



**IMPORTANT DISCLAIMER: ONLY FLOWERS GROWN WITHOUT PESTICIDES MAY BE EATEN.** They should be eaten in moderation. If you are ever in doubt, consult a horticulturist or an encyclopedia for edible flowers. If you use or eat flowers that you shouldn't, it COULD be fatal. We have a lot of cooking and eating to do – so PLEASE be careful.

## **RED AND YELLOW TOMATOES WITH BASIL BLOSSOMS SALAD**

Basil, which is a member of the mint family, can enhance the flavor of soups, stews, and salads.

### **Ingredients**

- 2 large red tomatoes, sliced
- 2 large yellow tomatoes, sliced (or 2 more red tomatoes)
- ½ pound mozzarella cheese, thinly sliced
- 3 Tablespoons extra-virgin olive oil
- 1 Tablespoon balsamic vinegar
- 2 shallots, very finely minced
- Salt and pepper to taste
- 8 basil leaves, finely shredded
- 1 Tablespoon basil blossoms



### **Instructions**

1. On a nice serving platter, alternate the red and yellow tomato slices (if using yellow) with the mozzarella slices.
2. In a small bowl, mix the olive oil, balsamic vinegar, shallots, salt, and pepper.
3. Pour the dressing over the tomatoes.
4. Sprinkle with shredded basil leaves and blossoms.
5. Serve at room temperature.



## TURKEY MARIGOLD ROLL-UPS

Marigold Blossoms adds a golden hue to soups, grains, or scrambled eggs.

### Ingredients

- 8 ounces cream cheese at room temperature
- 2 Tablespoons mayonnaise
- 1 Tablespoon horseradish
- 3 teaspoons lemon juice
- 2 Tablespoons diced sweet pickle relish
- 1 tart apple (peeled, cored, and finely diced)
- 1 cup marigold petals
- 4 12" tortillas (any flavor – whole wheat, white, tomato, avocado)
- 8 ounces thinly sliced turkey (or ham)
- Additional marigold petals for garnish



### Instructions

1. In a bowl, blend the cream cheese with the mayonnaise, horseradish, lemon juice, and pickle relish.
2. Gently stir in apple dices and marigold petals.
3. With a spatula, spread the mixture evenly over each tortilla.
4. Cover the spread with a single layer of turkey or ham slices.
5. Roll up the filled tortilla, jelly-roll style.
6. Cut immediately or wrap tightly in plastic wrap and refrigerate until serving.
7. Cut to desired thickness and arrange on serving platter.
8. Sprinkle with additional marigold petals.

## HERB CHEESE TART WITH CHIVE BLOSSOMS

### Ingredients

- 1 9" pie shell (frozen or use pre-made pie dough)
- 8 ounces cream cheese, whipped with chives and onions
- 3 ounces plain cream cheese at room temperature
- ¼ cup sour cream
- 2 eggs, lightly beaten





- 12 large chive blossoms, separated into petals
- Additional blossoms for garnish

### Instructions

1. Preheat the oven to 400 degrees F.
2. Put the dough inside a greased pie pan or quiche pan. Refrigerate until ready to use.
3. In a large bowl with electric mixer beat the herb cheese, cream cheese, sour cream, and eggs until smooth.
4. Stir in chive blossoms with a spoon.
5. Pour into prepared pie shell.
6. Bake the tart for 25-30 minutes until filling is puffy and light brown.
7. Let stand 15 minutes before cutting.
8. Decorate with additional fresh chive blossoms. Serve hot or warm.

### LAVENDER SHORTBREAD

Dried lavender is used in fragrances and vinegar, often custards, and shortbread cookies. Lavender adds a mysterious scent to sorbets, beef stew, and cookies.

Makes 24 pieces.

### Ingredients

- 1 cup butter at room temperature
- ½ cup granulated sugar
- 2 cups all-purpose flour
- Grated rind of ½ lemon
- 1-2 Tablespoons lavender blossoms, stripped from the stem
- Additional blossoms for garnish

### Instructions

1. In a large bowl, cream the butter and sugar until light and fluffy.
2. Add the flour in increments and blend until you obtain a smooth, firm dough.
3. Mix in lemon rind and lavender blossoms.
4. Line a flat surface with parchment paper.
5. Divide the dough into 2 equal parts and roll out into two 10" x 7" rectangles about ¼ inch thick.





6. Place on a baking sheet and refrigerate dough at least 2 hours or overnight.
7. When dough is cool, cut into 1"x3" rectangles.
8. With a spatula, transfer them carefully onto non-stick baking sheet, leaving an inch between. They expand when baking.
9. Preheat oven to 325 degrees F. Bake 18-20 minutes or until cookies turn light brown around the edges. Watch carefully. Don't burn.
10. Remove from oven and let cool completely. Sprinkle with extra lavender blossoms if desired to serve. Store in airtight container.

## CHOCOLATE-MOUSSED TULIPS

Since Skagit Valley is famous for tulips, it seems to me that we should think about using tulips. Tulips make beautiful edible cups for fruit sorbets, sweet or savory mousses or even finely minced, crisp vegetables. White, peach, or pink blossoms are ideal for chocolate mousse filling!



Serves 8.

### Ingredients

- 4 ounces semisweet chocolate
- 1/3 cup sweet butter
- 2 egg yolks
- 2 Tablespoons Grand Marnier liquor or orange juice
- 3 egg whites at room temperature
- ½ teaspoon cream of tartar
- 2 teaspoons granulated sugar
- Grated zest of ½ orange
- 8 tulips, rinsed and dried (carefully)
- 3 pints of raspberries, rinsed and drained for garnish

### Instructions

1. In the top of a double boiler, melt chocolate until smooth.
2. Stir in the butter, remove from heat, and allow to cool a few minutes.
3. Stir in the egg yolks, one at a time, and the Grand Marnier or orange juice. Set aside.
4. In a medium bowl beat the egg whites with cream of tartar until fairly stiff.
5. Halfway through, add the sugar and continue beating until stiff peaks form.



6. With a spatula, carefully fold the chocolate mixture into the beaten egg whites.
7. Stir in orange zest.
8. Refrigerate for 10-15 minutes.
9. Meanwhile, prepare tulips for filling. Carefully push petals apart and, with a small pair of scissors, cut out pistil and stamen. Cut off the stem.
10. Take mousse from the refrigerator and fill each blossom  $\frac{3}{4}$  full. Gently hold the petals. Mound 1-2 Tablespoons of mousse in the bottom of each of 6-8 dessert cups.
11. Surround tulips with an even amount of raspberries if you want. Set a raspberry in the center of each tulip. Chill until ready to serve.