

Recipes for Edible Flowers

Nasturtium Butter

4 oz. unsalted butter, room temperature
12 to 18 nasturtium flowers
2 to 4 fresh nasturtium leaves

Chive Blossom Butter

4 oz. unsalted butter, room temperature
10 to 12 large, barely open chive flowers, florets separated
8 to 10 large chive leaves

Rose Butter

4 oz. unsalted butter, room temperature
1 tsp superfine sugar
¼ tsp almond extract
Generous handful of rose petals from fragrant old-fashioned types

Lavender Sugar

½ cup dried lavender leaves and flowers
2 c superfine sugar
Mix in a jar, shake to distribute. After a month the lavender will have flavoured the sugar sufficient. Sift to remove lavender. Store the sugar for up to a year.

Edible Flower Canapes

½ c snipped fresh dill or chive leaves
1 lb. natural cream cheese, softened
2 large loaves of dense sandwich unsliced bread, or 2 packages melba toast
A selection of edible flowers, 4 or 5 dozen, nasturtiums, borage, calendulas, pineapple sage, runner bean flowers, pansies, violas, violet and mustard flowers
Herb leaves: sage, parsley, mint, dill and basil
Add chives and 3 T of water to cream cheese and mix until smooth.
Spread cream cheese mixture on bread or melba toast, app. 1 T per square, and arrange on cookie sheets. Cover lightly with plastic wrap and refrigerate until ready to use.
Carefully wash flowers and herbs and gently pat them dry. Lay them out on damp paper towels and cover with plastic wrap. Refrigerate until ready to use, but not for more than a few hours.

Lemon Lavender Shortbread Cookies, <https://thebeachhousekitchen.com/lemon-lavender-shortbread-cookies/>

Cucumber Borage Salad, <https://frolicandfare.com/cucumber-borage-flower-salad/>

Vibrant Edible Flower Salad, <https://frolicandfare.com/vibrant-salad-with-edible-flowers/>