can vary from year to year





Preserving Edible Flowers

- After picking, place long-stem edible flowers in water and store in a cool place.
- Layer short-stem flowers between damp towels or store loosely in a plastic bag and refrigerate.
- Wash and check for insects before using. It is best to wash just a few flowers first to make sure they don't discolor.
- Never use floral preservatives on edible flowers. Many floral preservatives contain toxic chemicals, but the exact components are considered trade secrets.
- Never use any chemicals on flowers that you will use as edibles. Be aware of "Days to harvest" lists on any product you use. Only use organic fertilizers or insecticides.



Flowers to Avoid

- Some flowers in particular should be avoided.
 - *This is only a partial list, not complete.*

Azalea

Foxglove

Jack in the Pulpit

Crocus

Oleander

Lily of the Valley

Daffodil

Rhododendron

Wisteria

- With some composite flowers, only the petals should be eaten. The pollen of composites is highly allergenic and may cause reactions in sensitive individuals. Sufferers of asthma, ragweed and hay fever should not consume composite flowers, and may have issues ingesting any flowers at all.

Recipes

- **Tulip Tuna**

- Makes 4 servings
- 12 brightly colored tulips
2 cans albacore tuna packed in water, drained
3 stalks of celery, coarsely chopped
1 teaspoon curry powder
1 / 3 cup mayonnaise
Freshly ground black pepper to taste
Lettuce for garnish



Remove petals from 8 of the tulips, cutting off 1 / 4 inch where petal was attached to eliminate bitter part of flower. Julienne petals; set aside. In large bowl mix together tuna, celery, curry, mayonnaise and pepper to taste. Add julienned petals and toss gently. Cut off the stems and remove the pistils and stamens from the reserved tulips. Place each tulip on a bed of lettuce. Gently spoon the tuna mixture into the tulips. Serve.

Recipes

- **Yucca Soup**

(serves 4)

3 cups soup stock
2 cups chopped tomatoes
1 small onion, chopped
2 Tbsp green pepper, chopped
1 clove garlic, minced
Salt and pepper to taste
2 cups yucca flowers
1 Tbsp sugar
1/2 cup peas

Combine the soup stock, tomatoes, onion, green pepper, garlic, salt and pepper. Simmer 30 minutes. Add yucca, sugar, and peas, simmer another 10 minutes. Serve.

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Recipes

- **Violet Pineapple Soup**

(serves 6)

- 4 cups pineapple juice
- 3 Tbsp quick-cooking tapioca
- 3 tsp sugar
- 1/2 tsp grated lemon peel
- 2 cups sliced strawberries or raspberries
- 1 cup diced orange sections or drained can mandarin
- 2 Tbsp orange liqueur
- 1/2 cup fresh violets

Combine pineapple juice and tapioca, bring to a boil. Remove from heat adding sugar and lemon peel. Cool to room temp. Add fruit, liqueur, and violets. Chill, before serving, add dollop sour cream to each bowl and garnish with a violet.



Recipes

- **Pasta with Lily Buds and Mushrooms**

- About 6 oz. of oyster or shiitake mushrooms
1 heaping cup daylily buds, 1-2" long
2 Tbs. unsalted butter
2 Tbs. olive oil
2 Shallots, finely minced
½ tsp freshly chopped marjoram
1 Tbs. fresh chopped parsley
Salt and pepper to taste
Freshly grated parmesan cheese
1 lb. fresh fettucine noodles



- Put water on to boil while preparing vegetables. Clean mushrooms, do not rinse. Tear into large bite size pieces and remove stem of shiitakes. Rinse daylily buds and pat dry. In large skillet, heat butter and oil over medium heat. Add the shallots and saute them about 1 min. Add mushrooms and stir for another minute. Add the daylily buds and stir 2 to 3 min. Add the herbs and season to taste with salt and pepper. Cover skillet and let stand over low heat for a few minutes while pasta is cooking. Drain the pasta, add it to the vegetables and toss well. Add another Tbs. butter or oil if necessary. Season to taste and garnish with fresh parmesan cheese.

Recipes



- **Stuffed Pork Tenderloin with Nasturtium and Chive Blossoms**
- 1 pork tenderloin, 1 to 2 pounds
2 ounces goat cheese
1-1/2 tablespoons of nasturtium blossoms, chopped
1-1/2 tablespoons chive blossoms, chopped
1 sprig rosemary
salt and pepper, fresh ground
olive oil
- Trim the pork tenderloin, cutting off the thin ends. Using a very sharp knife, butterfly or split the tenderloin lengthwise down the middle, cutting about 2/3 of the way through the meat. Lay the tenderloin open. Evenly spread a layer of goat cheese down the center of the tenderloin. Evenly sprinkle 1 tablespoon of nasturtium and chive blossoms and a single row of rosemary foliage down the center of the tenderloin. Using kitchen twine, close the tenderloin back up and tie it together. Brush the outside of the meat lightly with olive oil, then roll it in fresh ground salt and pepper and the remaining blossoms and rosemary foliage. Place into an ungreased cooking pan and cook for about 30 to 40 minutes in a 350 degree oven or until a meat thermometer reaches 140 degrees. If you're comfortable with outdoor cooking, try cooking it over coals or indirect heat. Because coal temperatures and grills vary so much, you'll have to keep an eye on the meat for doneness. Allow the meat to rest at room temperature for at least five minutes before

Recipes

- **Chrysanthemum Sweet Potatoes**

6 med sweet potatoes
1/2 cup canned crushed pineapple
1/4 cup honey
2 Tbsp butter
1/2 tsp grated lemon rind
1/2 cup chopped chrysanthemum petals
Salt and Pepper to taste

Cook and mash potatoes. Add all ingredients and mix well. Pour into buttered baking dish. Bake at *350 for 20-30 minutes



Recipes

- **Beltane Marigold Custard**

- 2 cups milk
- 1 cup unsprayed marigold petals
- 1/4 tsp. salt
- 3 Tbsp. sugar
- 1 to 2 inch piece vanilla bean
- 3 egg yolks, slightly beaten
- 1/8 tsp. allspice
- 1/8 tsp. nutmeg
- 1/2 tsp. rose water
- cream (topping)
- Using a clean mortar and pestle reserved for cooking purposes, pound marigold petals, or crush w/spoon. Mix the salt, sugar and spices together. Scald milk with the marigolds and the vanilla bean. Remove the vanilla bean and add the slightly beaten yolks and dry ingredients. Cook on low heat. When the mixture coats a spoon, add rose water and cool. Top with whipped cream, garnish with fresh marigold petals.



Recipes

- **Crystalized or Candied Flowers**

- Rinsed and dried edible flower blossoms, separated from the stem
- 1 extra-large egg white, at room temperature
- Few drops of water
- About 1 cup superfine sugar
- A small paint brush
- A baking rack covered with waxed paper

- **PREPARATION:**

- In a small bowl, combine the egg white with the water and beat lightly with a fork or small whisk until the white just shows a few bubbles. Place the sugar in a shallow dish.

Holding a flower or petal in one hand, dip a paint brush into the egg white with the other and gently paint the flower. Cover the flower or petal completely but not excessively. Holding the flower or petal over the sugar dish, gently sprinkle sugar evenly all over on both sides. Place the flower or petal on the waxed paper to dry. Continue with the rest of the flowers.

Let the flowers dry completely; they should be free of moisture. This could take 12 to 36 hours, depending on atmospheric humidity. To hasten drying, you may place the candied flowers in an oven with a pilot light overnight, or in an oven set at 150 degrees to 200 degrees F with the door ajar for a few hours.





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