

# FARMER IN THE FIELD



## Edible Flowers

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September 2012

Although I have eaten edible flowers I never gave much thought to how they tasted only how they looked as a garnish. Chefs have ordered squash blossoms from us but I have personally never used them. Not long ago I spoke with a local farmer who is as passionate about fresh produce as I am and he went on about the stuffed squash blossoms he made and how delicious they were. So when I decided to do some research on edible flowers I really got excited. What I've learned so far is not only are they beautiful but they also have a large range of flavors. Bee Balm has a minty flavor and is a lovely shade of purple where the Borage has a cucumber flavor and ranges from red to pink. The Calendula or pot marigold tastes like honey with a color pallet to match. Chives on the other hand provide a savory onion flavor with their purple petals. Lavender matches its name in color with a floral and sweet flavor lending itself to both deserts and savory meats and is one of the main ingredients in Herbes de Provence.

The Scarlet Runner Pole Bean is an heirloom bean with beautiful red flowers. The pedals have an earthy flavor and are enjoyed by bees, hummingbirds and humans alike and the bonus is a bountiful harvest of beans. Some flowers like the Borage can be steeped to make a refreshing tea and others like Bee Balm can be steeped and strained to make a cool sorbet or jam. The Calendula flower acts much like saffron and can be used to flavor and color butter, cheese and rice dishes. It is important to note that not all flowers are edible and you should do your homework before running out to the garden. A good source of information is "Edible Flower Garden" by Rosalind Creasy and can be purchased on Amazon.com for \$12.46. I just placed my order and I can't wait to learn more.