

EDIBLE FLOWERS

All Basil Flowers; CHIVES; THYME;
MARIGOLD; GERANIUM;
DIANTHUS; OREGANO; FENNEL;
MINT; ROSEMARY;
SAGE; ECHINACEA



chamomile



All Calendula



NASTURIUM



SAGE



LAVENDER



PURSLANE



rose petals



VIOLA – JOHNNY JUMP-UP

Substitutes: violet flowers (for syrups, jams, and for crystallizing)

Notes: To candy flowers, whisk an egg white, then use a brush to paint a fine layer onto clean, dry, pesticide-free flower petals (or whole flowers if they're very small). Next, gently place the petal into some superfine sugar, and sprinkle some more superfine sugar on top. Shake off the excess and lay it out on waxed paper to dry (this takes as long as eight hours).

Courtesy <http://www.foodsubs.com/Flowers.html#nasturtiums>