



The Gathered Plate
Edible Flowers
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Edible Flowers

Apple Blossoms

Anise Hyssop

Basil

Bee Balm

Borage

Calendula

Cilantro

Citrus Blossoms

Chive Blossoms

Chrysanthemums

Clover

Cornflower

Dandelions

Day Lilies

Dianthus

Elder Flower

Fennel

Fuchsia

Garden Sorrel

Gladiolus

Hibiscus

Hollyhock

Honey suckle

Johnny-Jump-Ups

Lavender

Lemon Verbena

Lilac

Marigold

Mint

Nasturtiums

Oregano

Pansy

Pea Blossoms

Phlox

Red Bud

Rose

Rosemary

Sage

Scarlet Runner Beans

Scented Geraniums

Snapdragons

Squash

Sunflower

Sweet Woodruff

Thyme

Tulip Petals

Violet

Cautions & Things to Remember

Allergies!

Never use flowers that have been sprayed or treated with chemicals.

Flavors- how they mix, what you are using them in, desired outcome

Some flowers, it is specific parts of the flower that can be used.

Have fun!

Fun Ways to Use-

Pestos

Jams

Syrups

Ice Cubes

Candied

Fritters

In or on cookies

In or on icing

Meringues

Popcicles

In Cheese

In butter

In bread or other

baked goods

Garnish

Infused in Vinegar

In salads

Dipping oils

Recipes

Flower Pesto-

2-3 cups of greens (arugula, spinach, basil, etc...)

1/2 cup (loosely packed) petals

2-4 cloves of garlic, peeled

Olive Oil (or favorite cooking oil)

Salt (to taste)

Optional- nuts/seeds (I prefer pine nuts), hard cheese (parm/ Romano), splash of vinegar (ACV or infused)

Add items to blender and puree. Taste, and adjust as needed. Garnish w. more petals

Flower Cheese-

5-10 ounces of soft cheese of choice (I like a goat)

1/4-1/2 ounce of petals in varying colors

Parchment paper or cling film

Mix petals in a bowl, add cheese and combine. Lay petals on wrap (parchment) and form into a long shape and place in fridge until ready to use.

Rose Petal Jam-

1.5 c. filtered water

2 cups fresh/ 2/3c dried rose petals

2 cups cane sugar

3T fresh lemon juice

1t. fruit pectin

1 jar