



*Edible Flower
Recipes*

Garden Club of Virginia

Introduction

Horticulture is an important part of what we do and who we are. Twice yearly, at the Board of Governors and the Annual Meeting, all clubs are asked to prepare exhibits based on a theme to educate and share the horticultural challenges of our unique areas of the Commonwealth.

The Horticulture Committee has chosen “Gardeners and their Gardens” as a theme for the next two years. We have planned our exhibits and events that will enable us to get quite literally back to our roots. On October 9-11, 2012, the Nansemond River Garden Club hosted the Board of Governors meeting in Suffolk. The theme for the horticulture exhibit was “Edible Flowers in the Garden.” Each club was asked to bring an edible flower displayed in a recyclable bottle and include a recipe using this flower.

The pages that follow contain recipes as unique as our clubs. They haven’t been tried in the GCV test kitchens, but we hope you enjoy the efforts of the 47 clubs of the Garden Club of Virginia

Dianne Spence
Chairman, GCV Horticulture Committee

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Albemarle Garden Club

Lavender Pound Cake with Lemon Butter Sauce



LAVENDER POUND CAKE

- 1 1/2 cups flour
- 1 1/2 cups cake flour
- 2 cups sugar
- 1 cup butter or margarine
- 1 tsp. salt
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 2 tsp. vanilla
- 4 eggs
- 1 cup buttermilk
- 2 tsp. lavender buds

Cream butter, sugar and lavender buds. Add vanilla and eggs. Sift flour together with salt, soda and baking powder. Add to creamed mixture alternating with buttermilk. Pour in well greased bundt pan and bake at 350 for 50 minutes. Cool and remove from pan. *Tip:* make Lavender Butter Sauce and before removing cake from pan poke holes and pour lavender sauce over hot cake.

LAVENDER BUTTER SAUCE

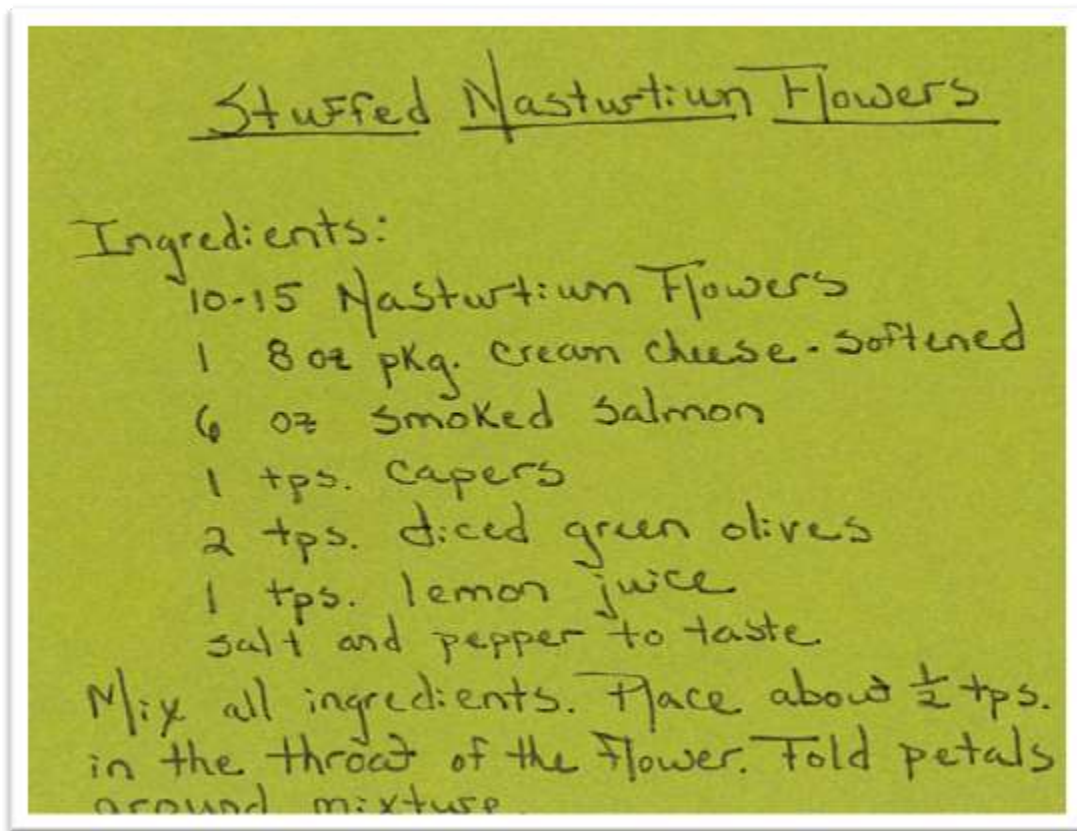
- 1/2 cup sugar
- 1/3 cup butter or margarine
- 3 tbsp. water
- 1 tsp. dried lavender buds



In saucepan, combine sugar, butter, water and heat to boiling. Turn off heat. Add lavender and sit for 15 minutes (strain lavender if desired). Pour over cakes or muffins.

The Garden Club of Alexandria

Stuffed Nasturtium Flowers



The Ashland Garden Club

Stuffed Nasturtium Blooms

Stuffed Nasturtium Blooms

1 cup whipped cream cheese

1 Tbls. Lemon juice

chopped chives

chopped parsley

chopped thyme

salt and pepper to taste

Blend well and lightly stuff into open nasturtium blossoms.

The Augusta Garden Club

Stuffed Squash Blossoms



Augusta Garden Club

Stuffed Squash Blossoms: Recipe

Prep time: 15 minutes
Cook time: 40 minutes
Total time: 55 minutes.

Ingredients:

- 18 zucchini, acorn squash or pumpkin blossoms, stems removed

Cheese Filling:

- 3 ounces goat (feta) cheese
- 3 ounces cream cheese
- ½ teaspoon red pepper flakes
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1 clove garlic
- Salt and pepper to taste.

Beer Batter

- 1/8 cup cornstarch
- ½ cup flour
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon celery salt
- ¼ teaspoon baking soda
- ½ teaspoon baking powder
- 1 egg, beaten
- ½ cup cold flat beer
- vegetable oil for frying
- Salt and pepper to taste
- Grated parmesan cheese and sliced chives for garnish.

Preparation:

Gently swish the squash blossoms in cold water to clean. Carefully twirl to remove most of the water, then drain thoroughly on paper towels. Set aside.

Beat filling ingredients until blended. Gently fill each blossom with about 2 teaspoons of the cheese filling. Refrigerate while making batter.

In a heavy skillet, heat 2 inches of oil to 377 F over medium heat.

While oil is heating, whisk together batter ingredients until well combined.

Carefully dip a stuffed blossom into the batter, covering the entire flower, ease into the hot oil. Brown on one side, then turn to brown the other. Cook only a few at a time so they are not crowded. Remove with a slotted spoon and drain on paper towels. Repeat with remaining stuffed squash blossoms. Sprinkle blossoms with salt and pepper to taste and garnish with a sprinkling of grated Parmesan cheese and chopped chives.

Yield: 8-10 servings.

By Peggy Trowbridge Flippon, About.com Guide.

The Augusta Garden Club

Cow Paddy Tea

Cow Paddy Tea

A Refreshing "Pick-Me-Up" for your garden plants

Steep 2 dried cow paddies in 2 gal. of water

For 2 hours in the sun.

Remove paddies and use "tea" to water

Transplants and in weekly gardening watering.

Hints: 1. gather in summer and stack under cover

2. Make friends with a farmer who has a cow

Augusta Garden Club

The Blue Ridge Garden Club

Casserole of Rose Duck

— MAIN COURSES —

FRAGRANT CASSEROLE OF ROSE DUCK

Serves 4

The addition of fragrant rose petals to this casserole gives it a rather special distinction; use the most fragrant petals available. Attractive presentation is particularly important in this dish — serve the duck on a shallow platter and arrange the chestnuts, orange segments and rose petals like a beautiful picture to stimulate the taste buds of your guests. Serve the duck with lots of green vegetables and creamed potatoes and choose a lightly chilled rosé wine with a few rose petals floating on it.

2oz/50g (1/4 cup) butter
4 duck portions (leg or breast)
12 baby onions
16 chestnuts, peeled
3 tablespoons highly scented rose petals (red are best)
1 orange, segmented
1-2 tablespoons flour
1/2 pt/125ml (1/2 cup) chicken stock
4 fl oz/125ml (1/2 cup) red wine
salt and pepper
orange segments and rose petals, to garnish

Heat the oven to 325F/170C/gas 3.

Heat the butter in a frying pan until foaming. Put in the duck and fry until browned on all sides. Using a slotted spoon, transfer the duck pieces to a casserole.

Put the whole onions in the pan and fry until brown. Add the chestnuts and cook for 2-3 minutes. With a slotted spoon, transfer the onions and chestnuts to the casserole with the duck. Toss in the rose petals and add the orange segments.

Add enough flour to the frying pan to absorb all the butter and cook for 2 minutes, stirring. Add the stock and wine, bring to the boil and season to taste. Pour the sauce over the duck. Cover the casserole and cook in the oven for about 1 hour, until the duck is tender.

Arrange the duck pieces on an oval platter and surround them with the onions and chestnuts. Garnish with orange segments and fresh rose petals and serve with sauce separately in a sauceboat.

The Boxwood Garden Club

Pork Tenderloin with Green Fennel Seeds and Flowers

Pork Tenderloin with Green Fennel Seeds and Flowers

1 pork tenderloin, cleaned

olive oil and balsamic vinegar, mixed to your taste

salt and freshly ground pepper

finely chopped garlic to taste

green fennel seeds, coarsely pounded in mortar and pestle

fennel flowers, cut into florets

Combine and mix well, the olive oil and vinegar, salt and pepper, garlic and fennel seeds. Put the tenderloin and the above mixture into a zip lok bag and "massage" well. Refrigerate for at least 2 hours, turning and massaging several times. Cook on the grill (direct heat but watch for flare ups) until done to your liking. Do NOT overcook. Cut into rather thick slices, fan out and garnish with fennel flowers. Can be cooked in the oven but not quite as interesting flavor. This works well with chicken also.

The Brunswick Garden Club

Flower Jelly and Flower Butter

Impatiens - This edible and tasty flower has sweet petals that can be used for flavoring drinks, desserts, and salads.

Flower Jelly

2 ½ cups apple juice or white wine
1 cup fresh impatiens petals
4 cups sugar
¼ cup lemon juice
1-2 drops food coloring
3 oz liquid pectin
fresh flower petals (optional)



Bring juice or wine to a boil and pour over petals. Cover and steep until liquid has cooled, then strain out flowers leaving only liquid. Combine 2 cups of this flower infusion with sugar, lemon juice, and food coloring. Bring to a boil over high heat and as soon as sugar has dissolved, stir in pectin. Return to a rolling boil, stirring, and boiling for exactly 1 minute. Remove the jelly from heat and skim off foam. Let jelly cool slightly and add more flower petals if desired, then pour into sterilized jars. If petals do not stay suspended, stir jelly as it cools until petals stay in place. Process in hot water bath or seal with paraffin.

Yields: 4-5 half pints

Flower Butter

This makes a beautiful and tasty accent for a luncheon, brunch or party.

½ to 1 cup chopped fresh or dried petals
1 pound sweet unsalted butter, room temperature

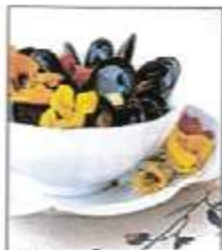
Finely chop flower petals and mix into softened butter. Allow the mixture to stand at room temperature overnight to allow flavors to fuse.

Chill for a couple of weeks or freeze for several months.

Always make sure the petals you choose are free of pesticides, chemicals, bugs, etc. Do not eat flowers obtained from a florist, nursery, or garden center or from alongside the road.

The Charlottesville Garden Club

Mussels in Nasturtium Broth



© John Kernick

Mussels in Nasturtium Broth

Chef René Redzepi of Noma Restaurant Copenhagen

Contributed by [Jean-Georges Vongerichten](#)

- SERVINGS:4
- FAST

This broth is made without cooking the flowers, to keep all their spicy flavor.

Mussels in Nasturtium Broth

1. 1 cup water
 2. 4 tablespoons unsalted butter
 3. 1 small pinch of saffron threads
 4. 30 nasturtium flowers, plus more for garnish
 5. 1 tablespoon fresh lime juice
 6. Sea salt
 7. 2 pounds mussels, scrubbed and debearded
 8. 1/2 cup dry white wine
1. In a small saucepan, bring the water, butter and saffron to a boil. Transfer to a blender, add the 30 nasturtiums and lime juice and blend until smooth. Strain through a fine sieve and season with salt.
 2. In a large saucepan, combine the mussels and wine. Cover and cook over high heat until the mussels open, about 5 minutes. Stir in the nasturtium broth. Spoon the mussels and broth into bowls, garnish with nasturtiums and serve.
- From [The Edible Flower](#)
 - Published [August 2001](#)

Chatham Garden Club

Strawberry and Knotweed Crisp

Strawberry and Knotweed Crisp Recipe

- 3 cups frozen strawberries
 - 1 cup knotweed stalks cut into thick coins
 - 1/2 cup all-purpose flour
 - 1/2 cup whole oats
 - 1/2 cup brown sugar
 - 1/4 cup butter
 - pinch of baking soda
 - pinch of baking powder
 - pinch of salt
 - cinnamon to taste
1. Preheat oven to 350 degrees.
 2. Cut the butter into the flour, oats, sugar, baking soda, baking powder, and cinnamon.
 3. Spread half of this crumb mixture on the bottom of a greased 9 x 9 pan.
 4. Spread the strawberries and knotweed over this and place the remaining crumb over the top.
 5. Bake 40 minutes or until lightly browned on top.

The Garden Club of Danville

Western Chrysanthemum Bowl

WESTERN CHRYSANTHEMUM BOWL

- 2 cans good chicken broth
- 1 large white or yellow chrysanthemum
- 1 teaspoon sherry
- ½ teaspoon soy sauce
- 6 spinach leaves, chopped fine



Bring broth to a boil and add all other ingredients with the exception of the chrysanthemum. Pour into tureen and bring to table. Just before serving guests, pluck chrysanthemum petals and float them on top of the soup. Serves 4.

Dolley Madison Garden Club

Figs with Goat Cheese Pecans and Bacon

Figs with Goat Cheese Pecans and Bacon

*6 firm figs, cut in half lengthwise
6 ounces goat cheese
1/2 cup toasted, chopped pecans
3 slices bacon, cut in half*

1. Preheat the broiler.

2. Scoop out some of the fig, mix with goat cheese and stuff fig. Press pecans into the cheese. Wrap each stuffed fig half with half a slice of bacon, securing with toothpicks.

3. Arrange on a medium baking sheet. Broil 5 minutes, or until bacon is evenly brown and crisp and goat cheese is bubbly and lightly browned.

*Dolley Madison Garden Club
www.dollemadisongardenclub.org*

The Garden Club of the Eastern Shore

Chicken with Black Figs and Lavender

THE GARDEN CLUB OF THE EASTERN SHORE

RECIPE: CHICKEN WITH BLACK FIGS AND LAVENDER

3 ½ lbs. chicken, cut into pieces
2 Tbls. olive oil
2 onions, diced
1 tsp. salt
¼ tsp. pepper
1 tsp. thyme leaves
¼ cup red wine
¼ lb. fresh black figs, stems removed, quartered
2 tsp. garlic
1 ½ tsp. lavender buds, reserving ¼ tsp. for garnish

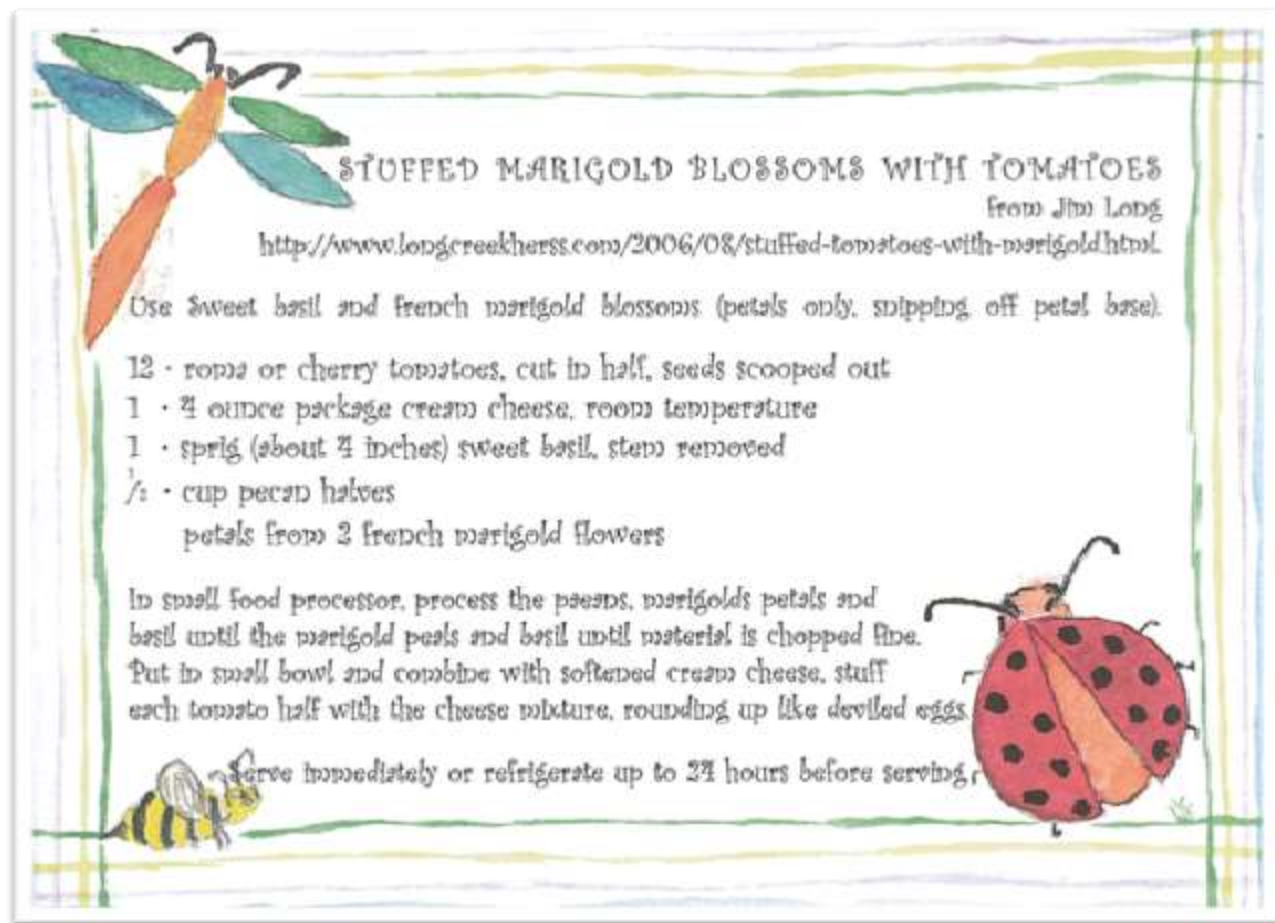
Sauté the chicken in 1 Tablespoon of the oil until golden on the outside. Remove the pan and hold aside. Without cleaning the pan, add the other Tablespoon of oil and sauté the onions, stirring frequently to prevent burning. When onions are lightly browned, add the remaining ingredients. Stir to combine. Add the chicken, cook slowly until done, about 15 minutes. Remove chicken to serving platter. Turn up the heat and reduce the sauce until it is thick. Pour over the chicken and serve.

Serves 4 generously

Source: Linda Gilbert, Sonoma Catering Company

The Elizabeth River Garden Club

Stuffed Marigold Blossoms with Tomatoes



STUFFED MARIGOLD BLOSSOMS WITH TOMATOES
from Jim Long
<http://www.longcreekherbs.com/2006/08/stuffed-tomatoes-with-marigold.html>

Use sweet basil and french marigold blossoms (petals only, snipping off petal base).

- 12 · roma or cherry tomatoes, cut in half, seeds scooped out
- 1 · 4 ounce package cream cheese, room temperature
- 1 · sprig (about 4 inches) sweet basil, stem removed
- 1/2 · cup pecan halves
petals from 2 french marigold flowers

In small food processor, process the pecans, marigold's petals and basil until the marigold petals and basil until material is chopped fine. Put in small bowl and combine with softened cream cheese, stuff each tomato half with the cheese mixture, rounding up like deviled eggs.

Serve immediately or refrigerate up to 24 hours before serving.

The Elizabeth River Garden Club

Six of our Favorite Tips for Growing Organic

The Garden Club of Virginia
Board of Governors
Horticulture Display
October 9-11, 2012

Six of our Favorite Tips for Growing Organic

1. Nectar-producing plants such as dill, fennel and parsley attract ladybugs to your garden.
2. Bats are known as a great form of natural pest control. Many in North America eat only insects and consume more than birds and bug zappers combined.
3. Do everything you can to encourage earthworms in your soil. They are beneficial to both soil and plants. Earthworms increase the air space in the soil and leave behind worm castings.
4. The French Marigold helps to deter whiteflies when planted around tomatoes. Whiteflies do not like the smell of marigolds.
5. To help avoid powdery mildew and other fungal diseases that are often spread by high humidity, water in the morning.
6. Healthy soil means healthy plants that are better able to resist both pests and disease. Build up your soil to encourage healthy microbes along with other soil microorganisms, and earthworms. This will reduce the need for harmful pesticides.

The Garden Club of Fairfax

Candied Flower Petals



Candied Flower Petals

Candied flowers make beautiful decorations for desserts and can last up to one year. This job takes a little patience. It seems to go more quickly if you do it with a friend. The following recipe will coat quite a few flowers, but if you need more, mix up a second batch.

Prep Time: 1 hour
Total Time: 1 hour

Ingredients:

- Rinsed and dried edible flower blossoms, separated from the stem (see Notes)
- 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.

Store the dried, candied **flowers** in airtight containers until ready to use. They will keep for as long as a year.

The Garden Club of Fairfax

Growing Organic Roses and Tips for Edible Roses

Roses (*Rosa rugosa* or *R. gallica officinalis*) - Flavors depend on type, color, and soil conditions. Flavor reminiscent of strawberries and green apples. Sweet, with subtle undertones ranging from fruit to mint to spice. All roses are edible, with the flavor being more pronounced in the darker varieties. In miniature, varieties can garnish ice cream and desserts, or larger petals can be sprinkled on desserts or salads. Freeze them in ice cubes and float them in punches also. Petals used in syrups, jellies, perfumed butters and sweet spreads. NOTE: Be sure to remove the bitter white portion of the petals.



GROWING ORGANIC ROSES

- Choose the right roses and ones suited to your area's zone and climate. Research them so you'll know exactly what they like.
- Create wonderful soil by adding lots of organic matter of homemade compost and leafmold.
- Keep the soil pH slightly acidic (6.0 - 6.5).
- Plant your roses in full sun - Provide afternoon shade in hotter climates.
- Allow space between plant for air flow and circulation.
- Attract beneficial insects.
- Water the roots, not the foliage.
- Water deeply and give them special attention during dry spells.

TIPS FOR EDIBLE ROSES

- Be sure to positively identify a flower before eating it.
- Always do your research and make sure that the plants have not been grown with any pesticides or chemicals.
- Only eat flowers that have been grown organically and have no pesticide residue.
- Don't eat flowers if you have asthma, allergies, or hay fever.
- Call the poison emergency/prevention line at 1-800-222-1222 for questions.
- Break off the bitter white portion of each petal.
- Choose flowers that are at their peak, avoiding those that are not fully open or are starting to wilt.
- Blossoms should be harvested the day they'll be used, and in cooler parts of the day.
- Wash the fresh flowers gently and set them aside to dry. Refrigerate them in plastic sandwich bags until you use them.

The Garden Club of Fairfax

Rose-Topped Brie

Rose-Topped Brie

Candied flower petals are edible and beautifully decorate the top of a round of brie for an impressive presentation. Serve with crackers for an impressive, elegant appetizer. Be sure to use organic roses that have not been treated with pesticides.

Prep Time: 15 minutes

Cook Time: 5 minutes

Total Time: 20 minutes

Ingredients:

- 1 15-ounce round brie cheese, or similar cheese
- Rose petals, pesticide-free rinsed and patted dry to taste
- 1 envelope unflavored gelatin
- 1/4 cup cold water
- 2 cups dry white wine



Preparation:

Remove the rind from the top of the **brie cheese** round, leaving a 1/2-inch border. Arrange **rose petals** on and around **brie** wheel.

In a small bowl, soften **gelatin** in the 1/4 cup cold water for 5 minutes. In a saucepan set over moderate heat, combine **white wine** with softened **gelatin** and heat, stirring, until **gelatin** is dissolved. Transfer to a bowl and let cool, stirring. Gently brush **rose petals** and **cheese** with **gelatin** mixture and chill until set. Serve with crackers. Yield: About 12 servings

Fauquier and Loudoun Garden Club

Roast Venison Tenderloin with Lavender

ROAST VENISON TENDERLOIN WITH LAVENDER

1 TBS Olive Oil
1 TBS whole Black Peppercorns
1 TBS whole White Peppercorns
2 TBS fennel seeds

1 1/2 teaspoon dried thyme
2 TBS Culinary Lavender Flowers

Preheat oven to 450°F

Bring the tenderloin roast to room temperature. Trim the tenderloin of fat and silverskin. (Silverskin is a silvery-white connective tissue. It doesn't dissolve when the tenderloin is cooked, so it needs to be trimmed away.) Tie kitchen string around the tenderloin roast with equal spacing between each truss. Pat the venison dry with paper towels. Lightly oil the roast. Coarsely grind the black peppercorns, white peppercorns, fennel seeds, thyme, and lavender flowers. Rub mixture all over the meat. Wrap tightly in plastic wrap and refrigerate at least 2 hours or overnight. Heat a large cast-iron frying pan over high heat. Without adding any cooking fat, sear the roast on all sides, about 3 rotations, approximately 1 minute each for a beautifully browned crust. When browned, immediately remove from heat. Place the seared roast in a roasting pan and bake, uncovered until a meat thermometer registers Rare - 120°, Medium Rare - 125°. Turn the venison halfway through cooking for even roasting. When the tenderloin is cooked to your liking, remove from oven, and transfer onto a cutting board. Cover with a tent of aluminum foil and let stand 15 minutes before carving (Meat temperature will rise 5 to 10 degrees after it is removed from the oven.) Cut the roast into 1/2-inch slices and serve with any accumulated juices.

The Franklin Garden Club

How to Cook with Pineapple Sage

Pineapple Sage

S. elaeagnifolia, pineapple sage - *Artemisia* perennial (hardy to about 20°), red-blooming; leaves smell of fresh pineapple; popular potpourri herb; to 3 1/2 feet; roots easily in water.

How to Cook with Pineapple Sage

1. Pick leaves of pineapple sage just before the plant blooms. Harvesting in the morning once the dew has dried. Hang stems in cool room; store leaves in air tight container in cool, dark location.
2. Make pineapple sage syrup by adding 1 part of whole fresh leaves and/or flowers, 1 part water and 3 parts ^{sugar} to a pot. Bring to boil over low heat and stir constantly until thick. Strain the syrup and use on pancakes, waffles, over ice cream or to sweeten tea.
3. Add equal parts of pineapple sage leaves and lemon elderberry leaves to a large glass jar. Set in the sun, and brew a naturally sweetened and refreshing iced tea.

Franklin Garden Club

Gabriella Garden Club

Fiori di Zucca Ripen

Fiori di Zucca Ripen

24 zucchini blossoms
3/4 lb. mozzarella
12 anchovy filets
4 eggs
1 cup flour
Freshly ground black pepper
Vegetable oil
Salt



1. Remove stems and stamens from zucchini blossoms; wash blossoms and pat dry.
2. Cut mozzarella into small cubes; coarsely chop anchovy filets. Combine mozzarella and anchovy fillets in a mixing bowl. Stuff each blossom with mixture and twist petals to retain stuffing.
3. Beat eggs in a small bowl. Pour 1 cup flour with freshly ground black pepper into a second shallow pan. Heat 2 1/2" vegetable oil in a skillet over high heat until very hot.
4. Working in small batches, dredge each stuffed blossom in flour; dip into eggs, turning to coat well. Dredge again in seasoned flour. Fry blossoms, turning frequently, until crisp, 3-5 minutes. Drain on paper towels, sprinkle with salt, and serve immediately.

Recipe compliments of Kenneth Bond

Gabriella Garden Club

Rose Petals & Quail

Rose Petals & Quail

The recipe is intended for quail, but chicken thighs can be substituted.

Ingredients:

- 2 cups flat-leaf parsley leaves
- 38 organic red and orange rose petals (from about 3 roses)
- 2 tablespoons pine nuts
- Fine sea salt
- Freshly ground black pepper
- 6 tablespoons plus 1 teaspoon extra-virgin olive oil
- 5 1/2 tablespoons unsalted butter
- 6 spring onions or small leeks, white and light green parts only, rinsed thoroughly, trimmed & cut in half lengthwise
- 2 cups mixed baby lettuces
- 1 carrot, finely julienned

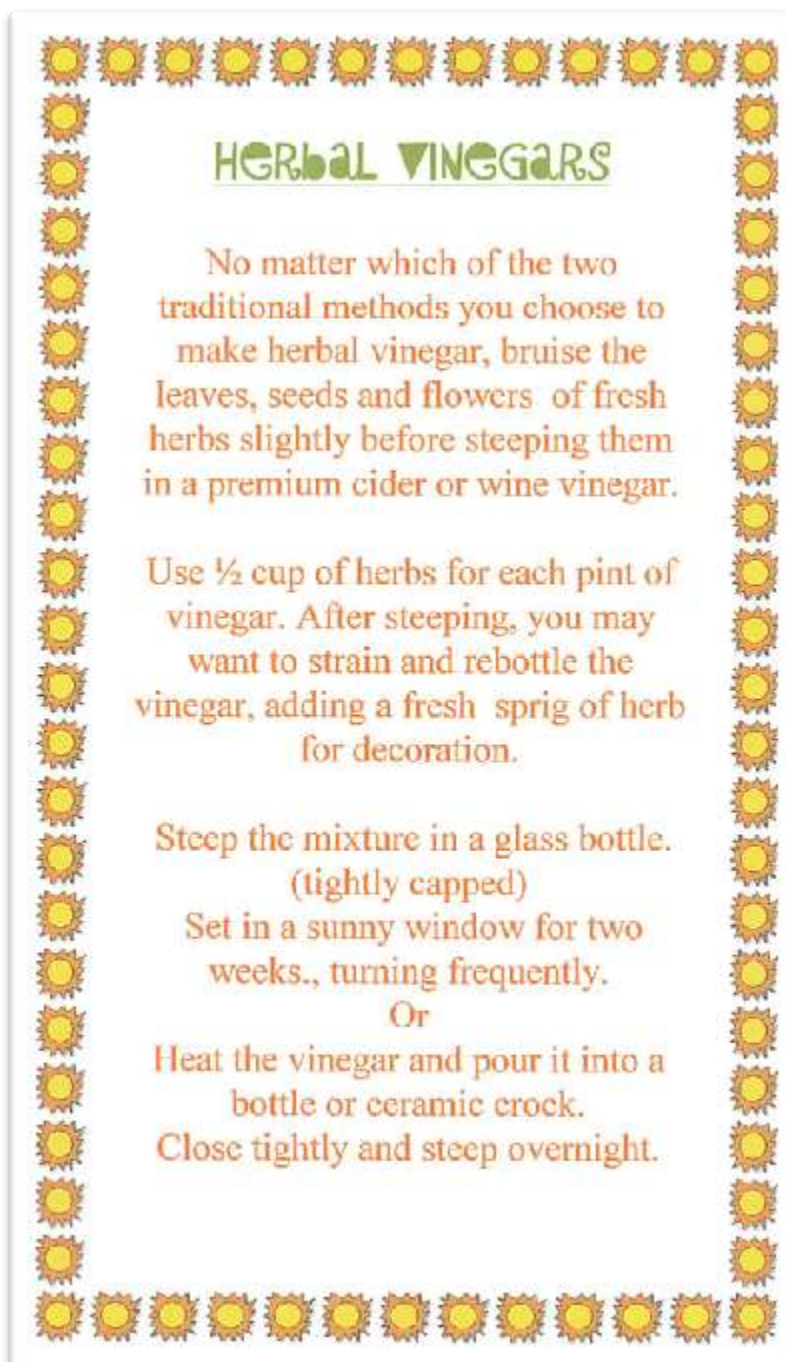


Instructions:

- In a food processor, pulse parsley with 8 rose petals, pine nuts and 1/4 teaspoon each of salt and pepper until finely chopped.
- With motor running, add 2 tablespoons oil in a quick stream, scraping down sides of bowl, as necessary, and blending until incorporated and almost smooth.
- Transfer pesto to a small bowl; stir in 1 tablespoon more oil and adjust seasoning to taste.
- Cover bowl with plastic wrap and set aside.
- In a 12-inch nonstick skillet, heat 2 1/2 tablespoons butter and 1 tablespoon oil over medium heat until butter is melted.
- Add onions, cut-side down; reduce heat to medium-low.
- Cook, turning once, until golden on both sides, about 15 minutes.
- Reduce heat to low and continue cooking until tender, about 5 minutes more.
- Meanwhile, finely chop enough rose petals to make 2 teaspoons (about 10).
- In a bowl, stir together chopped petals, 3 tablespoons bread crumbs, 1 tablespoon plus 1 teaspoon oil, 1/4 teaspoon salt and pinch pepper.
- Meanwhile, transfer onions to a plate.
- Add remaining tablespoon butter and remaining tablespoon oil to skillet; heat over medium heat.
- Add quail or chicken thighs; reduce heat to medium-low and cook, turning once, for 4 minutes.
- Season poultry with salt and pepper, then add onions to skillet.
- Cover and cook until cooked through.
- Mound lettuces and remaining rose petals on each of 4 plates; season with salt and pepper and drizzle with a touch of oil.
- Divide onions among plates. Arrange a quail or 3 chicken thighs on each plate.
- Drizzle with pesto and garnish with carrot.

The Garden Study Club

Herbal Vinegars



HERBAL VINEGARS

No matter which of the two traditional methods you choose to make herbal vinegar, bruise the leaves, seeds and flowers of fresh herbs slightly before steeping them in a premium cider or wine vinegar.

Use ½ cup of herbs for each pint of vinegar. After steeping, you may want to strain and rebottle the vinegar, adding a fresh sprig of herb for decoration.

Steep the mixture in a glass bottle.
(tightly capped)
Set in a sunny window for two weeks., turning frequently.

Or
Heat the vinegar and pour it into a bottle or ceramic crock.
Close tightly and steep overnight.

The Garden Club of Gloucester

Marigold Cheese Dip

Marigold Cheese Dip

Ingredients:

- 1 package (8 ounces) cream cheese, softened
- 1 cup (8 ounces) sour cream
- 1/4 teaspoon vanilla extract
- 1/4 to 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground pepper
- 1 teaspoon minced chives
- 1 teaspoon minced fresh savory
- 1 teaspoon minced fresh marigold petals
- Assorted crackers

Directions:

- In a small bowl, beat the cream cheese, sour cream, vanilla, salt and pepper until smooth. Stir in the chives, savory and marigold petals. Cover and refrigerate for at least 1 hour. Serve with crackers. **Yield:** 2 cups.

G.C.G.

The Hampton Roads Garden Club

Chocolate Flecked Banana Cream Bread



CHOCOLATE FLECKED BANANA CREAM BREAD

Cooking time: 60 min.

1/2 cup margarine softened	1 teaspoon baking soda
1 cup light brown sugar	1 teaspoon baking powder
1 egg beaten	1/4-1/2 teaspoon salt
2 ripe bananas, mashed	3/4 cups mini choc chips
1-1/2 cups flour.	1/4 cup sour cream
1 3 ounce package cream cheese	
1/3 cup zinnias , reserve 1 tablespoon	

Preheat oven to 325. Beat margarine, cream cheese and sugar until well mixed; blend in bananas, eggs and sour cream. In a separate bowl, combine all remaining ingredients; add to batter and stir ONLY until all ingredients are moistened. Pour into one 9x5 or three mini loaf pans. Bake 60-70 minutes or until edges pull away from side of pan. Remove to wire rack to cool completely. Garnish with 1 tablespoon zinnia petals.

The Hampton Roads Garden Club

Cranberry Banana Bread

CRANBERRY BANANA BREAD

2 cups fresh cranberries
1 cup sugar
1 cup water
1/3 cup margarine (or butter)
2/3 cup sugar
2 eggs

1 3/4 cups flour
2 teas baking powder
1/2 teas salt
1/4 teas baking soda
2 ripe bananas, mashed
1/2 cup coarsely chopped walnuts
1/3 cup finely chopped Zinnia

petals (organic)

Preheat oven to 350. Combine cranberries , 1 cup sugar and water; cook 5 min over med heat or until cranberries begin to split. Drain and set aside. Cream margarine, gradually adding 2/3 cup sugar; beat until mixture is fluffy. Add eggs one at a time, beating well after each. Combine all dry ingredients and mix well; add dry ingredients alternately with bananas to creamed mixture. Mix well. Fold in cooked cranberries, nuts and zinnia petals. Spoon batter into a greased and floured 9x5 loaf pan (or three 5 1/2 x 3 1/4 pans). Bake for 60-65 minutes (or 40-45 min for smaller pans) or until center springs back when pressed lightly. Cool in pan 10 minutes; remove to wire rack and cool completely.

Harborfront Garden Club

Elderflower Champagne

Elderflower Cordial

Elderflower Champagne

20 elderflower heads

1 ½ lbs. white sugar

2 tbsp white wine vinegar

1 gallon water

1 lemon

Put flowers in bowl with juice and pithless rind of the lemon, sugar and vinegar. Add cold water and leave for 24 hours. Strain into screw-top bottles and lay on their sides. Ready for drinking in two weeks.

Elderflower Cordial

2 ounces citric acid

3 pints boiled and cooled water

6 lbs granulated sugar

Juice and pithless peel of 6 lemons

25-50 elderflower heads

Put all ingredients in a clean bucket and leave for 48 hours- stir when passing.

Strain and bottle. Chill. Dilute to taste with fizzy water, prosecco, champagne, or ginger ale.

Harborfront Garden Club

Garden Peas and Broad Beans with Violas and Crisp Ham

Garden Peas and Broad Beans with Violas and Crisp Ham

1 lb shelled broad beans or young fava beans

1 lb shelled young green peas

A handful of viola flowers, cleaned and blemish free

2 tbsp chopped fennel fronds

4 tbsp extra virgin olive oil

4-6 slices prosciutto

Bring a large pan of water to boil and add a pinch of salt. Boil the peas and beans for one minute. Drain in a colander and refresh with cold water to stop the cooking. If some of the broad beans are large, squeeze the inner kernels from their skins.

Put in a bowl with the violas and fennel fronds. Dress with the oil (a squeeze of lemon is optional) and season with salt. Fry the ham in a pan brushed with a little oil until crisp. Serve a piece of ham with each helping of the peas and beans.

Serve with elderflower champagne (non-alcoholic) and a crusty baguette.

Tip: Although the leaves of the viola are also edible, 'tis best to only use the flowers for this recipe. Any color viola will do.

Harborfront Garden Club

Hillside Garden Club

Baby Greens with Roasted Beets and Potatoes

epicurious

Baby Greens with Roasted Beets and Potatoes

Gourmet | August 2004



(photo by: Patrick Yonan)

Active time: 40 min Start to finish: 1 3/4 hr
Yield: Makes 6 to 8 servings

Ingredients

For vinaigrette

1 1/2 tablespoons tarragon white-wine vinegar
1/4 teaspoon Dijon mustard
1/2 teaspoon salt
1/8 teaspoon black pepper
1/4 cup olive oil

For salad

2 medium beets (1 lb with greens; 1.4 oz without greens), stems trimmed to 2 inches
1 lb small new potatoes (about 1 inch in diameter) or fingerlings (1 to 1 1/2 inches long), scrubbed well
1 teaspoon olive oil
1/8 teaspoon salt
5 oz microgreens* such as baby Bibb, red-leaf, and oak-leaf lettuces and baby arugula, or mesclun (about 10 cups)

4 cups baby spinach (3 oz)
1/3 cup lovage* leaves, coarsely chopped
1/3 cup fresh chervil and/or dill leaves
1/3 cup fresh tarragon leaves
20 unsprayed organic nasturtium blossoms*

preparation

Make vinaigrette:

Whisk together vinegar, mustard, salt, and pepper. Add oil in a slow stream, whisking until emulsified.

Roast beets and potatoes:

Put oven racks in upper and lower thirds of oven and preheat oven to 425°F.

Wrap beets individually in foil and roast on a baking sheet in upper third of oven until tender, 1 to 1 1/4 hours. Once beets have roasted for 30 minutes, toss potatoes with oil and salt in a small baking pan and roast in lower third of oven, shaking pan occasionally, until potatoes are tender, 25 to 30 minutes. Carefully unwrap beets and cool slightly, then slip off and discard skins.

Assemble salad:

Cut beets into 1/3-inch dice and put in a large salad bowl. Cut potatoes into 1/3-inch-thick slices and add to beets along with all greens and herbs. Add vinaigrette and toss gently to coat.

Sprinkle blossoms on top and serve immediately.

*Available at farmers' markets and specialty produce markets.

The Hunting Creek Garden Club

Hyacinth Bean Curry

Hyacinth Bean Curry

By Bhakti Satalkar

The list of ingredients for this recipe are indeed long. However, it will not take very long to make the curry.

Ingredients

- * 1 cup peeled and soaked hyacinth beans
- * 2 onions, chopped
- * 3 tomatoes, chopped
- * 2 tbs coconut paste
- * ½ tsp ginger paste
- * ½ tsp garlic paste
- * ½ tsp fennel seeds
- * 1 tsp chili powder
- * 1 tsp coriander powder
- * ¼ tsp turmeric powder
- * 1 tbs oil
- * 2 to 3 Curry leaves
- * Coriander leaves and mustard seeds for seasoning
- * Salt to taste

Method

- * In a blender, blend coconut paste and fennel seeds together.
- * In a pan, heat oil and add mustard seeds, onions, ginger paste, garlic paste and turmeric powder.
- * Saute the onions, till they are translucent.
- * Add tomatoes and continue to stir.
- * Add salt as per taste and continue to stir.
- * After the onions and tomatoes are well cooked, add coriander powder and chili powder to the mixture.
- * Now add peeled beans and fry well.
- * After 5 to 7 minutes, add coconut and fennel paste and water to the mixture.
- * Cover with lid and let it cook for 10 to 12 minutes.
- * After the beans are well cooked add chopped coriander leaves and serve hot.

The Hunting Creek Garden Club

Hyacinth Bean and Eggplant in Spicy Gravy

Hyacinth Bean Rice

Hyacinth Bean, Eggplant in a spicy gravy Recipe

By Srivalli, cooking4allseasons@gmail.com

Ingredients Needed:

Hyacinth beans, 1 cup
Eggplant, – 2 medium
Onions – 2 medium
Tomatoes – 2 medium
Chili powder – 1 tsp
Coriander powder – 1 tsp
Salt to taste
Oil – 2 tsp
Coriander leaves for garnish
For Tempering
Mustard Seeds, Urad Dal – 1/2 tsp
Curry leaves – few

For the ground Masala:

Fresh Coconut – 2 -3 tbsp
Green Chili – 1 – 2 (as per taste)
Fresh Coriander leaves – 2 -3 tbsp
Cloves – 2 -3
Cinnamon – 2"
Ginger Garlic paste – 1/2 tsp

Hyacinth Bean Rice

By Bhakti Satalkar

I often make this rice. This is the recipe I use, when I come back late from work. You can alternately make the rice in the slow cooker as well.

Ingredients

- * 1 cup rice
- * ¼ cup soaked and peeled hyacinth bean
- * ½ tsp chili powder
- * ½ tsp turmeric powder
- * ½ tsp coriander powder
- * 1 tbsp grated coconut
- * ½ tsp fennel seeds
- * ½ tsp mustard seeds
- * 1 tsp oil
- * Salt to taste

Method

- * In a pot, heat oil.
- * When the oil is hot, add mustard seeds to it, followed by turmeric powder, coriander powder, chili powder.
- * Stir the mixture well.
- * Then add the soaked and peeled hyacinth beans and let it cook for a minute.
- * In the meantime grind, coconut and fennel seeds together.
- * Add the coconut, fennel paste to the mixture and stir well.
- * Add soaked rice and let it cook.
- * Serve hot.

The Huntington Garden Club

Sunflowers

SUNFLOWERS

All parts of the sunflower are usable.

The American Indians cultivated it 3,000 years ago.
The Chinese use it in acupuncture and in rope making.
The Dutch used sunflowers ability to absorb water to
reclaim marshy land.

Eat seed kernels raw or roasted. Eat raw flower buds in
salads or steam like an artichoke.

Whole seeds feed to chickens increase egg production.
The yellow flower may be used as a dye.



The James River Garden Club

Grilled Pork Chops with Lavender Flowers

Grilled Pork Chops with Lavender Flowers

- (4) pork loin or rib chops, about 3/4 inch thick
- (1) tsp. coarse salt
- (1) tsp. coarsely ground pepper
- (1/2) tsp. dried culinary lavender
- (2) tsp. minced fresh thyme leaves
- (1) tsp. minced fresh rosemary leaves
- (1) tblsp. extra-virgin olive oil

In a small bowl, combine salt, pepper, lavender, thyme, rosemary and olive oil;

Rub mixture onto the pork chops.

Cover the chops with plastic wrap and let sit 1-2 hrs. at room temp.

Preheat grill.

Place pork chops onto hot grill.

Cover with lid and open any vents.

Grill 4-5 minutes on first side and 3-4 minutes on second side.

Remove and serve. (4) Servings

(whatscookingamerica.net)

Lavender Crème Brulee

Lavender Crème Brulee Recipe

Recipe Type: [Crème Brulee](#), [Puddings & Custards](#), [Lavender](#), [Edible Flowers](#), [Dessert](#)
 Yields: 6 to 8 servings
 Prep time: 20 min
 Cook time: 60 min

Ingredients:

- 4 cups heavy cream
- 1 tablespoon dried lavender flowers
- 8 egg yolks
- 3/4 cup granulated sugar, divided

Preparation:

Preheat oven to 300 degrees. Butter six (6-ounce) ramekins or custard cups and set them into a glass baking dish. If cooking custards in a metal pan, cover the bottom of the pan with a layer of newspaper to ensure an even temperature on the bottom. Place custard cups in a shallow ovenproof roasting or baking pan.

In a large, heavy saucepan over medium heat, add cream and the lavender flowers; heat just to a simmer. Remove from heat and allow lavender flowers to infuse with the cream for 5 minutes. Strain cream mixture through a fine mesh strainer to remove lavender flowers.

In a large bowl, whisk together the egg yolks and 1/2 cup sugar until light and creamy. Slowly add the strained cream to the egg mixture, blending well. Divide custard mixture among the custard cups.

Bring the water for the water bath (see definition on right) to a light simmer on top of the stove; carefully pour hot water into the baking pan to come half-way up the sides of the custard cups. NOTE: The most common mistake people make in baking a custard is not putting enough water in the hot-water bath. The water should come up to the level of the custard inside the cups. You must protect your custard from the heat.

Baked 60 minutes or until set around the edges but still loose in the center. The cooking time will depend largely on the size of the custard cups you are using, but begin checking at a half hour and check back regularly. When the center of the custard is just set, it will jiggle a little when shaken, that's when you can remove it from the oven. If using a digital instant-read thermometer, inserted in the centers, it should register 170 to 175 degrees F. Begin checking temperature about 5 minutes before recommended time.



This is the type of cooking and meat thermometer that I prefer and use in my cooking. I get many readers asking what cooking/meat thermometer that I prefer and use in my cooking and baking. I, personally, use the [Thermopen Thermometer](#), shown in the photo on the right. Originally designed for professional users, the [Super-East Thermometer](#) is used by chefs all over the world. To learn more about this excellent thermometer and to also purchase one (if you desire), just click on the underlined: [Thermopen Thermometer](#).

Remove from oven and leave in the water bath until cooled. Remove cups from water bath and refrigerate at least 2 hours or up to 2 days.

When ready to serve, sprinkle approximately 2 teaspoons of remaining sugar over each crème brulee. For best results, use a small [hand held propane torch](#). Hold the torch 4 to 5 inches from the sugar, maintaining a slow and even motion. Stop torching just before the desired degree of doneness is reached, as the sugar will continue to cook for a few seconds after flame has been removed.

If you don't have a torch, place crème brulees 6 inches below the broiler for 4 to 6 minutes or until sugar bubbles and turns golden brown. Refrigerate crème brulees at least 10 minutes before serving.

Makes 6 to 8 servings (depending on size of custard cups).

Definition of Water Bath or Bain-Marie (bain-mari-REE)

A hot water bath or bain-marie are used to cook custards and baked eggs in the oven without curdling or cracking, and also used to hold sauces and to clarify butter. Water baths are most often used for egg-based dishes. The proteins in the eggs are very heat sensitive and only need to be warmed to cook thoroughly. They will start to get firm at only 145 degrees. Cooking them with a slow, gentle heat keeps the eggs soft and smooth.

Leesburg Garden Club

Lavender Sorbet

Lavender Sorbet

1 cup sugar	1 tbsp. fresh lavender
2 tbsp. vodka	2 ½ tbsp. fresh lemon juice
2 cups water	

In a medium saucepan over medium heat combine sugar and water until the sugar dissolves. Add the lavender flowers; stir until mixture comes to a boil; reduce heat to low and simmer 5 minutes. Remove from heat, cover and let stand 5 minutes. Place a fine strainer over a large bowl and pour syrup mixture through (straining out the lavender flowers). Add lemon juice and vodka to the strained syrup mixture and stir until thoroughly blended. Pour into container, cover and place mixture in the freezer. When mixture is semi-solid (approximately 5 hours) mash it up with a fork and refreeze again. When frozen, place in a blender and process until smooth. Cover and re-freeze.

The Little Garden Club of Winchester

Bean Flower Omelet, Bean Salad in Tomato, Tradescantia Omelet

Bean Flower Omelet

4 eggs
4 tbsp milk
Salt and pepper to taste
2 tbsp chopped onions
3 tbsp butter
1 cup bean flowers, washed

Melt butter in a skillet. Combine eggs, milk, onions, salt, and pepper in a blender. Pour into hot skillet. Cook, then turn egg mix to cook bottom. Sprinkle cooked egg with bean flowers. Fold egg mix in half and serve.

Bean Salad in Tomato

¾ cup chopped seeded unpeeled cucumbers
¼ cup coarsely chopped red onion
1 tbsp chopped fresh basil leaves
1 15.5 can white beans or black eyed peas, drained and rinsed
¼ cup creamy Italian salad dressing
2 medium tomatoes
1 cup bean flowers

Mix cucumbers, onion, basil leaves, beans, and dressing together. Chill for at least one hour. Just before serving mix in bean flowers.

Carefully cut out and discard stem end of each tomato. Make 6 cuts from the top center of each tomato to within 1 inch of the bottom. Be sure not to cut through to the bottom. Place tomatoes on a serving platter and gently spread out the sliced wedges. Put one cup of the bean mix into the center of each tomato. Serves 2.

Tradescantia Omelet

4 eggs
4 tbsp milk
Salt and pepper to taste
2 tbsp chopped onions
3 tbsp butter
1 cup chopped Tradescantia stems
½ cup Tradescantia flowers, gently washed

Melt butter in a skillet. Combine eggs, milk, salt, and pepper in a blender. Pour into hot skillet. Sprinkle egg mix with chopped Tradescantia stems. Cook, then turn egg mix to cook bottom. Fold cooked egg mix in half and plate. Sprinkle cooked eggs with Tradescantia flowers and serve.

The Lynchburg Garden Club

Blueberry Basil Granita

Blueberry Basil Granita

1 pint blueberries

1/2 cup water

8 basil leaves

Juice of 1 lime

4 teaspoons honey

1/4 teaspoon salt

4 sprigs of basil flowers

Blend blueberries, water, basil, lime juice, honey and salt in a food processor or blender until smooth.

Place in an airtight container and freeze until slushy, at least 2 1/2 hours. Divide among 4 glasses and serve with a sprig of basil flowers.

The Martinsville Garden Club

Rose Petal Omelet

Rose Petal Omelet

2 eggs
2 Tbs. fresh rose petals, bitter white base removed
1 tsp. dill, chervil, marjoram or basil as desired
salt and pepper to taste
butter
omelet filling of choice

For each omelet, break eggs into bowl and add herbs, salt, pepper and rose petals.

Add a small splash of water to the mixture to prevent burning.

Process egg in the blender/food processor, until the rose petals are broken down into small bits.

Over medium heat, melt small amount of butter in an omelet pan.

Pour egg batter into omelet pan and cover. Cook until eggs are set.

Add omelet fillings to your taste and cover pan again for 1 minute.

Remove from heat, fold omelet. Garnish with fresh rose petals.

The Garden Club of the Middle Peninsula

Sugared Rose Petals

SUGARED ROSE PETALS

Ingredients **my recipes**

3 large pesticide-free roses
1/4 cup frozen egg substitute, thawed
and lightly beaten
1/2 cup superfine sugar

Sugared Rose Petals 2 of 3

Preparation **my recipes**

Pull the petals free from one rose. Lightly coat each petal on both sides with egg substitute, using a small paintbrush.

Sift a small amount of sugar over the coated petals, turning them carefully to coat both sides. Set on wax paper to dry at least 1 hour. Repeat procedure with remaining roses, egg substitute, and sugar.

Note: Substitute other edible flowers, if desired. Many grocery stores carry prepackaged edible flowers.

Sugared Rose Petals 3 of 3

The Mill Mountain Garden Club

South African Fresh Pork Sausage

Tip for Growing and Preparing Edible Flowers

South African Fresh Pork Sausage

Ingredients:

- 3 pounds of fresh ground pork (good mixture of meat and fat)
- 2 tablespoons salt
- 2-3 tablespoons ground pepper
- 1 tablespoon garlic powder
- 2 cups fresh herbs chopped finely (sage, thyme, oregano, parsley, dill)

Mix all ingredients together – a lovely squishy job!

May place sausage mixture in natural casings. Small casings may be used for breakfast sausage and larger links for the grill. May also freeze the seasoned pork and use as patties.

Tip for Growing Organic, Pesticide Free Flowers

Water flowers in a.m. Water roots. This will result in less fungal and bacterial diseases.

Safety Tip for Preparing Edible Flowers

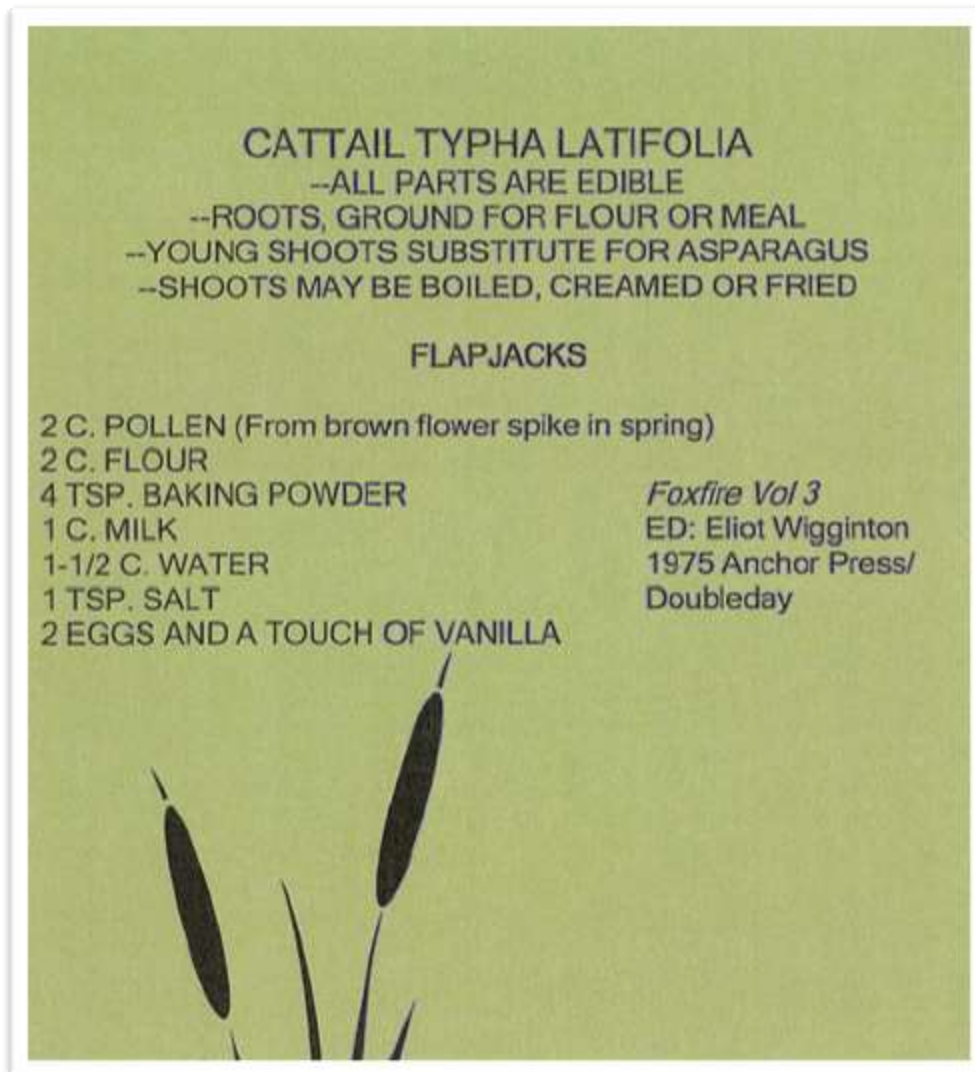
Cleaning Edible Flowers:

1. Shake each flower to dislodge insects hidden in petal folds.
2. After having removed stamen, wash the flowers under a fine jet of water or in a strainer placed in a large bowl of water.
3. Drain and allow to dry on absorbent paper. The flowers will retain their odor and color providing they dry quickly and that they are not exposed to direct sunlight.

Z

The Nansemond River Garden Club

Cattail Flapjacks



The Garden Club of Norfolk

Chive Blossom Omelet

CHIVE BLOSSOM OMELET

- A seasonal treat captured when chive blossoms first bloom

4 fresh organic eggs
4 Tbsp. sour cream
pinch of coarse salt and freshly ground black pepper
2 tsp. fresh chopped parsley
1 Tbsp. fresh chopped chives
2 Tbsp. unsalted butter
12 rinsed & patted dry chive blossoms

- Lightly beat eggs, sour cream, salt, pepper, parsley and chives.
- Preheat omelet pan and melt butter. Pour in egg mixture and leave undisturbed until omelet begins to set. Lower heat and, tipping pan slightly, lift edges to let uncooked egg run underneath.
- When omelet is firm, sprinkle with chive blossoms and fold in half.

Tips for growing edible flowers.

Edible flowers can be used for garnish or as an integral part of the cooking. Growing edible flowers is basically the same as growing flowers for ornamental purposes. Most flowers require a well-drained soil (pH around 5.5 to 6), sunlight, and water. Use a 2- to 3-inch layer of mulch to reduce weeds, conserve soil moisture, maintain uniform soil temperatures, and reduce the amount of soil splashed onto the plant during a heavy rain. Irrigate to keep plants actively growing and flowering; most plants will need 1 inch of water per week. If possible, avoid overhead irrigation because moisture on the leaf surface for extended periods of time can increase the chances of disease development. Irrigating with a soaker hose works well. It's best to use all natural composted organic soil, and have good exposure to light.

Chemicals for pest control, fertilizers, and herbicides should be avoided, if possible. Hand-pick harmful insects. Beneficial insects, such as lady beetles and praying mantis, can be used to decrease insect populations. Growing different flowers together provides diversity to support a good beneficial insect population and keeps pest problems low. Many gardeners locate their edible flower garden away from other plants to avoid chemical spray drift. Many edible flowers can be successfully grown in containers.

Choose flowers that are at their peak, avoiding ones that are not fully open or that are past their prime. Remove pistils and stamens to avoid pollen. For some flowers, only the petals are edible, so do your research before harvesting. Do not eat flowers from florists, only from sources you know have used organic, chemical free practices.

The Garden Club of the Northern Neck

Chilled Beets and Asparagus with Garlic Chive Blossoms

Tips for Growing and Preparing Edible Flowers

Tips for growing pesticide-free flowers:

1. Get a soil test done to ascertain the pH of your soil and its nutrient levels.
2. Use organic fertilizers, if necessary, including homemade compost.
3. Pick off any insect pests that might appear.
4. Ensure good air circulation to prevent fungal and bacterial diseases.
5. Ensure good soil drainage to encourage root growth.

Safety tips for preparing edible flowers:

1. Wash your hands before gathering.
2. Rinse flowers and let dry completely before storing.
3. Store in refrigerator and use flowers as soon as possible.

Chilled beets and asparagus with garlic chive blossoms (Allium tuberosum)

Serves 8

- 2 bunches of baby beets
- 1 bunch of asparagus (trimmed and cut on the bias)
- 1 cup water
- ¼ cup orange blossom water
- 1 ½ cups sugar
- 1 tbsp lemon juice
- 1 bunch of garlic chives with blossoms
- 4 oz goat cheese
- Salad greens

Boil beets until fork tender. Let cool to touch, peel and quarter. Cook asparagus until just tender and rinse under cold water. Add asparagus to beets.

In saucepan, add the water, orange blossom water, sugar and lemon juice. Bring to a boil, reduce heat to medium and simmer until the glaze has been reduced by half.

Roughly chop the garlic chives and add to the vegetables. Toss with the glaze and chill. Place on bed of salad greens and top with the chive blossoms and crumbled goat cheese.

The Petersburg Garden Club

Sugared Pansies

Sugared Pansies

Ingredients: Egg white from 1 large egg

Fresh pansies, organically grown and stems removed

Superfine sugar



Directions: In a small bowl, whisk together the egg white with $\frac{1}{2}$ teaspoons water. Using tweezers, hold a pansy and lightly brush both sides of the petals to coat. Sprinkle with sugar, shaking to remove any excess sugar. Let dry on a parchment paper-lined baking sheet until pansies feel crisp, about 8 hours. May be stored in an airtight container for up to 1 year.

Martha Steward Living Television 2000

The Princess Anne Garden Club

Stir-Fry Daylily Shrimp



STIR-FRY DAYLILY SHRIMP

Peanut oil	1 tablespoon freshly grated ginger
1 clove garlic, finely minced	½ cup onion, chopped
4 daylily buds	petals from 4 daylily flowers
8 ounces mushrooms, sliced	1 cup Chinese cabbage, chopped
½ cup red bell pepper, chopped	1 lb. medium shrimp, cleaned

SAUCE 1 teaspoon sesame oil 1 tablespoon tamari 1 tablespoon sugar
1 tablespoon red wine vinegar 2 tablespoons cornstarch dissolved in water

Heat a wok over high heat. When wok is hot, swirl oil to lightly coat wok. Add ginger and garlic stirring constantly. Add onion and cook one minute. Add daylily buds and petals, mushrooms, cabbage, and pepper a bit at a time so wok does not cool down. Cook for 1 minute, stirring frequently. Add shrimp and cook until they just turn pink. Mix sauce ingredients together in a bowl. Pour into wok, stirring until sauce turns transparent and glossy. Serve immediately.

Serves 4

The Rappahannock Valley Garden Club

Gardenia Ice Cream

Hibiscus Tea

California Roll, Hawaiian Style

Gardenia Ice Cream


INGREDIENTS

- 2 cups of heavy whipping cream
- 2 cups of whole milk
- 1/2 vanilla bean, opened up, seeded (include seeds in mixture)
- 3/4 cup sugar (1/2 cup if you prefer less sweet)
- Petals of 2 or 3 Gardenias (wash them well. Cut leaves up. Home grown gardenias are best)

PREPARATION

Bring milk, cream, vanilla bean and seeds, half of the sugar, and chopped gardenia petals to a simmer in heavy saucepan (at least 2 quart in size), stir to melt sugar, remove from heat and let the flavors develop for 30-45 minutes. Meanwhile, in a separate bowl, whisk 8 egg yolks and remaining sugar till blended and lighter in color. For Diabetics: Use Whey Low Ice Cream Sugar (low carb, low calorie, and natural). It works perfectly.

Add about 1/3 of the heated mixture slowly to the egg yolk mixture, whisking while adding (this keeps egg from clotting) Then whisk all of egg mixture into cream mixture. Reheat, whisking continually, bring to simmer, but not a boil. Whisk and heat until the mixture thickens, about 10 minutes. A spoon dipped into mixture should stay lightly coated, and a finger run down the center should leave a line in the custard. Remove from heat. Put custard into a bowl in an ice bath (partial sink of water with ice works, to cool it quickly) Stir every five minutes or so. When cooled off, strain, put covered in fridge for several hours or overnight. Then use your ice cream maker. Freeze it to "soft-serve" consistency, put in another container and set in freezer to finish.



HIBISCUS TEA

1 tablespoon hibiscus petals, fresh or 1 teaspoon dried
1 cup boiling water
honey (optional)

Steep petals in water in a cup for 5 minutes. For additional sweetness add honey, if desired.

Serves 1.

CALIFORNIA ROLL—HAWAIIAN STYLE


16 hibiscus flowers
1 cup cooled sushi rice
1 avocado, cut into 1/2-inch cubes
1/4 pound crab meat, cut into small pieces
black and white sesame seeds
soy sauce or tamari
wasabi

Place a teaspoonful of rice into each flower. Add a piece of avocado and a piece of crab meat. Sprinkle with sesame seeds. If desired, have soy sauce or tamari and wasabi (Japanese horseradish sauce) for dipping. A beautiful appetizer or hors d'oeuvres.

Serves 4 to 8.

Rivanna Garden Club

Pineapple Sorbet with Pineapple Sage Blossoms



PINEAPPLE SAGE

PINEAPPLE SORBET WITH PINEAPPLE SAGE BLOSSOMS

Intense scarlet flecks of pineapple sage blossoms add a visual accent and a subtle flavor to this refreshing sorbet.

MAKES ABOUT 1½ QUARTS

1/2 cup sugar
1 cup boiling water
About 1/4 cup pineapple sage blossoms
1 large, ripe pineapple
Pineapple sage blossoms and leaves for garnish

Dissolve the sugar in the boiling water and set aside to cool. Stir the pineapple sage blossoms into the cooled sugar syrup.

Clean and core the pineapple and cut it into chunks. There should be about 5 cups. In a food processor or in batches in a blender, puree the pineapple. Stir the syrup into the puree and blend well.

Pour the pineapple mixture into the container of an ice cream maker and process according to manufacturer's directions. Serve immediately or place in freezer.

If frozen hard at serving time, allow sorbet to sit at room temperature for a few minutes, then blend or process to a smooth consistency. Transfer to chilled glasses and serve or hold in freezer for 5 to 10 minutes.

Roanoke Valley Garden Club

Anise Hyssop & Almond Butter Cookies

Anise Hyssop & Almond Butter Cookies

Ingredients

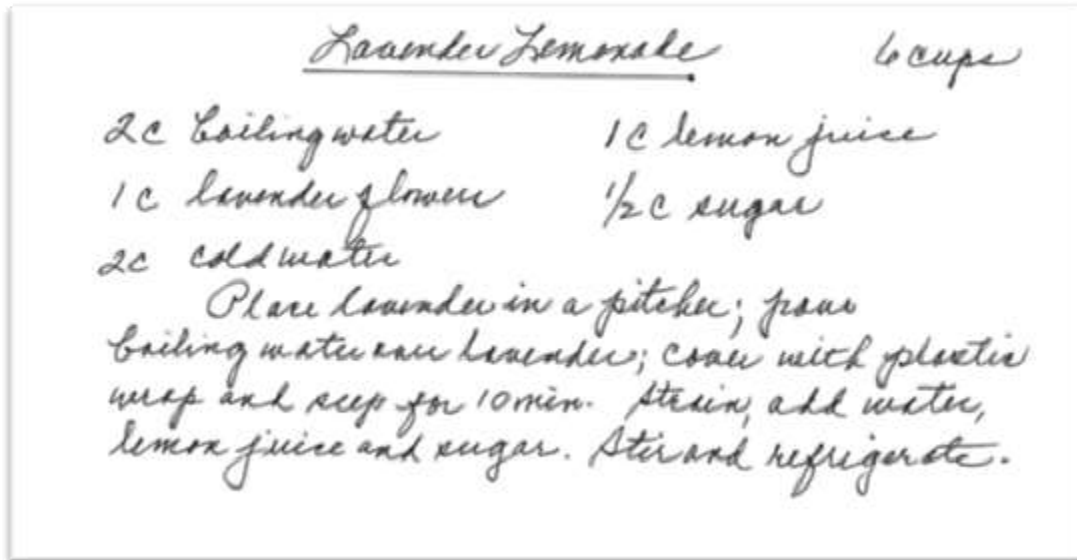
1 cup sugar
¼ cup hyssop, anise hyssop florets removed from stem
1 extra large egg
12 T unsalted butter, in 12 pieces
½ tsp vanilla extract
2 cups flour
½ tsp salt
3 ounces almonds, lightly toasted and coarsely chopped

Directions

1. Combine sugar and florets in food processor and pulse til blended.
2. Add egg and process about 1 minute.
3. Add butter and vanilla and process about 1 minute.
4. Mix flour and salt and add to processor; process about 20 seconds or until most of flour is incorporated.
5. Add almonds and just mix – do not over process.
6. Turn dough onto a lightly floured surface and gather into a ball.
7. Divide into 3 parts; roll each in plastic wrap in cylinder shape about 2" dia.
8. Chill for 1 hour or until firm.
9. Preheat oven to 350 degrees F.
10. Slice dough less than ¼ inch thick.
11. Place at least ½ inch apart on ungreased baking sheet.
12. Bake about 12 minutes or till edges are golden brown.

The Spotswood Garden Club

Lavender Lemonade



Three Chopt Garden Club

Favorite Tips



Three Chopt Garden Club

Rosemary Pound Cake

Rosemary Pound Cake

1/2 pound sweet butter
2 cups granulated sugar
1 1/2 cups unbleached flour
1/2 cup white corn meal
1 Tablespoon lemon juice
1 Teaspoon vanilla extract

7 eggs

2 Teaspoons minced, fresh, rosemary leaves
and flowers

- Preheat oven to 350° • Grease and flour 10" bundt pan
- Cream butter and sugar, gradually; beat until fluffy
- Add flour and butter - stir just enough to blend
- Add lemon juice and vanilla - stir well; add eggs, one at a time, mixing well after each addition
- Add rosemary • Pour batter into prepared bundt pan
- Bake one hour, fifteen minutes • After thirty minutes, cover cake closely with aluminum foil • When cake is done, cool in pan, on cake rack for ten minutes • Remove from pan and cool on wire

Compliments of Fritzi Miller, Three Chopt Garden Club

The Tuckahoe Garden Club of Westhampton

Hollyhock Scones

HOLLYHOCK SCONES

from

Edible and Medicinal Flowers

by

Margaret Joan Roberts

This is a quick and easy recipe and a favorite Sunday afternoon treat. They are nicest eaten hot and fresh. Recipe makes 10 scones.

2 cups cake flour
Pinch salt
1 Tablespoon baking powder
5 Tablespoons butter grated coarsely
About 6 hollyhock flowers
2 eggs
½ cup milk
4 Tablespoons sugar
½ cup granadilla pulp

Sift flour, salt, baking powder into a large bowl. Rub in butter until it resembles fine bread crumbs. Dissolve the sugar in milk. Wisk the eggs and the milk with the sugar until creamy, add the granadilla pulp and wisk well. Add the flour mixture and lightly mix to form a ball. Turn out onto a floured board and pat out to 2cm height. Cut out round shapes with pastry cutter. Place on floured baking sheet and bake at 180 degrees for about 10 minutes or until they begin to turn golden. Cool slightly. Split, spread with butter, a hollyhock flower – remove the calyx – or a few petals. Dust with icing sugar and decorate plate with hollyhock flowers. You may spread scones with strawberry jam or honey before topping with hollyhock petals.

The Virginia Beach Garden Club

Daylily Desserts & Delicacies



DELIGHTFUL DAYLILY DESSERTS & DELICACIES

It is best to pick daylilies in the morning and keep them in the refrigerator until ready to use. Paler flowers are the sweetest and most delicate. Pull the stamens, rinse the flowers and check for bugs and mold. Then shake them off and put them in a plastic bag or container in the refrigerator until they're needed. (Use only pesticide-free grown plants and avoid plants growing along roads and in fields.)

When you are ready for dessert, place each daylily flower in a goblet or pretty dish. Fill the flowers with raspberries and cream, sherbet, ice cream, mousse, etc. Top with a sprig of mint or a few Johnny-jump-up flowers.

Use your imagination with these versatile flowers.

Fill the cleaned blooms with boursin cheese spread, chicken salad, pimento cheese, etc. Be sure to tell your guest that the whole flower can be picked up and eaten - carb free!

Daylilies are high in vitamins and minerals, and are even a good source of protein.

The sprouting leaves in spring, summer buds and blossoms, and even the rhizomes from fall dividing are edible.

Using organic, non-toxic fertilizer, such as earthworm castings, bat guano, and biotones, along with double ground pine bark, compost and Grani-Grit for mulch, provide plants that are healthy and better able to avoid damage from pests and diseases.

The Garden Club of Warren County

Rose Scented Geranium Pound Cake

Rose Scented Geranium Pound Cake

Billie Clifton
Owner Sunflower Cottage
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Warren County, VA

Ingredients:

2 sticks of margarine
3 Cups sugar
6 Eggs
1 Cup sour cream
1 Teaspoon vanilla
½ Cup coarsely chopped Rose Scented Geranium leaves
½ Teaspoon baking powder
½ Teaspoon salt
3 Cups sifted cake flour
2 Tablespoons powdered sugar (for sprinkling on top of finished cake)

Cream butter, sugar and eggs with mixer. Carefully fold in sour cream, geranium leaves and vanilla. Then add remaining dry ingredients and stir.

Pour into prepared tube pan and bake at 350 degrees for 10 minutes. Reduce temperature to 325 and continue baking for another 60 minutes.

Allow to cool for 10 minutes before turning out.

Sprinkle with powdered sugar and decorate with roses or geranium flowers if available.

This cake is wonderful at a bridal luncheon or Mother's Day Tea!

The Warrenton Garden Club

Lavender Cookies

Lavender Cookies

Make these tasty lavender [cookies](#) for a loved one or special occasion and do serve with sweet [wine](#). You will need to plan way in advance because it will take at least 1 week to make the [lavender flower](#) infused sugar.

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Ingredients:

- Lavender Sugar:
- 2 Tablespoons fresh lavender flowers or 1 Tablespoon dried
- 1 cup superfine white sugar
- .
- Cookies:
- 1 cup plus 1-1/2 Tablespoons all-purpose flour
- 1/3 cup lavender sugar, divided use
- Pinch of salt
- 4 Tablespoons (1/4 cup or 1/2 stick) cold butter, cut into pieces
- 2-1/2 Tablespoons sweet white wine
- 12 leaves of fresh lavender, chopped finely

Preparation:

Make the Lavender Sugar: Combine sugar and [lavender flowers](#). Place in a glass jar, seal tightly, and store in a warm, dry spot for 1 to 2 weeks to infuse the sugar. Sift sugar through a fine sieve to remove flowers before using.

Make the Cookies: Preheat oven to 375 F. Line cookie sheets with [Silpat baking liners](#), parchment paper, or lightly grease with butter.

Remove 1 tablespoon of the measured 1/3 cup lavender sugar and set aside. Whisk together remaining sugar, flour, and salt until combined.

Rub butter into the flour using your fingertips or a pastry blender until the mixture resembles coarse meal. Stir in [wine](#) and lavender leaves. Let mixture sit for 10 minutes, stirring occasionally. It should bond together.

Gather up the dough and place on a floured board. Roll into a rectangle 1/8-inch thick. Use a pizza wheel or a sharp knife to cut strips to cut strips 2 inches long by 1 inch wide. Twist each strip once in the center to resemble a bow and place on prepared baking sheet.

Bake for 6 to 8 minutes until edges barely begin to turn brown.

Cool on wire racks and dust with remaining tablespoon of lavender sugar.

The Williamsburg Garden Club

Marinated Mango with Pineapple Sage Flowers



MARINATED MANGO WITH PINEAPPLE SAGE FLOWERS

Serves 2-3 as a snack

Ingredients:

2 ripe mangoes

1 large lime (organic if possible)

1 fresh chili, finely minced

Coarse sea salt.

Fresh pineapplesage flowers (remove flowers from stems and wash gently; dry on paper towels)

Directions:

1. Begin by preparing the mango; slice off both sides around the pit, score halves, fold outwards and cut off into cubes. Place in a large bowl.
2. Zest and juice the lime into the bowl with the mango. Mince chili and add to the bowl, along with sea salt, and sage flowers. Fold to combine. Let marinate for 15-30 minutes. Serve.

Note: You can also use the same juicy cubes with quinoa, black beans and cilantro to create a light supper.

My Gardener's Tip for Healthy Plants:

Healthy plants start with healthy soil and healthy soil comes with good compost. My gardens began to thrive when I created a compost pile. For many years the soil had been devoid of the necessary nutrients to maintain a healthy garden. Once I started using compost the garden came to life.

Compost is considered the Cadillac of organic fertilizers. There are lots of 'organic' fertilizers sold commercially but the best is 'homegrown' compost. You know what has gone into it!

Winchester-Clarke Garden Club

Tan Pear Crumble with Lavender

tan pear crumble with lavender

Snugly arrange pear halves, cut side up, in a buttered baking dish. Top with a crumbly mix of cold butter, flour, sugar, and lavender blossoms. Cover and bake until tender, 40 minutes. Uncover and broil (grill) until golden. Serve with cream.

