

955 Benton Ave., Winslow, ME 04901 • Phone: 1-877-564-6697 • Fax: 1-800-738-6314
Email: service@johnnyseeds.com • Web Site: Johnnyseeds.com

CANDIED FLOWER BLOSSOMS

Candied flowers are nice to have on hand to add a touch of elegance to plain baked goods and other sweet treats. Good candidates for candying are apple blossoms, borage flowers, lilac florets, rose petals, scented geraniums and violets, violas and pansies.

rinsed & dried flower blossoms	1 cup superfine sugar
1 extra large egg white	small paint brush
few drops of water	baking rack covered with waxed paper

In small bowl, combine egg white with water and beat lightly until white forms a few small bubbles.

Gently paint blossoms with egg white covering petals completely, but not excessively. Sprinkle blossom with sugar evenly all over on both sides. Place on waxed paper to dry.

Let flowers dry completely. They should be completely free of moisture. This can take 12-36 hours. Store the dried, candied flowers in airtight containers until ready to use. They will keep for as long as a year.

LAVENDER BLUEBERRY SOUP

Delightful when served cold for a summer luncheon. Garnish with a dollop of vanilla yogurt and a sprinkling of flower petals.

4 quarts fresh or frozen blueberries	2 ½ tbsp. fresh or dried lavender flowers
1 cup hearty red wine	3 medium lemons, juice and rind
3 cups water	
1 ½ cups honey, or to taste	2 cinnamon sticks
½ cup orange juice concentrate	½ tsp. ground cloves
	1 cup cream or more

Put all ingredients into a stock pot. Bring just to a boil, then reduce heat and simmer 10 minutes. Cool mixture, remove cinnamon sticks, and process in a blender or food processor until smooth. Add cream to taste.

Can be frozen for later use. Omit cream when freezing. Add cream once thawed.

Makes about 4½ cups.

SAVORY FLOWER SPREAD

This makes a great stuffing for nasturtium blossoms or celery sticks. Turn plain crackers or small bread rounds into an elegant presentation when covered with this spread and surrounded with a confetti of petals.

8 oz. cream cheese	1 tbsp. chives, chopped
1-2 tbsp. plain yogurt	1-2 tbsp. parsley, chopped
1-3 tbsp. assorted flower petals	1 tbsp. basil oregano, thyme chopped

In a non-metallic bowl, blend cream cheese and yogurt until soft. Gently fold in chopped herbs and flower petals. Cover and refrigerate for at least 24 hours.

Use within 1 week or freeze up to 3 months. Makes about 1½ cups spread.

HERB AND CONFETTI PETAL CHEESE TERRINE

A totally elegant presentation of edible flowers. Serve in slices for luncheons or serve on crackers for hors d'oeuvres.

1 pound cream cheese, softened	2 tsp. Worcestershire sauce
¾ pound unsalted butter, softened	¾ tsp. white pepper
1 cup fresh grated Parmesan cheese	¾ cup toasted pine nuts, chopped
2 large cloves garlic, finely chopped	1 cup mixed edible flower petals
½ to ¾ pound provolone	various other edible flowers
¾ cup fresh basil or 6 tbsp. dried basil	
¾ cup fresh parsley	

Cream together softened cream cheese, butter, and Parmesan cheese. Add garlic, basil, Worcestershire sauce and pepper, combining thoroughly. Add pine nuts and chopped parsley and mix again (best way is to use your hands).

Butter a loaf pan. Line with waxed paper. Layer bottom of pan with provolone cheese slices, then add layer of soft cheese mixture and a sprinkling of flower petals. Continue to alternate layers of provolone, soft cheese mixture and flowers, ending with provolone. For a good effect try to get about five layers. Cover with plastic wrap and refrigerate overnight.

Remove from refrigerator and let stand about 15 minutes before turning out on serving platter. Remove paper and garnish with more flowers.

This recipe freezes very well. Slices can be cut off and used when needed.