

# 89 Edible Flower Recipes (UK)

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# 89 edible flower recipes

## Introduction

Edible flowers are not just a pretty addition to your garden. They can also be used to add a unique and delicious touch to your meals. If you're lucky enough to have a garden in the UK, you may be surprised to learn about the many benefits and uses of edible flowers that can be found right outside your door.

One of the most obvious benefits of edible flowers is their aesthetic appeal. They come in a variety of colours, shapes and sizes, making them a beautiful addition to any dish. But beyond their appearance, edible flowers also offer a range of health benefits. Many are rich in antioxidants, vitamins and minerals, and some even have medicinal properties.

Overall, incorporating edible flowers into your meals is a fun and unique way to add some extra flavour and nutrition. So why not take advantage of the beautiful blooms in your garden and give it a try?

Here is a list of recipes and uses for around 100 edible flowers, for your interest and enjoyment. It is a companion guide to our book '99 Edible flowers Found in the UK' which you can obtain from our shop at [UKPets.co](http://UKPets.co)



## Important Notice

We accept no responsibility for problems or ailments arising from the consumption of any of the concoctions mentioned in this book.

Please do your own diligence with regard to the flowers that you use, and only prepare the recipes in a clean environment, with carefully washed botanicals that you have grown yourself, so that you know what chemical products (if any) were used on them in the growing stage, either as fertilisers or as pesticides/insecticides.

We are confident that all care has been taken in the preparation of the book, and we use many of the recipes ourselves.

Recipe information

1 cup is the equivalent of 250mls

## A-Z of Recipes

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## Anise Hyssop Tea



Anise hyssop is a plant that is commonly used in herbal medicine and cooking. It has a liquorice-like flavour and aroma, and it is known for its calming and soothing properties. Anise hyssop is also rich in antioxidants and anti-inflammatory compounds, making it a great addition to a healthy diet.

### Ingredients:

2 tbsp. dried anise hyssop leaves

4 cups water

Honey or lemon to taste (optional)

### Instructions:

1. Bring the water to a boil in a medium-sized pot.
2. Add the anise hyssop leaves to the pot and reduce the heat to low.
3. Let the tea simmer for 10-15 minutes.

4. Remove the pot from the heat and strain the tea leaves.

5. Serve hot, and add honey or lemon to taste if desired.

Other uses for anise hyssop include using it as a natural insect repellent, adding it to salads or soups for flavor, and using it in baked goods like cakes and cookies. Anise hyssop can also be used to make a homemade cough syrup when combined with honey and lemon juice.

Additionally, anise hyssop leaves can be used to make a fragrant and relaxing bath soak.

## Alpine Pink and Goats Cheese Salad



This recipe is a delicious and healthy way to enjoy Alpine Pinks, also known as Alpine Pinks Carnations. These flowers have a delicate, sweet flavour and are packed with health benefits. Alpine Pinks are rich in antioxidants and have anti-inflammatory properties. They are also known to aid in digestion and can help boost the immune system.

### Ingredients:

4 cups mixed greens

1/2 cup Alpine Pinks flowers, rinsed and dried

1/2 cup crumbled goat cheese

1/4 cup sliced almonds

2 tbsp. olive oil

1 tbsp. balsamic vinegar

Salt and pepper to taste

### Instructions:

1. In a large salad bowl, combine the mixed greens, Alpine Pinks flowers, crumbled goat cheese, and sliced almonds.
2. In a small bowl, whisk together the olive oil and balsamic vinegar.
3. Drizzle the dressing over the salad, and toss to combine.
4. Season with salt and pepper to taste.
5. Serve immediately.

Other uses for Alpine Pinks include using them as a garnish for cocktails, adding them to cakes and other desserts for a pop of color and flavor, or even using them in floral arrangements. They can also be steeped in hot water to make a tea that may aid in digestion and promote relaxation.

## Alyssum Salad Recipe



Alyssum is a type of herb that is known for its delicate, sweet fragrance and is often used in gardens as a border plant. However, it is also edible and can be used in salads, soups, and stews. Alyssum is a good source of vitamins A and C, as well as calcium and iron. It is also believed to have anti-inflammatory properties and may aid in digestion.

### Ingredients:

4 cups mixed greens

1 cup fresh alyssum flowers

1/2 cup cherry tomatoes, halved

1/4 cup sliced red onion

1/4 cup crumbled feta cheese

2 tbsp. balsamic vinegar

2 tbsp. extra virgin olive oil

Salt and pepper to taste

Instructions:

1. Wash and dry the mixed greens and alyssum flowers.
2. In a large bowl, combine the mixed greens, alyssum flowers, cherry tomatoes, and red onion.
3. In a separate bowl, whisk together the balsamic vinegar, olive oil, salt, and pepper.
4. Pour the dressing over the salad and toss to combine.
5. Top with crumbled feta cheese.
6. Serve immediately.

Other uses for alyssum include using it as a natural dye for fabrics, or as a fragrant addition to potpourri or sachets. It can also be used as a companion plant in gardens to attract beneficial insects such as ladybugs and lacewings.



## Amaranth Flower Salad



### Ingredients:

2 cups of Amaranth Flowers

1 cup of cherry tomatoes, halved

1/2 cup of crumbled feta cheese

1/4 cup of chopped fresh parsley

1/4 cup of chopped fresh mint

1/4 cup of chopped fresh basil

1/4 cup of extra-virgin olive oil

2 tablespoons of lemon juice

1 tablespoon of honey

Salt and pepper to taste

### Instructions:

1. Rinse the amaranth flowers and remove any stems or leaves.
2. In a large bowl, combine the amaranth flowers, cherry tomatoes, feta cheese, parsley, mint, and basil.
3. In a small bowl, whisk together the olive oil, lemon juice, honey, salt, and pepper.
4. Pour the dressing over the salad and toss to combine.
5. Serve immediately.

### Benefits:

Amaranth flowers are rich in antioxidants, vitamins, and minerals. They are also a good source of protein and fiber. This salad is a great way to incorporate amaranth flowers into your diet and enjoy their health benefits.

### Other uses for Amaranth Flowers:

Apart from salads, amaranth flowers can also be used to make tea, syrup, and even dye. The flowers have a mild, earthy flavor that pairs well with both sweet and savory dishes. You can also use amaranth flowers to garnish cakes, cocktails, and other desserts.

## Anchusa Pesto



Here is a recipe for Anchusa Pesto:

Ingredients:

2 cups of fresh Anchusa leaves

1/2 cup of grated Parmesan cheese

1/2 cup of pine nuts

2 garlic cloves

1/2 cup of extra-virgin olive oil

Salt and pepper to taste

Instructions:

1. Rinse the Anchusa leaves and pat them dry.

2. In a food processor, combine the Anchusa leaves, Parmesan cheese, pine nuts, and garlic cloves.
3. Pulse until the mixture is finely chopped.
4. While the food processor is running, slowly pour in the olive oil.
5. Season with salt and pepper to taste.
6. Transfer the pesto to a jar and store it in the refrigerator.

### Benefits:

Anchusa leaves are rich in antioxidants, vitamins, and minerals. They are also known for their anti-inflammatory properties. This pesto is a great way to incorporate Anchusa leaves into your diet and enjoy their health benefits.

### Other uses for Anchusa:

Apart from pesto, Anchusa leaves can also be used to make tea, infused oil, and even natural dye. The leaves have a slightly bitter taste that pairs well with salads, soups, and stews. You can also use Anchusa leaves to garnish dishes and add colour to your plate.

## Antirrhinums Tea Recipe



Antirrhinums, also known as snapdragons, are beautiful flowers that can add a dash of colour to any garden. Here is a simple recipe using snapdragons:

### Ingredients:

1 cup of fresh snapdragon flowers

2 cups of water

Honey or sugar (optional)

### Instructions:

Rinse the snapdragon flowers in cold water to remove any dirt or debris.

Boil the water in a small saucepan.

Add the snapdragon flowers to the boiling water.

Reduce the heat and let the tea simmer for 2-3 minutes.

Remove the saucepan from the heat and let the tea cool for a few minutes.

Strain the tea and discard the flowers.

Add honey or sugar to taste, if desired.

Enjoy your delicious and fragrant snapdragon tea!

Other uses for snapdragons include using them as cut flowers in floral arrangements, or simply enjoying their beauty in your garden. Some people also believe that snapdragons have medicinal properties and can be used to treat various ailments, although more research is needed to confirm these claims.

## Roasted Artichokes



Artichokes are a delicious and nutritious vegetable that can be used in a variety of dishes. Here's a simple recipe using artichokes:

Roasted Artichokes Recipe:

Ingredients:

4 artichokes

2 cloves of garlic, minced

2 tablespoons of olive oil

Salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Rinse the artichokes under cold water and trim the stem.

3. Cut off the top third of the artichokes and remove the tough outer leaves.
4. Use a spoon to scoop out the fuzzy choke in the center of each artichoke.
5. In a small bowl, mix together the minced garlic, olive oil, salt, and pepper.
6. Rub the garlic mixture all over the artichokes.
7. Place the artichokes on a baking sheet and roast in the oven for 30-40 minutes, or until tender and golden brown.
8. Serve the roasted artichokes as a side dish or appetizer.

Other uses for artichokes include adding them to salads, dips, and pasta dishes. You can also steam or boil them and serve them with melted butter or a dipping sauce. Artichoke hearts can be canned or jarred and used in a variety of recipes, such as pizza toppings, sandwiches, and omelettes. Additionally, some people believe that artichokes have health benefits, such as improving digestion and reducing cholesterol levels.



## Basil Pesto



Here's a simple recipe for a classic basil pesto:

### Ingredients

2 cups fresh basil leaves, packed

1/2 cup freshly grated Parmesan-Reggiano cheese

1/2 cup extra-virgin olive oil

1/3 cup pine nuts

3 medium garlic cloves, coarsely chopped

Salt and freshly ground black pepper to taste

### Instructions:

1. Combine the basil, pine nuts, and garlic in a food processor and pulse several times until coarsely chopped.

2. Add the Parmesan cheese and pulse again until well combined.

3. While the food processor is running, slowly pour in the olive oil until the mixture is smooth and creamy.

4. Season with salt and pepper to taste.

As for other uses for basil, it's a versatile herb that can be used in a variety of dishes, such as:

- Tomato sauce

- Caprese salad

- Pesto pasta

- Bruschetta

- Thai curries

- Soups and stews

You can also infuse basil into oils or vinegars, or use it to make refreshing drinks like basil lemonade or mojitos.

## Begonia Lemonade

Here's a recipe for a refreshing and colourful beverage:

Ingredients:

1 cup begonia flowers, washed and dried

1 cup freshly squeezed lemon juice

1/2 cup honey

4 cups water Ice cubes

Lemon slices and additional begonia flowers for garnish (optional)

Instructions:

1. In a large pitcher, combine the begonia flowers, lemon juice, and honey.
2. Add the water and stir well to combine.
3. Chill the lemonade in the refrigerator for at least 1 hour.
4. Serve over ice cubes and garnish with lemon slices and additional begonia flowers, if desired.

As for other uses for begonia flowers, they can be used as a colourful and edible garnish for salads, desserts, and cocktails. They can also be candied or used to make jelly or syrup. Additionally, some cultures use begonia flowers in traditional medicine for their anti-inflammatory and pain-relieving properties. However, it's important to note that not all begonia species are edible or safe for consumption, so it's best to do your research before using them in food or medicine.

## Bergamot Tea



Here is an easy recipe for Bergamot Earl Grey Tea

Ingredients:

1 black tea bag

1/2 tsp. dried bergamot leaves or 1 bergamot tea bag

1 cup boiling water

Milk and sugar to taste (optional)

Instructions:

1. Place the black tea bag and dried bergamot leaves or bergamot tea bag in a mug.
2. Pour the boiling water over the tea bag and bergamot leaves.
3. Steep for 3-5 minutes, depending on how strong you like your tea.
4. Remove the tea bag and bergamot leaves or tea bag.

5. Add milk and sugar to taste, if desired.

As for other uses for bergamot, it's commonly used in perfumes, soaps, and other personal care products due to its pleasant citrusy scent. Bergamot essential oil is also used in aromatherapy to promote relaxation and reduce stress. Additionally, some people use bergamot oil as a natural remedy for skin conditions like acne and eczema, as well as digestive issues like bloating and indigestion. However, it's important to note that bergamot oil can cause photosensitivity, so it's best to avoid sun exposure after using it topically.

## Borage Cucumber Salad



Here's a recipe for a refreshing and healthy summer salad:

Ingredients:

1 cucumber, sliced

1/2 cup borage leaves and flowers, washed and dried

1/4 cup chopped fresh parsley

2 tbsp. olive oil

1 tbsp. lemon juice

Salt and pepper to taste

Instructions:

1. In a large bowl, combine the sliced cucumber, borage leaves and flowers, and chopped parsley.

2. In a small bowl, whisk together the olive oil and lemon juice.
3. Pour the dressing over the salad and toss to combine.
4. Season with salt and pepper to taste.

As for other uses for borage, the leaves and flowers are edible and can be used as a garnish for salads, soups, and other dishes. They can also be infused into tea or used to make a flavourful syrup for cocktails or desserts. Additionally, borage is often used in traditional medicine to treat respiratory and digestive issues, as well as skin conditions like eczema and dermatitis. However, it's important to note that borage contains pyrrolizidine alkaloids, which can be toxic in large amounts, so it's best to use it in moderation and avoid consuming it if you have liver disease or are pregnant or breastfeeding.



## Buzz Buttons Gin and Tonic



Try this delicious recipe!

Ingredients:

1 oz gin

1/2 oz lime juice

1/2 oz simple syrup

4 oz tonic water

1 or 2 Buzz Button flowers

Instructions:

1. In a shaker, combine the gin, lime juice, and simple syrup with ice.
2. Shake until well combined.
3. Strain the mixture into a glass filled with ice.
4. Top with tonic water.

5. Garnish with 1 or 2 Buzz Button flowers.

As for other uses for Buzz Button flowers, they are often used in cocktails and other beverages due to their unique numbing effect on the mouth. They can also be used in salads or as a garnish for desserts. Additionally, some people use Buzz Button flowers for medicinal purposes, such as treating toothaches or sore throats. However, it's important to note that Buzz Button flowers should not be consumed in large quantities or by individuals with certain medical conditions, so it's best to consult a healthcare professional before using them for medicinal purposes.

## Calendula Tea



Here's a simple recipe for calendula tea:

Ingredients:

- 1 tablespoon dried calendula flowers
- 1 cup boiling water

Instructions:

1. Place the dried calendula flowers in a teapot or mug.
2. Pour the boiling water over the flowers.
3. Let steep for 5-10 minutes.
4. Strain the tea and enjoy!

Calendula tea is known for its anti-inflammatory, antibacterial, and antifungal properties. It has been traditionally used to help with digestive issues such as upset stomach, ulcers, and constipation. Calendula tea is also believed to help with menstrual cramps and to boost the immune system. It can be used topically to soothe skin irritations, such as eczema, psoriasis, and acne. Additionally, calendula tea is rich in antioxidants which can help protect the body from oxidative stress and inflammation.

## Camellia Flower Tea



### Ingredients:

1 tablespoon dried camellia flowers

1 cup boiling water

### Instructions:

1. Place the dried camellia flowers in a teapot or mug.
2. Pour the boiling water over the flowers.
3. Let steep for 5-10 minutes.
4. Strain the tea and enjoy!

Camellia flower tea is known for its high levels of antioxidants, which can help protect the body from oxidative stress and inflammation. It is also believed to help with digestion, boost the immune system, and improve heart health. Some studies suggest that camellia flower tea may even have anti-cancer properties.

As for other uses for camellia flowers, they are often used in skincare products for their moisturizing and anti-aging properties. Camellia oil, which is extracted from the seeds of the camellia flower, is a popular ingredient in hair and skincare products. Additionally, camellia flowers can be used to make a natural dye for fabrics.

## Candytuft Tea



Here's a simple recipe for candytuft tea:

Ingredients:

1 tablespoon dried candytuft flowers and leaves

1 cup boiling water

Instructions:

1. Place the dried candytuft flowers and leaves in a teapot or mug.
2. Pour the boiling water over the flowers and leaves.
3. Let steep for 5-10 minutes.
4. Strain the tea and enjoy!

Candytuft tea is believed to have anti-inflammatory and diuretic properties, making it useful for treating conditions such as arthritis, gout, and bladder infections. It is also believed to help with digestive issues such as bloating, gas, and constipation. Additionally, candytuft tea may help to boost the immune system.

As for other uses for candytuft, it is often used in landscaping as a ground cover or border plant. The flowers can also be used in floral arrangements. Additionally, candytuft has been used in traditional medicine to treat skin conditions such as eczema and psoriasis. It may also have antibacterial properties, making it useful for treating minor wounds and infections.



## Carnation Tea



Here's a simple recipe for carnation tea:

Ingredients:

1 tablespoon dried carnation petals

1 cup boiling water

Instructions:

1. Place the dried carnation petals in a teapot or mug.
2. Pour the boiling water over the petals.
3. Let steep for 5-10 minutes.
4. Strain the tea and enjoy!

Carnation tea is believed to have a number of health benefits, including reducing stress and anxiety, improving digestion, and boosting the immune system. Additionally, it is believed to have anti-inflammatory and antibacterial properties.

As for other uses for carnations, they are often used in floral arrangements due to their vibrant colours and long-lasting blooms. Carnations can also be used to make natural dyes for fabrics. In traditional medicine, carnations have been used to treat a variety of ailments, including fever, headache, and inflammation. Additionally, carnation oil is commonly used in perfumes and skincare products due to its sweet scent and moisturizing properties.

## Catmint



Here's a simple recipe for catmint tea:

Ingredients:

1 tablespoon dried catmint leaves

1 cup boiling water

Instructions:

1. Place the dried catmint leaves in a teapot or mug.
2. Pour the boiling water over the leaves.
3. Let steep for 5-10 minutes.
4. Strain the tea and enjoy!

Catmint tea is believed to have a number of health benefits, including reducing anxiety and stress, promoting relaxation, and improving digestion. Additionally, it is believed to have anti-inflammatory and antibacterial properties.

As for other uses for catmint, it is often used in landscaping as a ground cover or border plant. The leaves can also be used to make a natural insect repellent. In traditional medicine, catmint has been used to treat a variety of ailments, including headaches, fever, and respiratory issues. Additionally, catmint oil is commonly used in aromatherapy due to its calming and relaxing properties. Catmint is also known for its effect on cats, who are often attracted to the plant and may roll around in it or eat it.

## Chamomile Tea



Here's a simple recipe for chamomile tea:

Ingredients:

1 tablespoon dried chamomile flowers

1 cup boiling water

Instructions:

1. Place the dried chamomile flowers in a teapot or mug.
2. Pour the boiling water over the flowers.
3. Let steep for 5-10 minutes.
4. Strain the tea and enjoy!

Chamomile tea is known for its calming and relaxing properties, making it useful for reducing stress and anxiety, promoting sleep, and easing digestive issues such as bloating and gas. Additionally, chamomile tea is believed to have anti-inflammatory and antibacterial properties.

As for other uses for chamomile, it is often used in skincare products for its anti-inflammatory and soothing properties. Chamomile oil is commonly used in aromatherapy due to its calming and relaxing effects. Additionally, chamomile can be used to make a natural hair rinse that can help soothe an itchy scalp and promote healthy hair growth. Chamomile can also be used as a natural dye for fabrics. In traditional medicine, chamomile has been used to treat a variety of ailments, including fever, colds, and menstrual cramps

## Chervil Soup



Here's a simple recipe for chervil soup:

Ingredients:

2 tablespoons butter

1 onion, chopped

2 cloves garlic, minced

4 cups chicken or vegetable broth

1 cup chopped fresh chervil

1/2 cup heavy cream

Salt and pepper to taste

Instructions:

1. Melt the butter in a large pot over medium heat.

2. Add the onion and garlic and cook until softened, about 5 minutes.
3. Add the broth and bring to a boil.
4. Reduce heat and simmer for 10 minutes.
5. Add the chervil and simmer for an additional 5 minutes.
6. Remove from heat and let cool slightly.
7. Puree the soup in a blender or with an immersion blender until smooth.
8. Return the soup to the pot and stir in the heavy cream.
9. Season with salt and pepper to taste.
10. Heat the soup over low heat until warmed through.

Chervil is believed to have a number of health benefits, including improving digestion, reducing inflammation, and boosting the immune system. Additionally, it is believed to have antioxidant properties.

As for other uses for chervil, it is often used as a culinary herb in French cuisine, where it is used to add flavour to soups, sauces, and salads. Chervil can also be used to make a natural hair rinse that can help promote healthy hair growth and soothe an itchy scalp. Additionally, chervil has been used in traditional medicine to treat a variety of ailments, including respiratory issues, menstrual cramps, and high blood pressure.



## Chicory Coffee



Here's a simple recipe for chicory coffee:

Ingredients:

1 tablespoon ground chicory root

1 cup hot water

Milk and sweetener (optional)

Instructions:

1. Place the ground chicory root in a coffee filter or French press.
2. Pour hot water over the chicory and let steep for 5-10 minutes.
3. Strain the coffee and add milk and sweetener if desired.
4. Enjoy!

Chicory coffee is a caffeine-free alternative to regular coffee that is believed to have a number of health benefits. Chicory root is high in inulin, a type of fiber that can help promote healthy digestion and reduce inflammation. Additionally, chicory root is believed to have antioxidant properties and may help to lower cholesterol levels.

As for other uses for chicory, it is often used as a culinary ingredient in salads and other dishes, where it adds a bitter flavour. Chicory leaves can also be used as a natural diuretic to help reduce water retention and bloating. Additionally, chicory root has been used in traditional medicine to treat a variety of ailments, including liver and gallbladder issues, arthritis, and skin conditions such as eczema and psoriasis.

## Chickweed Salad



Here's a recipe for a Chickweed Salad:

### Ingredients

1 cup fresh chickweed, washed and dried

1/2 cup cherry tomatoes, halved

1/2 cup cucumber, diced

1/4 cup red onion, diced

1/4 cup feta cheese, crumbled

2 tbsp olive oil

1 tbsp lemon juice

Salt and pepper to taste

### Instructions

1. In a large bowl, combine the chickweed, cherry tomatoes, cucumber, and red onion.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
3. Drizzle the dressing over the salad and toss to combine.
4. Sprinkle the feta cheese over the top of the salad and serve

### Benefits

Chickweed is a nutrient-rich plant that is high in vitamins and minerals. It is also known to have anti-inflammatory properties and can help with digestive issues.

Other uses for chickweed:

Chickweed can also be used topically to help with skin irritations and rashes. It can be made into a poultice or salve and applied directly to the affected area. Additionally, chickweed can be used as a natural insect repellent.

## Chives



Here's a recipe for Chive and Garlic Mashed Potatoes:

### Ingredients

2 lbs potatoes, peeled and quartered

1/2 cup milk

1/4 cup butter

3 cloves garlic, minced

1/4 cup chopped fresh chives

Salt and pepper to taste

### Instructions

1. Place the potatoes in a large pot and cover with cold water.
2. Bring the water to a boil and cook the potatoes until tender, about 15-20 minutes.

3. While the potatoes are cooking, heat the milk and butter in a small saucepan over low heat until the butter is melted.
4. Drain the potatoes and return them to the pot.
5. Mash the potatoes with a potato masher or fork.
6. Add the garlic, chives, and milk mixture to the pot and stir to combine.
7. Season with salt and pepper to taste.

### Benefits

Chives are a good source of vitamins A and C, as well as minerals like calcium and iron. Garlic is known for its anti-inflammatory and immune-boosting properties. Potatoes are a good source of fiber and potassium.

### Other uses for chives

Chives can be used as a garnish for soups, salads, and other dishes. They can also be added to omelettes, scrambled eggs, or quiches for extra flavour. Chives can be used to make a flavourful herb butter or cream cheese spread. Additionally, chives can be used in herbal remedies to help with digestive issues or as a natural insect repellent.

## Chrysanthemum Tea



Here's a recipe for Chrysanthemum Tea:

### Ingredients

1/4 cup dried chrysanthemum flowers

4 cups water

Honey or sugar to taste (optional)

### Instructions

1. Rinse the chrysanthemum flowers in cold water and drain.
2. Bring the water to a boil in a pot.
3. Add the chrysanthemum flowers to the pot and reduce the heat to low.
4. Simmer for 10-15 minutes.
5. Strain the tea into a large pitcher or individual cups.

6. Add honey or sugar to taste (optional).

### Benefits

Chrysanthemum tea is a popular herbal tea in Chinese medicine that is known for its cooling properties. It is believed to help with headaches, fever, and inflammation. Chrysanthemum tea is also rich in antioxidants and can help with eye health.

Other uses for chrysanthemums:

Chrysanthemums can be used as a natural insecticide to repel pests like aphids and spider mites from plants. They can also be used in floral arrangements or as a decorative element in dishes like salads. Additionally, chrysanthemums can be used in skincare products to help with acne and other skin issues. However, it's important to note that some people may be allergic to chrysanthemums, so it's best to test on a small patch of skin before using on larger areas.



## Clary Sage



Here's a recipe for Clary Sage Roasted Chicken:

Ingredients:

- 1 whole chicken, about 4 lbs (2 kilos)
- 1/2 cup olive oil
- 1/4 cup chopped fresh clary sage leaves
- 3 cloves garlic, minced
- 1 lemon, sliced
- Salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F.
2. In a small bowl, whisk together the olive oil, clary sage, garlic, salt, and pepper.

3. Place the chicken in a roasting pan and rub the herb mixture all over the chicken.
4. Stuff the cavity of the chicken with the lemon slices.
5. Roast the chicken in the oven for about 1 hour and 30 minutes, or until the internal temperature reaches 165°F.
6. Let the chicken rest for 10-15 minutes before carving and serving.

### Benefits:

Clary sage is known for its relaxing properties and can help with anxiety and stress. It is also believed to have anti-inflammatory and antimicrobial properties. Chicken is a good source of protein and can help with muscle growth and repair.

### Other uses for clary sage:

Clary sage can be used in aromatherapy to promote relaxation and calmness. It can also be used in skincare products to help with acne and other skin issues. Additionally, clary sage can be used in herbal remedies to help with menstrual cramps or as a natural remedy for menopause symptoms. However, it's important to note that clary sage should not be used during pregnancy.

## Clover Tea



Here's a recipe for Clover Tea:

### Ingredients

1/4 cup fresh clover flowers and leaves

2 cups water

Honey or sugar to taste (optional)

### Instructions

1. Rinse the clover flowers and leaves in cold water and drain.
2. Bring the water to a boil in a pot.
3. Add the clover flowers and leaves to the pot and reduce the heat to low.
4. Simmer for 10-15 minutes.
5. Strain the tea into a large pitcher or individual cups.
6. Add honey or sugar to taste (optional).

### Benefits

Clover tea is a traditional herbal tea that is believed to have many health benefits. It is rich in antioxidants and can help with digestion, inflammation, and blood sugar control. Clover tea is also believed to have anti-cancer properties.

### Other uses for clover:

Clover can be used as a natural fertilizer for plants, as it is high in nitrogen. It can also be used as a cover crop to help improve soil health. Clover can be added to salads or used as a garnish for dishes. Additionally, clover can be used in herbal remedies to help with coughs, colds, and other respiratory issues.

## Cornflower Lemonade



Here's a recipe for Cornflower Lemonade:

### Ingredients

1/4 cup dried cornflowers

4 cups water

1/2 cup freshly squeezed lemon juice

1/2 cup honey

Ice cubes

### Instructions

1. Rinse the dried cornflowers in cold water and drain.
2. Bring the water to a boil in a pot.
3. Add the cornflowers to the pot and reduce the heat to low.

4. Simmer for 10-15 minutes.
5. Strain the cornflowers from the tea and let it cool down.
6. In a large pitcher, combine the cornflower tea, lemon juice, and honey.
7. Stir well until the honey is dissolved.
8. Add ice cubes and serve.

### Benefits

Cornflowers are rich in antioxidants and can help with inflammation and eye health. Lemon juice is high in vitamin C and can help with digestion. Honey is a natural sweetener that also has antibacterial properties.

### Other uses for cornflowers

Cornflowers can be used as a natural dye for fabrics or food. They can also be added to bathwater to help with skin irritation or inflammation. Additionally, cornflowers can be used in skincare products to help with acne or other skin issues. They can be made into a tea or tincture to help with headaches or menstrual cramps.

## Baked Cosmos Flowers



Here's a Cosmos Flower Recipe:

Ingredients:

2 cups of fresh, organic cosmos flowers

1/4 cup of honey

1/4 cup of coconut oil

1 teaspoon of lemon juice

1 teaspoon of sea salt

Instructions:

1. In a large bowl, combine the cosmos flowers, honey, coconut oil, lemon juice, and sea salt.
2. Mix until all ingredients are well combined.
3. Spread the mixture onto a baking sheet lined with parchment paper.

4. Bake at 350 degrees for 20 minutes, or until the flowers are golden and crispy.
5. Allow to cool before serving.

### Benefits and Other Uses:

Cosmos flowers are packed with antioxidants and have anti-inflammatory properties. They are also known to improve skin health and are thought to reduce the risk of certain types of cancer. The flowers can also be used to make tea, tinctures, and infusions. They can also be used as a garnish for salads or desserts.



## Courgette Flower Frittata



### Ingredients:

4 courgette flowers, washed and dried

4 eggs

1/2 cup grated cheese

2 tablespoons olive oil

2 cloves garlic, minced

1/4 teaspoon salt

1/4 teaspoon black pepper

2 tablespoons chopped fresh herbs (parsley, basil, oregano, etc.)

### Instructions:

1. Preheat oven to 350°F (175°C).

2. In a medium bowl, beat eggs with a fork. Add cheese, olive oil, garlic, salt, and pepper, stirring to combine.
3. Heat a large ovenproof skillet over medium heat. Add courgette flowers and cook until lightly browned about 5 minutes.
4. Pour egg mixture into the skillet and reduce heat to low. Cook for about 5 minutes until the edges begin to set.
5. Sprinkle herbs over the top and transfer the skillet to the preheated oven. Bake for 10-15 minutes, until the frittata is set in the center.
6. Cut into wedges and serve.

Benefits of courgette flowers:

1. High in antioxidants, which can help protect the body from free radical damage.
2. Contain Vitamin C and Vitamin A, which are important for eye health and immunity.
3. Rich in magnesium is important for muscle and nerve function.
4. High in dietary fibre, which is important for digestive health.

Other uses for courgette flowers:

1. Use them as a garnish to add a splash of colour and flavour to salads, soups, and other dishes.
2. Bake them into a savoury tart or quiche.
3. Add them to a stir fry for a unique flavour and texture.

## Dahlia flowers Tea



### Ingredients:

2 cups of fresh dahlia flowers

4 cups of water

Honey, to taste

### Instructions:

1. Rinse the dahlia flowers under cold water to remove any dirt or debris.
2. In a medium pot, bring the water to a boil.
3. Add the dahlia flowers to the pot and reduce the heat to low.
4. Allow the flowers to simmer for about 10 minutes.
5. Remove the pot from the heat and let it cool slightly.
6. Strain the tea into a pitcher or serving glasses.
7. Add honey to taste and serve warm or chilled.

**Benefits:** Dahlia flowers are not only beautiful, but they also have many health benefits. They contain antioxidants and anti-inflammatory compounds that can help boost the immune system, reduce inflammation, and improve digestion. Drinking dahlia flower tea may also help to lower blood pressure and reduce stress.

**Other Uses:** In addition to making tea, dahlia flowers can also be used for decorative purposes. They can be used to create beautiful floral arrangements, or added to salads or desserts as an edible garnish. Dahlia flowers can also be used to make natural dyes for fabrics and other materials.

## Daisy Flower Syrup



Here's a recipe for Daisy Flower Syrup:

Ingredients:

1 cup of fresh daisy flowers

1 cup of sugar

1 cup of water

Juice of 1 lemon

Instructions:

1. Rinse the daisy flowers under cold water to remove any dirt or debris.
2. In a medium pot, bring the water, sugar, and daisy flowers to a boil.
3. Reduce the heat to low and let the mixture simmer for about 10 minutes.
4. Remove the pot from the heat and let it cool slightly.
5. Strain the mixture into a clean jar or bottle.

6. Add the lemon juice and stir well.

7. Store the syrup in the refrigerator for up to 1 month.

**Benefits:** Daisy flowers are rich in antioxidants and anti-inflammatory compounds that can help boost the immune system, reduce inflammation, and improve digestion. The syrup can be added to drinks or desserts for a sweet and floral flavour, while also providing some potential health benefits.

**Other Uses:** In addition to making syrup, daisy flowers can also be used to make tea, or added to salads and other dishes as an edible garnish. The flowers can also be used to make natural dyes for fabrics and other materials, or added to bathwater for a soothing and relaxing soak. Additionally, daisy flowers are often used in traditional medicine to treat a variety of ailments, including coughs, colds, and skin irritations.

## Dame's Rocket



Here's a recipe for Dame's Rocket Pesto:

Ingredients:

2 cups of fresh Dame's Rocket leaves

1/2 cup of walnuts

1/2 cup of grated Parmesan cheese

2 cloves of garlic

1/2 cup of olive oil

Salt and pepper, to taste

Instructions:

1. Rinse the Dame's Rocket leaves under cold water to remove any dirt or debris.

2. In a food processor, combine the Dame's Rocket leaves, walnuts, Parmesan cheese, and garlic.
3. Pulse the mixture until it is finely chopped.
4. While the food processor is running, slowly drizzle in the olive oil until the pesto is smooth and well combined.
5. Season with salt and pepper to taste.

**Benefits:** Dame's Rocket, also known as *Hesperis matronalis*, is a flowering plant that contains antioxidants and anti-inflammatory compounds. The leaves of this plant are rich in vitamins A and C, as well as calcium and iron. Consuming Dame's Rocket may help to boost the immune system, reduce inflammation, and improve bone health.

**Other Uses:** Dame's Rocket can be used in a variety of ways beyond making pesto. The flowers of this plant are edible and can be used to add colour and flavour to salads, soups, and other dishes. They can also be used to make natural dyes for fabrics and other materials. Additionally, Dame's Rocket can be grown as a beautiful ornamental plant in gardens and landscapes.



## Dandelion Tea



Here's a recipe for Dandelion Tea:

Ingredients:

1/4 cup of fresh dandelion leaves

2 cups of water

Lemon wedges, to taste

Honey, to taste

Instructions:

1. Rinse the dandelion leaves under cold water to remove any dirt or debris.
2. In a small pot, bring the water to a boil.
3. Add the dandelion leaves to the pot and reduce the heat to low.
4. Allow the leaves to steep for about 5 minutes.

5. Remove the pot from the heat and let it cool slightly.
6. Strain the tea into a mug or serving glasses.
7. Add lemon wedges and honey to taste, and serve warm or chilled.

**Benefits:** Dandelion leaves are rich in vitamins and minerals, including vitamins A, C, and K, as well as calcium, iron, and potassium. They also contain antioxidants and anti-inflammatory compounds that can help to reduce inflammation, boost the immune system, and improve digestion. Drinking dandelion tea may also help to lower blood pressure and improve liver function.

**Other Uses:** In addition to making tea, dandelion leaves can also be used in salads, stir-fries, and soups. The flowers can be used to make dandelion wine, while the roots can be roasted and used as a coffee substitute. Dandelion leaves can also be used to make natural dyes for fabrics and other materials.

## Daylily Stir Fry



Here's a recipe for Daylily Stir-Fry:

Ingredients:

2 cups of fresh daylily buds

1 red bell pepper, sliced

1 yellow onion, sliced

1 tablespoon of vegetable oil

2 cloves of garlic, minced

Salt and pepper, to taste

Instructions:

1. Rinse the daylily buds under cold water to remove any dirt or debris.
2. In a wok or large skillet, heat the vegetable oil over medium-high heat.
3. Add the garlic and stir-fry for 30 seconds.

4. Add the sliced bell pepper and onion to the wok and stir-fry for 2-3 minutes, until the vegetables are slightly softened.

5. Add the daylily buds to the wok and stir-fry for another 2-3 minutes, until the buds are tender.

6. Season the stir-fry with salt and pepper to taste.

7. Serve hot as a side dish or over rice for a complete meal.

**Benefits:** Daylily buds are not only delicious, but they are also packed with nutrients. They are a good source of vitamin C, beta-carotene, and fiber. Eating daylily buds may also help to boost the immune system, improve digestion, and reduce inflammation.

**Other Uses:** In addition to being used in stir-fries, daylily buds can also be added to salads or used as a garnish for soups. The flowers of the daylily plant can also be used to make tea or added to salads for colour. However, it's important to note that only certain species of daylilies are edible, so be sure to do your research before consuming any part of the plant.

## Dill



Here's a recipe for Dill and Lemon Roasted Salmon:

Ingredients:

4 salmon fillets

1 lemon, sliced

2 tablespoons of olive oil

2 tablespoons of fresh dill, chopped

Salt and pepper, to taste

Instructions:

1. Preheat the oven to 400°F (200°C).

2. Place the salmon fillets in a baking dish.

3. Drizzle the olive oil over the fillets and season with salt and pepper.

4. Sprinkle the fresh dill over the salmon and place lemon slices on top.
5. Bake in the oven for 12-15 minutes, or until the salmon is cooked through.
6. Serve hot with a lemon wedge.

**Benefits:** Dill is a herb that is packed with vitamins and minerals, including vitamin C, calcium, and iron. It is also high in antioxidants and has anti-inflammatory properties. Consuming dill may help to improve digestion, reduce inflammation, and boost the immune system.

**Other Uses:** Dill can be used in a variety of dishes, including salads, soups, and dips. It pairs well with seafood, chicken, and potatoes. Dill can also be used to make pickles and is often used in Scandinavian cuisine. In addition to its culinary uses, dill essential oil can be used for aromatherapy and massage to help reduce stress and promote relaxation.

## Eastern Redbud Flowers



Here is a recipe for Eastern Redbud Flower Infused Vinegar:

Ingredients:

1 cup fresh Eastern Redbud flowers

2 cups white vinegar

Instructions:

1. Rinse the Eastern Redbud flowers and remove any stems or leaves.
2. Place the flowers in a clean glass jar.
3. Heat the vinegar in a saucepan until it comes to a simmer.
4. Pour the hot vinegar over the flowers in the jar.
5. Cover the jar with a lid and let it cool to room temperature.
6. Place the jar in a cool, dark place for at least 2 weeks, shaking it occasionally.

7. After 2 weeks, strain the vinegar through a cheesecloth or fine mesh strainer into a clean jar or bottle.

8. Discard the flowers and store the vinegar in a cool, dark place.

**Benefits:** Eastern Redbud flowers are rich in antioxidants and have anti-inflammatory properties. Infusing vinegar with these flowers creates a flavourful and healthy condiment that can be used in dressings, marinades, and sauces. The vinegar can also help to improve digestion, boost the immune system, and reduce inflammation.

**Other Uses:** Eastern Redbud flowers can also be used to make tea, jellies, and syrups. The flowers can be added to salads or used as a garnish for desserts. The bark of the Eastern Redbud tree has been used in traditional medicine to treat fevers, coughs, and other ailments. Additionally, the tree is a popular ornamental plant and is often planted in gardens and parks for its beautiful pink and purple flowers.



## Echinacea Tea



Here's a recipe for Echinacea Tea:

Ingredients:

1 tbsp dried Echinacea root

2 cups of water

Honey, to taste

Instructions:

1. In a medium pot, bring the water to a boil.
2. Add the dried Echinacea root to the pot and reduce the heat to low.
3. Allow the root to simmer for about 10 minutes.
4. Remove the pot from the heat and let it cool slightly.
5. Strain the tea into a pitcher or serving glasses.
6. Add honey to taste and serve warm or chilled.

**Benefits:** Echinacea is a herb that is commonly used to boost the immune system and fight off colds and flu. It contains compounds that may help to reduce inflammation, relieve pain, and improve overall immune function. Drinking Echinacea tea may also help to reduce anxiety and stress, and promote relaxation.

**Other Uses:** In addition to making tea, Echinacea can also be used in a variety of other ways. It can be taken in supplement form, used topically as a cream or ointment to treat skin conditions, or added to bathwater to help soothe sore muscles and promote relaxation. Echinacea can also be used as an ingredient in homemade skincare products, such as face masks and toners.

## Elderflower Cordial



Here's a recipe for Elderflower Cordial:

Ingredients:

20-25 elderflower heads

1.5 kg granulated sugar

1.5 litres water

2 lemons, sliced

75g citric acid

Instructions:

1. Pick the elderflower heads on a dry day and shake off any insects.
2. Put the sugar and water into a large saucepan and heat gently, stirring until the sugar has dissolved.

3. Bring the mixture to a boil and then remove from the heat.
4. Add the elderflowers, lemon slices, and citric acid to the saucepan and stir well.
5. Cover the saucepan with a clean tea towel and leave to infuse for 24-48 hours.
6. Strain the mixture through a fine sieve or muslin cloth and pour into sterilized bottles.
7. Store in the fridge and use within 6 weeks.

**Benefits:** Elderflowers are known for their medicinal properties and have been used for centuries to treat a variety of ailments. They contain antioxidants, anti-inflammatory compounds, and immune-boosting properties. Drinking elderflower cordial may help to relieve cold and flu symptoms, reduce inflammation, and improve digestion.

**Other Uses:** Elderflowers can also be used to make other delicious treats such as elderflower fritters or elderflower wine (very popular) and champagne. They can also be added to salads, desserts, and cocktails as an edible garnish. Additionally, elderflowers can be used to make natural dyes for fabrics and other materials.

## Evening Primrose Oil Salad Dressing



Here is a recipe for Evening Primrose Oil Salad Dressing

Ingredients:

1/2 cup extra-virgin olive oil

2 tablespoons balsamic vinegar

1 tablespoon honey

1 tablespoon evening primrose oil

1 clove garlic, minced

Salt and pepper, to taste

Instructions:

1. In a small bowl, whisk together the olive oil, balsamic vinegar, honey, evening primrose oil, and minced garlic.

2. Season with salt and pepper to taste.

3. Drizzle the dressing over your favourite salad and enjoy!

**Benefits:** Evening primrose oil is rich in gamma-linolenic acid (GLA), an omega-6 fatty acid that has been shown to have anti-inflammatory properties. Consuming evening primrose oil may help to reduce inflammation in the body, alleviate symptoms of PMS and menopause, and improve skin health.

**Other Uses:** Evening primrose oil can also be taken as a dietary supplement in capsule form. It can be used topically to soothe dry, itchy skin, and may also help to reduce the appearance of fine lines and wrinkles. Additionally, evening primrose oil is sometimes used in aromatherapy to promote relaxation and relieve stress.

## Fennel



Here is a recipe for Fennel and Orange Salad:

Ingredients:

2 medium fennel bulbs, trimmed and thinly sliced

2 oranges, peeled and sliced

1/4 cup chopped fresh parsley

1/4 cup chopped fresh mint

1/4 cup extra-virgin olive oil

2 tablespoons red wine vinegar

Salt and pepper, to taste

Instructions:

1. In a large bowl, combine the sliced fennel, oranges, parsley, and mint.

2. In a small bowl, whisk together the olive oil and red wine vinegar.

3. Pour the dressing over the salad and toss to coat.

4. Season with salt and pepper to taste.

5. Serve and enjoy!

**Benefits:** Fennel is a highly nutritious vegetable that is low in calories and high in fiber. It is rich in antioxidants, vitamin C, and potassium. Eating fennel can help improve digestion, reduce inflammation, and support healthy brain function.

**Other Uses:** Fennel can be used in a variety of dishes, including soups, stews, and roasted vegetables. It can also be used to make tea or added to smoothies for a nutritious boost. Fennel seeds can be used as a spice in cooking or chewed after a meal to aid digestion. Additionally, fennel essential oil can be used for aromatherapy or added to skin care products for its anti-inflammatory and anti-aging properties.



## Feverfew



Here's a recipe for Feverfew Tea:

Ingredients:

1 tablespoon of dried feverfew leaves

2 cups of water

Honey, to taste (optional)

Instructions:

1. Boil the water in a small pot.
2. Remove from heat and add the dried feverfew leaves.
3. Allow the tea to steep for about 10-15 minutes.
4. Strain the tea into a mug.
5. Add honey to taste, if desired.
6. Enjoy your feverfew tea!

**Benefits:** Feverfew is a medicinal herb that has been traditionally used to treat migraines, headaches, and fever. It contains compounds that have anti-inflammatory and pain-relieving properties. Drinking feverfew tea may also help to reduce inflammation in the body and improve digestion.

**Other Uses:** Apart from making tea, feverfew can also be used to make tinctures, capsules, and salves. It can also be added to salads or used as a garnish in dishes. Feverfew can also be grown in gardens as an ornamental plant due to its pretty flowers. However, it should be noted that feverfew can cause allergic reactions in some people, so it's important to consult with a healthcare provider before using it for medicinal purposes.

## Celosia Flower Salad



Here's a recipe for this excellent salad:

Ingredients:

2 cups of fresh celosia flowers

2 cups of mixed greens

1/2 cup of cherry tomatoes, halved

1/4 cup of chopped red onion

1/4 cup of crumbled feta cheese

1/4 cup of toasted walnuts

2 tablespoons of olive oil

2 tablespoons of balsamic vinegar

Salt and pepper, to taste

### Instructions:

1. Rinse the celosia flowers under cold water to remove any dirt or debris. Remove the petals from the stems and set them aside.
2. In a large bowl, combine the mixed greens, cherry tomatoes, red onion, feta cheese, and toasted walnuts.
3. Add the celosia petals to the bowl and toss to combine.
4. In a small bowl, whisk together the olive oil, balsamic vinegar, salt, and pepper.
5. Drizzle the dressing over the salad and toss to coat.
6. Serve immediately.

**Benefits:** Celosia flowers are rich in antioxidants and anti-inflammatory compounds that can help to reduce inflammation, boost the immune system, and promote healthy skin. Eating celosia flowers may also help to lower cholesterol and blood pressure.

**Other Uses:** In addition to using celosia flowers in salads, they can also be used as a colourful garnish for cocktails or desserts. Celosia flowers can also be dried and used in potpourri or added to homemade soaps and candles for a fragrant touch.

## Forget-Me-Not



Here's a recipe for Forget-Me-Not Flower Salad:

Ingredients:

2 cups mixed greens

1/2 cup forget-me-not flowers

1/4 cup crumbled feta cheese

1/4 cup chopped walnuts

1/4 cup sliced strawberries

1/4 cup balsamic vinaigrette dressing

Instructions:

1. Rinse the forget-me-not flowers under cold water to remove any dirt or debris.
2. In a large bowl, combine the mixed greens, forget-me-not flowers, feta cheese, walnuts, and strawberries.

3. Drizzle the balsamic vinaigrette dressing over the salad and toss to coat.

4. Serve immediately.

**Benefits:** Forget-me-not flowers contain antioxidants and anti-inflammatory compounds that can help reduce inflammation and boost the immune system. They are also rich in omega-3 fatty acids, which can help to lower cholesterol and improve heart health. Eating a salad with forget-me-not flowers may also help to improve digestion and promote healthy skin.

**Other Uses:** In addition to being used in salads, forget-me-not flowers can also be used to make herbal tea, infused oil, or tinctures. The flowers can also be used in bath salts or added to homemade soap for their skin-soothing properties. Forget-me-not flowers can also be used to make natural dyes for fabrics and other materials. However, it's important to note that forget-me-not flowers are not edible in large quantities and should be consumed in moderation.

## Forsythia



Here's a recipe for Forsythia Tea:

Ingredients:

1 cup of fresh forsythia flowers

4 cups of water

Honey, to taste

Instructions:

1. Rinse the forsythia flowers under cold water to remove any dirt or debris.
2. In a medium pot, bring the water to a boil.
3. Add the forsythia flowers to the pot and reduce the heat to low.
4. Allow the flowers to simmer for about 10 minutes.
5. Remove the pot from the heat and let it cool slightly.
6. Strain the tea into a pitcher or serving glasses.

7. Add honey to taste and serve warm or chilled.

**Benefits:** Forsythia flowers are rich in antioxidants, which help to reduce inflammation and boost the immune system. Drinking forsythia tea may also help to relieve symptoms of respiratory infections, such as coughs and sore throats.

**Other Uses:** In addition to making tea, forsythia flowers can be used to create natural dyes for fabrics and other materials. They can also be used to make floral arrangements or added to salads or desserts as an edible garnish. Forsythia flowers are also used in traditional Chinese medicine to treat various ailments, such as fever and inflammation.



## Freesias



Here's a recipe for Freesia Infused Water:

Ingredients:

1 cup of fresh freesia flowers

1 liter of water

Ice cubes

Instructions:

1. Rinse the freesia flowers under cold water to remove any dirt or debris.
2. Fill a large pitcher with water and add the freesia flowers.
3. Cover the pitcher and place it in the refrigerator for at least 6 hours or overnight.
4. When ready to serve, add ice cubes to the pitcher and stir.
5. Pour the infused water into glasses and enjoy!

**Benefits:** Freesia flowers contain essential oils that have a calming effect on the body. Drinking freesia infused water can help to reduce stress, anxiety, and promote relaxation. It is also a great way to stay hydrated and can aid in digestion.

**Other Uses:** In addition to making infused water, freesias can also be used for aromatherapy purposes. The essential oils in freesias can be used in diffusers, candles, or added to bathwater for a relaxing and calming experience. Freesias can also be used in floral arrangements to add a dash of colour and fragrance to any room.

## Fruit blossom



Here's a recipe for Orange Blossom Water Syrup:

Ingredients:

1 cup water

1 cup granulated sugar

1/4 cup fresh fruit blossom petals (such as orange, lemon, or apple)

1 tablespoon orange blossom water

Instructions:

1. In a medium-sized pot, bring the water and sugar to a boil, stirring constantly until the sugar dissolves.
2. Add the fruit blossom petals to the pot and reduce the heat to low.
3. Allow the mixture to simmer for about 10-15 minutes, stirring occasionally.

4. Remove the pot from the heat and let it cool slightly.
5. Strain the syrup through a fine-mesh sieve into a jar or container.
6. Stir in the orange blossom water.
7. Store in the refrigerator for up to two weeks.

**Benefits:** Fruit blossom petals, such as orange, lemon, or apple blossoms, contain essential oils that have many health benefits. The petals contain antioxidants and anti-inflammatory compounds that can help boost the immune system, reduce inflammation, and improve digestion. Orange blossom water has been used for centuries in traditional medicine to treat anxiety and stress, and is also believed to have antiseptic properties.

**Other Uses:** In addition to making syrup, fruit blossom petals can also be used to make tea or infused water. They can also be used to make a fragrant and edible garnish for salads or desserts. Fruit blossom petals can also be used to make natural dyes for fabrics and other materials.

## Fuchsia



Here's a recipe for Fuchsia Flower Jelly:

Ingredients:

2 cups of fresh fuchsia flowers

4 cups of water

2 cups of sugar

1 package of pectin

Juice of 1 lemon

Instructions:

1. Rinse the fuchsia flowers under cold water to remove any dirt or debris.
2. In a medium pot, bring the water to a boil.
3. Add the fuchsia flowers to the pot and reduce the heat to low.

4. Allow the flowers to simmer for about 10 minutes.
5. Remove the pot from the heat and let it cool slightly.
6. Strain the flower-infused water into a large pot.
7. Add the sugar, lemon juice, and pectin to the pot.
8. Bring the mixture to a boil over high heat, stirring constantly.
9. Boil for 1 minute, then remove from the heat.
10. Pour the jelly into sterilized jars and let cool before sealing.

**Benefits:** Fuchsia flowers contain antioxidants and anti-inflammatory compounds that can help boost the immune system, reduce inflammation, and improve digestion. Consuming fuchsia flower jelly may also help to lower blood pressure and reduce stress.

**Other Uses:** In addition to making jelly, fuchsia flowers can also be used for decorative purposes. They can be added to salads or desserts as an edible garnish, or used to make natural dyes for fabrics and other materials. Fuchsia flowers can also be used to make tea or infused into oils for use in skincare products.

## Gardenias



Here's a recipe for Gardenia Infused Water:

Ingredients:

2-3 fresh gardenia flowers

1 litre of water

Ice cubes

Instructions:

1. Rinse the gardenia flowers under cold water to remove any dirt or debris.
2. Fill a pitcher with 1 liter of water.
3. Add the gardenia flowers to the pitcher and let it sit at room temperature for 2-3 hours.
4. Remove the flowers from the pitcher and discard them.
5. Chill the infused water in the refrigerator or add ice cubes.

6. Serve and enjoy!

**Benefits:** Gardenia flowers contain antioxidants and anti-inflammatory compounds that can help reduce inflammation, boost the immune system, and improve digestion. Drinking gardenia infused water may also help to relieve stress and anxiety and improve overall mood.

**Other Uses:** In addition to making infused water, gardenia flowers can also be used for aromatherapy. The sweet, floral scent of gardenias can help to reduce stress and promote relaxation. You can place fresh gardenia flowers around your home or use gardenia essential oil in a diffuser. Gardenia flowers can also be used to make natural dyes for fabrics and other materials.



## Garlic Butter Shrimp Pasta



### Garlic Butter Shrimp Pasta Recipe

This recipe is not only delicious, but it also has some health benefits. Garlic has been shown to have anti-inflammatory properties, can help lower cholesterol levels and blood pressure, and may even improve brain function. Shrimp is a good source of protein and omega-3 fatty acids, which can help reduce inflammation and improve heart health.

#### Ingredients:

8 oz. linguine pasta

1 lb. large shrimp, peeled and deveined

4 tbsp. unsalted butter

4 cloves garlic, minced

1/4 tsp. red pepper flakes

1/4 cup white wine

1/4 cup fresh parsley, chopped

Salt and pepper to taste

Instructions:

1. Cook pasta according to package instructions until al dente. Drain and set aside.
2. In a large skillet, melt butter over medium heat.
3. Add minced garlic and red pepper flakes, and cook for 1-2 minutes until fragrant.
4. Add the shrimp and cook until pink, about 2-3 minutes per side.
5. Remove the shrimp from the skillet and set aside.
6. Add white wine to the skillet and cook for 2-3 minutes until slightly reduced.
7. Add the cooked pasta to the skillet and toss to coat with the garlic butter sauce.
8. Add the shrimp back to the skillet and toss to combine.
9. Season with salt and pepper to taste.
10. Serve hot, garnished with chopped parsley.

Other uses for garlic include using it as a natural insect repellent, as a flavour enhancer in soups and stews, and even as a cold remedy when combined with honey and lemon. Garlic can also be roasted and spread on bread or used in dips and spreads.

## Ginger



### Ginger Turmeric Tea Recipe

This recipe not only tastes great, but it also has several health benefits. Ginger has anti-inflammatory properties and may help relieve nausea, while turmeric has antioxidant properties and may help reduce inflammation.

#### Ingredients:

1 inch fresh ginger root, peeled and sliced

1 tsp. ground turmeric

2 cups water

Honey to taste

Lemon wedges for garnish

#### Instructions:

1. In a small saucepan, bring the water to a boil.

2. Add the sliced ginger and turmeric to the boiling water.
3. Reduce heat to low and let the mixture simmer for 10-15 minutes.
4. Remove the saucepan from the heat and let it cool for a few minutes.
5. Strain the tea into a mug.
6. Add honey to taste and stir well.
7. Garnish with a lemon wedge.

Other uses for ginger include using it as a natural remedy for sore throat, as a flavour enhancer in stir-fries and curries, and even as a digestive aid when consumed in tea or capsules. Ginger can also be pickled and used as a condiment or added to cocktails for a spicy kick.

## Gladioli



Grilled Garlic and Lemon Glazed Swordfish with Gadioli Salad Recipe

This recipe is not only delicious, but it also has some health benefits. Swordfish is a good source of protein and omega-3 fatty acids, which can help reduce inflammation and improve heart health. Garlic has been shown to have anti-inflammatory properties, can help lower cholesterol levels and blood pressure, and may even improve brain function. Gadioli, on the other hand, is a good source of fiber, vitamin C, and potassium.

Ingredients:

4 swordfish steaks

6 cloves garlic, minced

1/4 cup fresh lemon juice

2 tbsp. honey

2 tbsp. olive oil

Salt and pepper to taste

1 bunch gadioli, trimmed and chopped

1/4 cup red onion, chopped

1/4 cup fresh parsley, chopped

2 tbsp. red wine vinegar

1 tbsp. Dijon mustard

1/4 cup olive oil

Instructions:

1. Preheat grill to medium-high heat.
2. In a small bowl, whisk together garlic, lemon juice, honey, olive oil, salt, and pepper.
3. Brush swordfish steaks with the garlic and lemon glaze.
4. Grill swordfish for 4-5 minutes per side until cooked through.
5. In a large bowl, combine gadioli, red onion, and parsley.
6. In a small bowl, whisk together red wine vinegar, Dijon mustard, olive oil, salt, and pepper.
7. Pour dressing over gadioli salad and toss to coat.
8. Serve grilled swordfish steaks with gadioli salad on the side.

Other uses for gadioli include using it in a stir-fry, adding it to soups and stews, or sautéing it with other vegetables as a side dish. Gadioli can also be pickled or roasted and used in dips and spreads. Additionally, gadioli flowers can be used to add colour and flavour to salads or as a garnish for desserts.

## Hibiscus



### Hibiscus Iced Tea Recipe

This recipe is not only refreshing, but it also has some health benefits. Hibiscus has been shown to help lower blood pressure, improve cholesterol levels, and may even have anti-cancer properties. Hibiscus is also rich in antioxidants, which can help protect the body from damage caused by harmful molecules called free radicals.

#### Ingredients:

4 cups water

1 cup dried hibiscus flowers

1/4 cup honey or sugar (optional)

Ice cubes

Fresh mint leaves (optional)

#### Instructions:

1. In a medium saucepan, bring water to a boil.

2. Add hibiscus flowers to the boiling water and remove from heat.
3. Let steep for 5-10 minutes, depending on how strong you want the tea.
4. Strain the tea through a fine-mesh sieve into a pitcher.
5. If desired, add honey or sugar to sweeten the tea to your liking.
6. Chill the tea in the refrigerator until cold.
7. Serve over ice and garnish with fresh mint leaves, if desired.

Other uses for hibiscus include using it as a natural dye for fabrics and hair, using it in skincare products to help soothe and moisturize the skin, and even using it in cocktails and other beverages for a unique flavour and colour. Hibiscus can also be added to smoothies, yogurt, and oatmeal for an added boost of antioxidants and flavour.



## Gypsophila



### Gypsophila Tea Recipe

Gypsophila is a plant that is also known as baby's breath. It is commonly used as a filler in floral arrangements, but it also has some health benefits. Gypsophila tea has been used in traditional medicine to help with respiratory issues, such as coughs and bronchitis. It is also believed to have anti-inflammatory properties and can be used to help with digestive issues.

#### Ingredients:

1 cup fresh gypsophila leaves and flowers

4 cups water

Honey or lemon to taste (optional)

#### Instructions:

1. Rinse the gypsophila leaves and flowers under cold water.
2. In a medium saucepan, bring the water to a boil.
3. Add the gypsophila leaves and flowers to the boiling water.

4. Reduce the heat to low and simmer for 10-15 minutes.
5. Remove the saucepan from heat and let the tea cool for a few minutes.
6. Strain the tea into a cup using a fine-mesh strainer or cheesecloth.
7. Add honey or lemon to taste, if desired.
8. Serve hot.

Other uses for gypsophila include using it as a natural filler in flower arrangements, wreaths, and bouquets. It can also be used in dried flower arrangements or as a decorative element in home decor. Additionally, gypsophila can be used to create a natural dye for fabrics and yarns.

## Hollyhock



### Hollyhock Tea Recipe

Hollyhock tea is a delicious and healthy beverage that has been used for centuries to help treat a variety of ailments. Hollyhocks are a good source of antioxidants, which can help protect the body against damage from free radicals. They are also rich in vitamins and minerals, including vitamin C, calcium, and iron.

#### Ingredients:

1 cup fresh hollyhock flowers

4 cups water

Honey or sugar to taste (optional)

#### Instructions:

1. Rinse the hollyhock flowers in cold water to remove any dirt or debris.
2. In a medium pot, bring the water to a boil.

3. Add the hollyhock flowers to the pot and reduce the heat to low.
4. Simmer for 10-15 minutes, stirring occasionally.
5. Remove the pot from the heat and let the tea cool for a few minutes.
6. Strain the tea through a fine-mesh strainer to remove the flowers.
7. Serve hot, with honey or sugar to taste if desired.

Other uses for hollyhock include using the flowers to make a natural dye for fabrics and yarns. The flowers can also be used in salads or as a garnish for cakes and other desserts. Additionally, hollyhock leaves can be used as a poultice to help soothe skin irritations and insect bites.

## Honeysuckle



### Honeysuckle Iced Tea Recipe

Honeysuckle has been used for centuries in traditional medicine to treat a variety of health issues, including respiratory infections, digestive problems, and inflammation. In addition to its health benefits, honeysuckle is also a delicious and fragrant addition to many recipes.

#### Ingredients:

1 cup freshly picked honeysuckle flowers

4 cups water

2 black tea bags

1/4 cup honey

1 lemon, sliced

Ice cubes

#### Instructions:

1. Rinse the honeysuckle flowers in cold water, and remove the green stem and the base of the flower.
2. In a large pot, bring the water to a boil.
3. Remove the pot from the heat, and add the honeysuckle flowers and tea bags.
4. Let steep for 10-15 minutes.
5. Strain the tea through a fine-mesh strainer into a pitcher.
6. Add honey to the pitcher and stir until dissolved.
7. Add lemon slices to the pitcher.
8. Let cool to room temperature, then refrigerate until chilled.
9. Serve over ice.

Other uses for honeysuckle include using the flowers to make a fragrant and natural syrup, which can be used to flavour desserts, drinks, and cocktails. The flowers can also be dried and used in potpourri or tea blends. Additionally, honeysuckle essential oil can be used in aromatherapy to promote relaxation and reduce stress.

## Hosta



### Hosta Leaf Wraps Recipe

Hosta is an edible plant that is high in antioxidants, vitamins, and minerals. It has been shown to have anti-inflammatory properties and may help improve digestion and boost the immune system. In this recipe, hosta leaves are used as a wrap for a flavourful and healthy filling.

#### Ingredients:

8-10 hosta leaves

1 cup cooked quinoa

1/2 cup cooked black beans

1/2 cup cooked sweet corn

1/4 cup diced red onion

1/4 cup diced red bell pepper

1/4 cup chopped fresh cilantro

1 tbsp. olive oil

1 tbsp. lime juice

Salt and pepper to taste

Instructions:

1. Rinse hosta leaves and pat dry.
2. In a large bowl, combine cooked quinoa, black beans, sweet corn, red onion, red bell pepper, and cilantro.
3. In a small bowl, whisk together olive oil, lime juice, salt, and pepper.
4. Add the dressing to the quinoa mixture and stir to combine.
5. Lay out a hosta leaf and spoon 2-3 tablespoons of the quinoa mixture onto the center.
6. Fold the sides of the leaf over the filling and then roll up from the bottom to create a wrap.
7. Repeat with remaining hosta leaves and filling.
8. Serve immediately or store in the refrigerator until ready to eat.

Other uses for hosta include using the leaves as a natural insect repellent or as a decorative element in floral arrangements. Hosta leaves can also be used as a wrapper for other types of fillings, such as rice and vegetable mixtures or grilled chicken and vegetables.



## Jasmine



### Jasmine Rice Salad Recipe

This recipe is a healthy and delicious way to enjoy jasmine rice, which is a type of long-grain rice known for its fragrant aroma and slightly sweet taste. Jasmine rice is a good source of complex carbohydrates, which provide the body with energy, and also contains some essential vitamins and minerals, including thiamin, niacin, and magnesium.

#### Ingredients:

1 cup uncooked jasmine rice

1 red bell pepper, diced

1 yellow bell pepper, diced

1 cucumber, diced

1/2 red onion, diced

1/4 cup fresh cilantro, chopped

1/4 cup fresh mint, chopped

1/4 cup fresh lime juice

2 tbsp. olive oil

Salt and pepper to taste

Instructions:

1. Cook the jasmine rice according to package instructions and let cool.
2. In a large bowl, combine the cooked rice, diced bell peppers, diced cucumber, diced red onion, chopped cilantro, and chopped mint.
3. In a small bowl, whisk together the lime juice, olive oil, salt, and pepper.
4. Pour the dressing over the rice salad and toss to combine.
5. Serve chilled or at room temperature.

Other uses for jasmine include using the flowers to make jasmine tea or as a natural perfume. Jasmine essential oil is also used in aromatherapy to help promote relaxation and reduce stress. Additionally, jasmine is often used in traditional medicine to help relieve anxiety, improve digestion, and reduce inflammation.

## Lavender



### Lavender Honey Glazed Chicken Recipe

This recipe not only tastes delicious but it also has some health benefits. Lavender has been shown to reduce stress and anxiety, improve sleep, and even help alleviate headaches. Honey is a natural sweetener that also has antibacterial properties and can help soothe a sore throat.

#### Ingredients:

4 boneless, skinless chicken breasts

Salt and pepper to taste

2 tbsp. olive oil

2 tbsp. fresh lavender, chopped

1/4 cup honey

2 tbsp. soy sauce

2 cloves garlic, minced

1 tsp. cornstarch

1 tbsp. water

Instructions:

1. Preheat oven to 375°F.
2. Season chicken breasts with salt and pepper on both sides.
3. Heat olive oil in a large oven-safe skillet over medium-high heat.
4. Add chicken breasts and cook for 3-4 minutes per side until browned.
5. Remove chicken from skillet and set aside.
6. In the same skillet, add chopped lavender, honey, soy sauce, and minced garlic.
7. Cook for 1-2 minutes until the sauce is heated through.
8. In a small bowl, mix cornstarch and water until combined.
9. Add the cornstarch mixture to the skillet and stir until the sauce thickens.
10. Add the chicken back to the skillet and spoon the sauce over the chicken.
11. Transfer the skillet to the preheated oven and cook for an additional 15-20 minutes until the chicken is cooked through.

Other uses for lavender include using it as a natural air freshener, adding it to bath water for a relaxing soak, and using it in homemade beauty products like scrubs and lotions. Lavender can also be dried and used in potpourri or sachets.

## Lemon Verbena



### Lemon Verbena Tea Recipe

Lemon verbena is a popular herb that is often used in teas and other beverages. It has a refreshing lemony flavour and is known for its soothing and relaxing properties. Lemon verbena is also thought to have anti-inflammatory properties and may help with digestion.

#### Ingredients:

2-3 fresh lemon verbena leaves

1 cup boiling water

Honey or sugar to taste (optional)

#### Instructions:

1. Rinse the lemon verbena leaves and place them in a teapot or mug.
2. Pour boiling water over the leaves and let steep for 5-10 minutes.
3. Remove the leaves and discard.

4. Sweeten with honey or sugar if desired.

5. Serve hot and enjoy!

Other uses for lemon verbena include using the leaves to infuse flavour into sauces, marinades, and dressings. The leaves can also be used to flavour ice cream and other desserts. Lemon verbena can also be used in aromatherapy, as the scent is known for its calming and relaxing properties. Additionally, the leaves can be used in homemade cleaning products for a fresh, lemony scent.

## Lilac



### Lilac Syrup Recipe

Lilacs are not only beautiful flowers, but they can also be used in cooking. Lilacs have a unique floral flavour and aroma that can add a touch of spring to any dish. Lilacs are also a good source of antioxidants and can help reduce inflammation.

#### Ingredients:

4 cups lilac flowers, rinsed and stems removed

4 cups water

4 cups sugar

1/4 cup lemon juice

#### Instructions:

1. In a large pot, combine lilac flowers and water. Bring to a boil.
2. Reduce heat and simmer for 20 minutes.



3. Remove from heat and let cool for 10 minutes.
4. Strain the lilac water through a fine-mesh strainer or cheesecloth into a separate pot.
5. Add sugar and lemon juice to the lilac water and stir to combine.
6. Bring to a boil, stirring constantly until the sugar has dissolved.
7. Reduce heat and simmer for 15-20 minutes or until the syrup has thickened.
8. Remove from heat and let cool completely.
9. Pour syrup into a sterilized jar and store in the refrigerator for up to 1 month.

Other uses for lilacs include using the flowers in floral arrangements or as a natural air freshener. Lilacs can also be used in bath and body products such as soaps and lotions. Additionally, lilacs can be used in teas or as a garnish for cocktails. Note that lilacs are not edible for pets, so it is important to keep them out of reach of your furry friends.

## Marshmallow



### Marshmallow Flower Tea Recipe

Marshmallow flowers, also known as *Althaea officinalis*, have been used for centuries for their medicinal properties. They are known to soothe and heal inflammation in the body, especially in the respiratory and digestive systems. Marshmallow flowers are also rich in antioxidants, which can help protect the body from damage caused by free radicals.

#### Ingredients:

1 tbsp. dried marshmallow flowers

1 cup boiling water

Honey or lemon (optional)

#### Instructions:

1. Place the dried marshmallow flowers in a tea strainer or infuser.
2. Pour boiling water over the flowers and let steep for 5-10 minutes.

3. Remove the flowers and sweeten with honey or lemon if desired.

4. Enjoy as a soothing herbal tea.

Other uses for marshmallow flowers include using them in skin care products, as they can help soothe dry and irritated skin. They can also be added to bath water to help soothe and moisturize the skin. Marshmallow flowers can also be used in cooking as a natural thickener for soups and stews.

### Mint



#### Watermelon and Mint Salad Recipe

This salad is not only refreshing and delicious, but it also has some health benefits. Watermelon is a good source of vitamins A and C, as well as lycopene, which may help protect against certain types of cancer. Mint has been shown to have anti-inflammatory and antioxidant properties, and may also help with digestion.

#### Ingredients:

4 cups cubed watermelon

1/2 cup crumbled feta cheese

1/4 cup chopped fresh mint leaves

2 tbsp. extra-virgin olive oil

1 tbsp. honey

1 tbsp. lime juice

Salt and pepper to taste

### Instructions:

1. In a large bowl, combine the cubed watermelon, crumbled feta cheese, and chopped fresh mint leaves.
2. In a small bowl, whisk together the extra-virgin olive oil, honey, and lime juice.
3. Drizzle the dressing over the watermelon mixture and toss to coat.
4. Season with salt and pepper to taste.
5. Serve chilled.

Other uses for mint include using it to make tea or flavoured water, adding it to smoothies or juices, and using it as a garnish for desserts. Mint can also be used to make homemade pesto or chimichurri sauce, or to flavour marinades for meat or vegetables. Additionally, mint has been shown to have insect-repelling properties, and can be used in natural insect repellent sprays.

## Nasturtium



### Nasturtium Pesto Recipe

Nasturtium is a plant that is high in vitamin C and has been shown to have antibacterial properties. It can also help boost the immune system and reduce inflammation. This pesto recipe is a great way to incorporate nasturtium into your diet, and it's also delicious!

#### Ingredients:

2 cups nasturtium leaves and flowers

1/2 cup fresh basil leaves

1/2 cup pine nuts

1/2 cup grated Parmesan cheese

3 cloves garlic, minced

1/4 cup olive oil

Salt and pepper to taste

Instructions:

1. Wash the nasturtium leaves and flowers thoroughly and pat dry.
2. In a food processor, combine the nasturtium leaves and flowers, basil leaves, pine nuts, Parmesan cheese, and garlic.
3. Pulse until the ingredients are finely chopped.
4. Slowly drizzle in the olive oil while pulsing until the pesto is smooth and well combined.
5. Season with salt and pepper to taste.
6. Serve immediately or store in an airtight container in the refrigerator for up to a week.

Other uses for nasturtium include using the flowers as a colourful and edible garnish, adding the leaves and flowers to salads for a peppery flavour, and using the plant as a natural insecticide in the garden. The leaves and flowers can also be used to make a tea that can help with coughs and sore throats.

## Nigella



### Nigella Seed Roasted Cauliflower Recipe

Nigella seeds, also known as black cumin or kalonji, have been used in traditional medicine for centuries. They have been shown to have anti-inflammatory properties, and may also have benefits for digestive health and blood sugar control. This recipe also features cauliflower, which is a good source of fiber, vitamins C and K, and antioxidants.

#### Ingredients:

1 head cauliflower, cut into florets

2 tbsp. olive oil

1 tbsp. nigella seeds

1 tsp. ground cumin

1/2 tsp. ground coriander

Salt and pepper to taste

#### Instructions:



1. Preheat the oven to 400°F.
2. In a small bowl, mix together the olive oil, nigella seeds, cumin, coriander, salt, and pepper.
3. Place the cauliflower florets in a large bowl, and toss with the spice mixture until evenly coated.
4. Spread the cauliflower out in a single layer on a baking sheet.
5. Roast for 20-25 minutes, or until the cauliflower is tender and lightly browned.
6. Serve hot as a side dish or snack.

Other uses for nigella seeds include using them to flavour breads, curries, and other dishes. They can also be used as a natural remedy for headaches, toothaches, and other minor ailments. Additionally, nigella oil is used in some cosmetic products for its anti-inflammatory and antioxidant properties.

## Onion Flowers



### Onion Flower Fritters Recipe

Onion flowers are not only beautiful, but they also have some health benefits. They are a good source of vitamin C, which can help boost the immune system and improve skin health. Onion flowers also contain antioxidants, which can help reduce inflammation and protect against chronic diseases.

#### Ingredients:

1 cup onion flowers, washed and dried

1 cup all-purpose flour

1/2 tsp. baking powder

1/2 tsp. salt

1/4 tsp. black pepper

1/2 cup milk

1 egg

Vegetable oil for frying

Instructions:

1. In a large bowl, whisk together flour, baking powder, salt, and black pepper.
2. In a separate bowl, whisk together milk and egg.
3. Pour the wet ingredients into the dry ingredients and stir until well combined.
4. Heat vegetable oil in a large skillet over medium-high heat.
5. Dip the onion flowers into the batter, coating them completely.
6. Carefully place the onion flowers into the hot oil and cook until golden brown, about 2-3 minutes per side.
7. Remove the fritters from the oil with a slotted spoon and place on a paper towel-lined plate to drain excess oil.
8. Repeat with remaining onion flowers and batter.
9. Serve hot with your favourite dipping sauce.

Other uses for onion flowers include using them as a garnish for soups and salads or incorporating them into a floral arrangement. Onion flowers can also be dried and used in potpourri or as a natural dye for fabrics.

## Orchid flowers



### Orchid Flower Salad Recipe

Orchid flowers are not only beautiful, but they are also edible and can add a unique flavour to dishes. These flowers contain antioxidants and can help improve digestion and boost the immune system. Here's a recipe for a refreshing and healthy orchid flower salad:

#### Ingredients:

2 cups mixed greens

1/2 cup sliced strawberries

1/4 cup sliced almonds

1/4 cup crumbled feta cheese

1/4 cup orchid flowers, rinsed and dried

2 tbsp. balsamic vinaigrette

#### Instructions:

1. In a large bowl, combine mixed greens, sliced strawberries, sliced almonds, and crumbled feta cheese.
2. Add orchid flowers to the bowl and toss gently to combine.
3. Drizzle balsamic vinaigrette over the salad and toss again.
4. Serve immediately.

Other uses for orchid flowers include using them as a garnish for cocktails and desserts, adding them to tea for a floral flavour, and using them in homemade potpourri. Orchid flowers can also be used in skincare products for their moisturizing and anti-inflammatory properties.

## Oregano



### Greek Salad Recipe with Oregano Dressing

This recipe is not only delicious, but it also has some health benefits. Oregano is a rich source of antioxidants and has been shown to have anti-inflammatory properties. It is also high in vitamins and minerals such as vitamin K, iron, and calcium. The vegetables used in this recipe are also packed with nutrients, making this salad a healthy and satisfying meal.

#### Ingredients:

1 head of romaine lettuce, chopped

1 cucumber, chopped

1 red onion, sliced

1 green bell pepper, chopped

1 cup of cherry tomatoes

1/2 cup of kalamata olives, pitted

1/2 cup of crumbled feta cheese

For the dressing:

1/4 cup of olive oil

2 tbsp. of red wine vinegar

1 tbsp. of dried oregano

1 clove of garlic, minced

Salt and pepper to taste

Instructions:

1. In a large bowl, combine the chopped lettuce, cucumber, red onion, bell pepper, cherry tomatoes, and olives.
2. In a small bowl, whisk together the olive oil, red wine vinegar, dried oregano, minced garlic, salt, and pepper.
3. Pour the dressing over the salad and toss to combine.
4. Sprinkle the crumbled feta cheese over the top of the salad.
5. Serve and enjoy!

Other uses for oregano include using it as a seasoning for meats, vegetables, and soups. It can also be used to make tea, which has been shown to have antibacterial and antiviral properties. Oregano oil can be used topically to treat skin infections and can also be used in aromatherapy to help with respiratory issues.

## Osteospermum (African Daisy)



### Osteospermum Tea Recipe

Osteospermum, also known as African daisy, has been used for its medicinal properties for centuries. It is believed to have anti-inflammatory, antibacterial, and antioxidant properties. Osteospermum tea is a simple recipe that can help improve digestion, boost the immune system, and even relieve headaches.

#### Ingredients:

1 tsp. dried osteospermum flowers

8 oz. boiling water

Honey or lemon to taste (optional)

#### Instructions:

1. Place the dried osteospermum flowers in a tea strainer or infuser.
2. Pour 8 oz. of boiling water over the flowers and let steep for 5-7 minutes.
3. Remove the tea strainer or infuser and discard the flowers.



4. Add honey or lemon to taste, if desired.

5. Serve hot.

Other uses for *Osteospermum* include using it as a natural dye for fabrics and as a decorative plant in gardens and landscaping. The flowers can also be dried and used in potpourri or other crafts.

## Pansy



### Pansy Salad Recipe

This recipe is not only beautiful but also has some health benefits. Pansies are rich in antioxidants, which can help protect the body against damage from free radicals. They are also a good source of vitamins A and C, which are important for immune function and skin health.

#### Ingredients:

4 cups mixed greens

1/2 cup pansies, washed and dried

1/2 cup cherry tomatoes, halved

1/4 cup sliced almonds

1/4 cup crumbled feta cheese

#### For the dressing:

3 tbsp. olive oil

1 tbsp. apple cider vinegar

1 tbsp. honey

1 tsp. Dijon mustard

Salt and pepper to taste

Instructions:

1. In a large bowl, combine mixed greens, cherry tomatoes, sliced almonds, and crumbled feta cheese.
2. Add the pansies to the bowl and toss gently to combine.
3. In a small bowl, whisk together olive oil, apple cider vinegar, honey, Dijon mustard, salt, and pepper.
4. Drizzle the dressing over the salad and toss to coat.
5. Serve immediately.

Other uses for pansies include using them as edible decorations on cakes, cupcakes, and other desserts. They can also be used to make pansy tea, which is said to have a calming effect on the body. Pansies can also be used to make natural dyes for fabrics and Easter eggs.

## Peonies



### Peony Flower Tea Recipe

Peony flowers have been used for centuries in traditional Chinese medicine to help reduce inflammation, alleviate pain, and promote relaxation. Peony flowers also have antioxidant properties that can help protect against cell damage and improve overall health.

#### Ingredients:

2-3 fresh peony flowers

2 cups of water

Honey or sugar (optional)

#### Instructions:

1. Rinse the peony flowers and remove any dirt or debris.
2. Add the flowers to a teapot or a pot with 2 cups of water.
3. Bring the water to a boil and let the flowers steep for 5-7 minutes.

4. Strain the tea and discard the flowers.

5. Add honey or sugar to taste, if desired.

6. Serve hot or chilled.

Other uses for peony flowers include using them in floral arrangements or as a natural dye for fabrics. Peony flowers can also be used in skincare products, as they are believed to have anti-inflammatory and soothing properties for the skin. Additionally, they can be used as a natural air freshener or potpourri to add a pleasant floral scent to your home.

## Phlox Tea



### Phlox Flower Tea Recipe

Phlox flowers are not only beautiful, but they also have some health benefits. They contain antioxidants, which can help protect against chronic diseases and may even have anti-inflammatory properties. Phlox flowers have also been used in traditional medicine to treat respiratory ailments, such as coughs and bronchitis.

#### Ingredients:

1 cup fresh phlox flowers

4 cups water

Honey or sugar (optional)

#### Instructions:

1. Rinse the phlox flowers in cold water.
2. Bring 4 cups of water to a boil in a medium-sized pot.
3. Add the phlox flowers to the pot and reduce heat to a simmer.

4. Let the flowers steep for 5-7 minutes.
5. Remove the pot from heat and let it cool for 5 minutes.
6. Strain the tea into a pitcher or teapot.
7. Serve hot, sweetened with honey or sugar if desired.

Other uses for phlox flowers include using them as a natural dye for fabric or food, and as a decorative element in floral arrangements or centerpieces. The flowers can also be dried and used in potpourri or sachets.

## Primrose Tea



### Primrose Tea Recipe

Primrose flowers are not only beautiful but they also have some health benefits. Primrose is rich in antioxidants, which can help protect the body against damage from free radicals. It is also believed to have anti-inflammatory properties and may help alleviate symptoms of PMS and menopause.

#### Ingredients:

1 cup boiling water

1 tbsp. dried primrose flowers or 2-3 fresh primrose flowers

Honey or lemon to taste (optional)

#### Instructions:

1. Place dried or fresh primrose flowers in a tea infuser or tea ball.
2. Pour boiling water over the flowers and let steep for 5-10 minutes.



3. Remove the infuser or tea ball and discard the flowers.

4. Add honey or lemon to taste, if desired.

5. Serve hot.

Other uses for primroses include using the flowers to make a natural yellow dye for fabrics, using the leaves in salads or as a garnish, and using the roots to make a tincture for medicinal purposes. The flowers can also be used to decorate cakes and other desserts.

## Pumpkin flowers



### Stuffed Pumpkin Flowers Recipe

Pumpkin flowers are not only beautiful, but they are also nutritious. They are a good source of vitamin C, potassium, and fiber. This stuffed pumpkin flowers recipe is a delicious way to enjoy the benefits of pumpkin flowers.

#### Ingredients:

12 pumpkin flowers

1 cup ricotta cheese

1/4 cup grated Parmesan cheese

2 tbsp. chopped fresh basil

1/4 tsp. salt

1/4 tsp. black pepper

1 egg, beaten

1/2 cup all-purpose flour

1/2 cup sparkling water

Vegetable oil for frying

Instructions:

1. Carefully remove the stamen from each pumpkin flower and rinse them under cold water. Pat dry with paper towels.
2. In a medium bowl, mix the ricotta cheese, Parmesan cheese, basil, salt, pepper, and beaten egg until well combined.
3. Carefully stuff each pumpkin flower with the cheese mixture, making sure not to tear the flowers.
4. In a shallow bowl, whisk together the flour and sparkling water until smooth.
5. Heat vegetable oil in a large skillet over medium-high heat.
6. Dip each stuffed pumpkin flower into the flour mixture, shaking off any excess, and carefully place them in the hot oil.
7. Fry the pumpkin flowers for 2-3 minutes on each side until golden brown and crispy.
8. Remove the pumpkin flowers from the skillet with a slotted spoon and place them on a paper towel-lined plate to drain any excess oil.
9. Serve hot as an appetizer or side dish.

Other uses for pumpkin flowers include using them as a garnish for salads or soups, adding them to omelettes or frittatas, or even using them to make a unique and flavourful pizza topping.

## Purslane



### Purslane Salad Recipe

Purslane is a leafy green vegetable that is high in vitamins A, C, and E, as well as omega-3 fatty acids. It also contains antioxidants and has been shown to have anti-inflammatory properties. This recipe is a great way to incorporate purslane into your diet.

#### Ingredients:

2 cups purslane leaves and stems, washed and chopped

1 cup cherry tomatoes, halved

1/2 cup crumbled feta cheese

1/4 cup sliced red onion

1/4 cup chopped fresh parsley

1/4 cup olive oil

2 tbsp. red wine vinegar

1 tbsp. Dijon mustard

Salt and pepper to taste

Instructions:

1. In a large bowl, combine purslane, cherry tomatoes, feta cheese, red onion, and parsley.
2. In a small bowl, whisk together olive oil, red wine vinegar, Dijon mustard, salt, and pepper.
3. Pour the dressing over the salad and toss to combine.
4. Serve chilled.

Other uses for purslane include adding it to smoothies or juices, using it as a garnish for dishes, or sautéing it as a side dish. Purslane can also be pickled or fermented for a tangy and probiotic-rich addition to meals.

## Robinia



### Robinia Flower Fritters Recipe

Robinia, also known as black locust, is a tree that produces beautiful white flowers in the spring. These flowers are not only pretty, but they are also edible and have some health benefits. Robinia flowers are high in antioxidants, which can help protect against chronic diseases like cancer and heart disease. They also have anti-inflammatory properties and may help improve digestion.

#### Ingredients:

1 cup all-purpose flour

1 tsp. baking powder

1/2 tsp. salt

1/2 cup milk

1 egg, beaten

1 cup fresh robinia flowers, washed and dried

Vegetable oil for frying

Powdered sugar for dusting

Instructions:

1. In a medium bowl, whisk together flour, baking powder, and salt.
2. In another bowl, whisk together milk and egg.
3. Add the wet ingredients to the dry ingredients and stir until well combined.
4. Heat vegetable oil in a large skillet over medium heat.
5. Dip each robinia flower into the batter, making sure it is well-coated.
6. Carefully place the flower in the hot oil and fry until golden brown, about 1-2 minutes per side.
7. Remove the fritters from the oil and place on a paper towel-lined plate to drain excess oil.
8. Dust with powdered sugar before serving.

Other uses for robinia flowers include using them to make tea, adding them to salads for colour and flavour, and even using them as a natural dye for textiles. The leaves and bark of the robinia tree have also been used in traditional medicine to treat a variety of ailments, including respiratory infections and skin conditions. However, it is important to note that these uses have not been extensively studied and should be used with caution.



## Roses



### Rose and Berry Smoothie Recipe

This recipe is not only delicious, but it also has some health benefits. Roses contain antioxidants and anti-inflammatory compounds that can help boost the immune system, improve digestion, and promote healthy skin. Berries are also rich in antioxidants and can help improve heart health and cognitive function.

#### Ingredients:

1 cup mixed berries (such as strawberries, raspberries, and blueberries)

1/2 cup unsweetened almond milk

1/2 cup plain Greek yogurt

1/2 banana

1/2 tsp. rose water

1/2 tsp. honey

Handful of fresh rose petals

### Instructions:

1. Add all ingredients except for the rose petals to a blender and blend until smooth.
2. Add the rose petals and blend again until the petals are finely chopped and distributed throughout the smoothie.
3. Pour the smoothie into a glass and enjoy immediately.

Other uses for roses include using them to make rose water for use in cooking and skincare, creating rose-infused oils for massage and aromatherapy, and using the petals to make a fragrant and pretty addition to salads and desserts. Additionally, rose petals can be used to make potpourri and sachets for a natural and sweet-smelling home fragrance.

## Safflower



### Safflower Oil Salad Dressing Recipe

Safflower is a plant that is often used for its oil, which is high in healthy unsaturated fats. Safflower oil has been shown to have several health benefits, including reducing inflammation, improving blood sugar control, and lowering cholesterol levels. Safflower also contains antioxidants that can help protect the body against damage from free radicals.

#### Ingredients:

1/4 cup safflower oil

2 tbsp. apple cider vinegar

1 tbsp. honey

1 tsp. dijon mustard

Salt and pepper to taste

#### Instructions:

1. In a small bowl, whisk together the safflower oil, apple cider vinegar, honey, and dijon mustard.
2. Season with salt and pepper to taste.
3. Serve over your favourite salad greens.

Other uses for safflower include using the flowers to make a natural dye for textiles and as a substitute for saffron in recipes that call for it. Safflower oil can also be used for cooking and baking, and as a moisturizer for the skin. Additionally, safflower seeds can be roasted and eaten as a snack, or ground into flour to make gluten-free baked goods.

## Sage



### Balsamic Sage Pork Chops Recipe

This recipe is not only delicious, but it also has some health benefits. Sage has been shown to have anti-inflammatory properties, can improve brain function, and may even help lower blood sugar levels. Pork chops are a good source of protein and vitamins B6 and B12, which are important for brain function and energy metabolism.

#### Ingredients:

4 bone-in pork chops

1/4 cup balsamic vinegar

2 tbsp. olive oil

2 tbsp. fresh sage, chopped

2 cloves garlic, minced

Salt and pepper to taste

#### Instructions:

1. Preheat oven to 375°F.
2. In a small bowl, whisk together balsamic vinegar, olive oil, chopped sage, minced garlic, salt, and pepper.
3. Rub the mixture all over the pork chops and let them marinate for 30 minutes.
4. Heat a large oven-safe skillet over medium-high heat.
5. Add the pork chops to the skillet and sear for 2-3 minutes per side.
6. Transfer the skillet to the preheated oven and bake for 10-12 minutes, or until the pork chops are cooked through.
7. Let the pork chops rest for a few minutes before serving.

Other uses for sage include using it in tea to help soothe sore throats and coughs, as a natural insect repellent, and even as a natural hair dye to darken gray hair. Sage can also be added to soups, stews, and sauces for added flavour.

## Salsify



### Creamy Salsify Soup Recipe

Salsify is a root vegetable that is high in fiber, vitamins, and minerals. It is known to support digestive health, boost the immune system, and promote healthy skin. This creamy salsify soup recipe is not only delicious, but it also provides these health benefits.

#### Ingredients:

1 lb. salsify, peeled and chopped

1 onion, chopped

2 cloves garlic, minced

4 cups chicken or vegetable broth

1 cup heavy cream

2 tbsp. butter

Salt and pepper to taste

Chopped chives for garnish

Instructions:

1. In a large pot, melt butter over medium heat.
2. Add chopped onion and garlic and cook until softened, about 5 minutes.
3. Add chopped salsify and cook for another 5 minutes.
4. Add broth and bring to a boil. Reduce heat and simmer for 20-25 minutes or until salsify is tender.
5. Using an immersion blender or transferring to a blender, puree the soup until smooth.
6. Return the soup to the pot and stir in heavy cream. Heat through.
7. Season with salt and pepper to taste.
8. Serve hot, garnished with chopped chives.

Other uses for salsify include roasting, grilling, or sautéing as a side dish. It can also be used in stews and casseroles. Additionally, salsify leaves can be used in salads or cooked like spinach.



## Scarlet Runner Bean



### Runner Bean Flower Salad Recipe

Runner bean flowers are not only beautiful, but they are also edible and have some health benefits. They are a good source of antioxidants and have anti-inflammatory properties. This salad recipe is a great way to incorporate runner bean flowers into your diet.

#### Ingredients:

2 cups mixed salad greens

1/2 cup cherry tomatoes, halved

1/4 cup sliced red onion

1/4 cup crumbled feta cheese

1/4 cup extra-virgin olive oil

2 tbsp. balsamic vinegar

1 tbsp. honey

Salt and pepper to taste

Runner bean flowers, for garnish

Instructions:

1. In a large bowl, combine mixed salad greens, cherry tomatoes, and sliced red onion.
2. In a small bowl, whisk together extra-virgin olive oil, balsamic vinegar, honey, salt, and pepper.
3. Drizzle the dressing over the salad and toss to combine.
4. Top the salad with crumbled feta cheese and runner bean flowers.
5. Serve immediately.

Other uses for runner bean flowers include using them as a garnish for desserts or cocktails, adding them to stir-fries or soups for a splash of colour, or using them in floral arrangements. Runner bean flowers can also be dried and used in potpourri or sachets.

## Scented Geraniums



### Scented Geranium Lemonade Recipe

Scented geraniums not only add beauty to your garden, but they also have a variety of benefits. Some varieties have been used for medicinal purposes, such as reducing inflammation and relieving stress. They are also known to repel insects and can be used in natural insect repellents.

#### Ingredients:

1 cup fresh lemon juice

1/2 cup honey

6 cups water

1 cup fresh scented geranium leaves, washed and patted dry

Sliced lemons and scented geranium leaves for garnish

#### Instructions:

1. In a large pitcher, whisk together the lemon juice and honey until well combined.

2. Add the water and stir to combine.
3. Add the scented geranium leaves to the pitcher and stir gently.
4. Cover the pitcher and refrigerate for at least 2 hours to allow the flavours to meld.
5. To serve, pour the lemonade over ice and garnish with sliced lemons and scented geranium leaves.

Other uses for scented geraniums include using the leaves in potpourri or sachets, adding them to a warm bath for a relaxing soak, or using them as a natural air freshener. The leaves can also be used in baking or to flavour sugar, and the flowers can be used to decorate cakes or in salads.

## Sorrel



### Sorrel Flower and Goat Cheese Tart Recipe

Sorrel flowers not only add colour to dishes, but they also have health benefits. They are high in vitamin C and antioxidants, which can help boost the immune system and reduce inflammation. Sorrel flowers may also have antimicrobial properties, which can help fight off certain types of bacteria.

#### Ingredients:

1 sheet frozen puff pastry, thawed

4 oz. goat cheese, softened

1/4 cup heavy cream

2 eggs

1/2 tsp. salt

1/4 tsp. black pepper

1 cup sorrel flowers, washed and chopped

2 tbsp. chopped chives

Instructions:

1. Preheat the oven to 375°F.
2. Roll out the puff pastry on a floured surface and transfer it to a tart pan.
3. In a medium bowl, whisk together goat cheese, heavy cream, eggs, salt, and pepper.
4. Fold in chopped sorrel flowers and chives.
5. Pour the mixture into the tart pan and smooth the top with a spatula.
6. Bake for 25-30 minutes until the filling is set and the pastry is golden brown.
7. Remove from the oven and let cool for 10 minutes before slicing and serving.

Other uses for sorrel flowers include using them as a garnish for salads and cocktails, adding them to soups and stews for a tangy flavour, and even using them to make a natural dye for fabrics. Sorrel flowers can also be infused into vinegar or oil for a unique flavour in dressings or marinades.

## Stock



### Night Scented Stock Flower Salad Recipe

Night-scented stock flowers are not only beautiful and fragrant, but they also have some health benefits. These flowers contain antioxidants that can help reduce inflammation and improve heart health. They are also used in traditional medicine to treat various ailments such as insomnia, anxiety, and headaches.

#### Ingredients:

2 cups mixed greens

1/2 cup night-scented stock flowers, washed and dried

1/4 cup cherry tomatoes, halved

1/4 cup cucumber, sliced

1/4 cup feta cheese, crumbled

1/4 cup walnuts, chopped

2 tbsp. balsamic vinegar

2 tbsp. olive oil

Salt and pepper to taste

Instructions:

1. In a large bowl, combine mixed greens, cherry tomatoes, cucumber, feta cheese, and walnuts.
2. Add the night-scented stock flowers to the salad and toss to combine.
3. In a small bowl, whisk together balsamic vinegar, olive oil, salt, and pepper.
4. Drizzle the dressing over the salad and toss to coat.
5. Serve immediately.



## Sunflowers



### Sunflower Seed Pesto Recipe

This recipe is not only delicious, but it also has some health benefits. Sunflower seeds are a good source of vitamin E, magnesium, and selenium, which can help reduce inflammation, improve heart health, and boost immunity. Basil, another ingredient in this recipe, is also rich in antioxidants and has anti-inflammatory properties.

#### Ingredients:

2 cups fresh basil leaves

1/2 cup sunflower seeds

1/2 cup grated Parmesan cheese

2 cloves garlic, minced

1/2 cup olive oil

Salt and pepper to taste

#### Instructions:

1. In a food processor, pulse the sunflower seeds until finely ground.
2. Add the basil, Parmesan cheese, and garlic to the food processor and pulse until coarsely chopped.
3. Slowly add the olive oil while the food processor is running until the pesto is smooth and creamy.
4. Season with salt and pepper to taste.
5. Serve with pasta, as a spread on toast, or as a dip for vegetables.

Other uses for sunflowers include using the seeds as a snack or in granola and trail mix. Sunflower oil can also be used for cooking or as a moisturizer for the skin. Sunflower petals can be used as a natural dye or added to salads for some colour. Finally, sunflowers can be used as a natural bird feeder by leaving the flowers on the stalk to dry and then hanging them up outside.

## Sweet Cicely



### Strawberry and Sweet Cicely Salad Recipe

Sweet cicely is a herb commonly found in Europe and North America that has a sweet anise-like flavour. It has been used for centuries for its medicinal properties, including its ability to soothe digestive issues and improve respiratory health. This salad recipe is a refreshing and healthy way to incorporate sweet cicely into your diet.

#### Ingredients:

2 cups fresh strawberries, sliced

1/4 cup fresh sweet cicely leaves, chopped

1/4 cup balsamic vinegar

1 tbsp. honey

1/4 cup olive oil

Salt and pepper to taste

#### Instructions:

1. In a large bowl, combine sliced strawberries and chopped sweet cicely leaves.
2. In a separate bowl, whisk together balsamic vinegar, honey, olive oil, salt, and pepper.
3. Drizzle the dressing over the strawberry and sweet cicely mixture and toss to coat.
4. Serve chilled.

Other uses for sweet cicely include using it as a natural sweetener in desserts and drinks, adding it to tea blends for its digestive and respiratory benefits, and using it as a flavouring agent in savoury dishes such as fish, chicken, and vegetable dishes. Sweet cicely can also be used to make infused oils and vinegars for cooking and salad dressings

## Sweet Violets



### Sweet Violet Syrup Recipe

Sweet violets not only add a beautiful some colour to any dish, but they also have some health benefits. They contain antioxidants, vitamin C, and have been used in traditional medicine to help with respiratory issues and inflammation.

#### Ingredients:

1 cup sweet violet flowers, rinsed and dried

1 cup water

1 cup sugar

Juice of 1/2 lemon

#### Instructions:

1. In a small saucepan, combine sweet violet flowers, water, and sugar.
2. Bring the mixture to a boil over medium heat, stirring occasionally, until the sugar has dissolved.

3. Reduce the heat and let the mixture simmer for 15-20 minutes until it has thickened.
4. Remove the saucepan from the heat and let it cool for a few minutes.
5. Strain the mixture through a fine-mesh sieve into a bowl, pressing the flowers to extract as much liquid as possible.
6. Stir in the lemon juice.
7. Pour the syrup into a clean glass jar and store it in the refrigerator for up to 6 months.

Other uses for sweet violets include adding them to salads, using them as a garnish on desserts, or infusing them in tea or cocktails. They can also be candied or used to make violet-flavoured sugar. Additionally, sweet violets can be used in skincare as they contain anti-inflammatory properties and can help soothe irritated skin.

## Water Lilies



### Water Lily Salad Recipe

Water lilies are not only beautiful to look at but also have some health benefits. They are rich in antioxidants, which can help protect your cells from damage caused by free radicals. They are also a good source of dietary fiber, which can help regulate digestion and promote healthy bowel movements.

#### Ingredients:

4 cups water lily stems and leaves, sliced

1/2 cup cherry tomatoes, halved

1/2 cup cucumber, sliced

1/4 cup red onion, sliced

1/4 cup fresh basil, chopped

1 tbsp. olive oil

1 tbsp. lemon juice

Salt and pepper to taste

Instructions:

1. Rinse the water lily stems and leaves under cold water and slice them into bite-sized pieces.
2. In a large bowl, combine the sliced water lily stems and leaves, cherry tomatoes, cucumber, red onion, and fresh basil.
3. In a small bowl, whisk together the olive oil and lemon juice to make the dressing.
4. Pour the dressing over the salad and toss to combine.
5. Season with salt and pepper to taste.
6. Serve chilled.

Other uses for water lilies include using the flowers as a natural dye for textiles, using the leaves as a natural wrapping for food, and using the seeds as a source of food and oil. Water lilies can also be used as an ornamental plant in water gardens and ponds.



## Yarrow



### Yarrow Tea Recipe

Yarrow is an herb that has been used for centuries for its medicinal properties. It has been shown to have anti-inflammatory and antioxidant effects, and may also help improve digestion and reduce anxiety. Yarrow tea is a simple and delicious way to enjoy the benefits of this herb.

#### Ingredients:

1 tbsp. dried yarrow leaves and flowers

2 cups boiling water

Honey or lemon (optional)

#### Instructions:

1. Place the dried yarrow leaves and flowers in a tea infuser or strainer.
2. Pour the boiling water over the yarrow and let steep for 5-10 minutes.

3. Remove the tea infuser or strainer and discard the yarrow.
4. If desired, add honey or lemon to taste.
5. Serve hot or chilled.

Other uses for yarrow include using it as a natural insect repellent, as a topical treatment for wounds and skin irritations, and as an ingredient in homemade skincare products. Yarrow can also be added to soups and stews for a unique flavour.

## Zinnia



### Zinnia Flower Salad Recipe

Zinnia flowers are not only beautiful but they are also edible and can be used in a variety of dishes. Zinnias are rich in antioxidants and can help improve digestion, boost immunity, and reduce inflammation. They also contain vitamin C and other nutrients that can help support overall health.

#### Ingredients:

4 cups mixed greens

1/2 cup zinnia flower petals

1/4 cup crumbled feta cheese

1/4 cup chopped walnuts

2 tbsp. balsamic vinegar

1 tbsp. honey

1/4 cup olive oil

Salt and pepper to taste

Instructions:

1. Wash and dry the zinnia flowers, and remove the petals from the center of the flower.
2. In a large bowl, combine the mixed greens, zinnia petals, feta cheese, and walnuts.
3. In a small bowl, whisk together the balsamic vinegar, honey, olive oil, salt, and pepper to make the dressing.
4. Drizzle the dressing over the salad and toss to combine.
5. Serve immediately.

Other uses for zinnia flowers include using them as a natural dye for fabrics and Easter eggs, as a decorative element in floral arrangements, and even as a facial toner or skin cream ingredient. Zinnias can also be used to attract pollinators to your garden, as they are a favourite of butterflies and bees.



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# "89 Edible Plant Recipes UK" - A Delicious Guide to Inspirational Living

In this book, you will discover almost 90 mouth-watering recipes that showcase the abundance of edible plants available in the UK. From fresh salads and hearty soups to savoury mains and sweet treats, each recipe is carefully crafted to highlight the natural flavours and nutritional benefits of plant-based ingredients.

Beyond simply providing delicious recipes, this book also aims to promote sustainable eating habits and reduce our environmental impact. By incorporating more plant-based meals into our diets, we can reduce the carbon footprint of our food choices and support local farmers and producers.

To all readers, I would like to extend a heartfelt thank you for joining me on this journey towards a more sustainable and delicious future. I hope that these recipes inspire you to explore the incredible variety of edible plants available in the UK and to discover new ways to nourish your body and soul.

Enjoy!



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