

Luscious Lavender Recipes

I love lavender! The fresh or dried flowers have been used as a herbal remedy for centuries. Lavender has long been associated with helping ease stress, exhaustion, headaches, migraines, depression, digestion, colds, flatulence, liver and gall bladder problems, nervousness, and loss of appetite. It can be used to replace Rosemary in any recipe. Here are some of my summer time favorites, tweak them and make them your own! Please do not substitute purchased essential oil for the lavender in any of the recipes. The internal ingestion of it can cause nausea.

Recipes from Kathy Fitzpatrick

Simple Lavender Lemonade

Fill a quart sized pan with water and bring to a boil. Meanwhile fill a tea ball with fresh or dried lavender. Once the water comes to a boil add the tea ball and let it steep for 20-25 minutes. Use this liquid tea instead of water when you make your favorite lemonade. Be sure to garnish with a sprig of lavender!

Lavender Infused Vinegar

Harvest lavender in the morning after the dew has dried. Gather enough to fill a quart size mason jar. Shake or rinse off lavender, place in jar and top with apple cider vinegar. Let steep for 6-8 weeks. If using mason lids be sure to use a layer of wax paper in between the jar and the metal lid to prevent rust.

Pariah's "Walk on the Wild Side" Lavender Infusion

My daily salads include taking a walk in my garden to see what i can harvest. Nothing tastes better than just picked!

Prepare organic salad greens then "take a walk on the wild side" to gather whatever herbs in your garden suit your fancy to add to the mix. Let your intuition be your guide. Be sure to try something new each time!

I feel a recipe is only a theme, which an intelligent cook can play each time with a variation.

Madame Benoit

Suggestions, mint, basil, chives, lavender, lambs quarter, dandelion greens, amaranth, salad burnett, thyme, marjoram, lovage, sage, lemon balm, parsley, dill, chervil, tarragon; and top with edible flowers like calendula, day lily, rose petals and nasturtium. [nasturtium leaves are great too!] If you're lucky enough to have fruit and veggies in your garden gather some of those too!

Once inside, gently wash herbs, fruits and veggies, chop as needed, then sprinkle lightly with sea salt and toss with extra virgin olive oil. How about some chopped garlic and onions? Dress to taste with lavender infused vinegar or fresh squeezed lemon or lime. Enjoy!

Lavender Honey

Nothing says summer like lavender honey!

Lavender blossoms [about 1 tablespoon]

Organic honey

Gather the flowers in the morning after the dew has dried, rinse and put them in a saucepan with 2 cups of organic honey. Heat until it just starts to get warm.* Pour into hot sterilized mason jars and seal. Store a room temperature.

Caution: Heating the honey on high heat will cause it to spoil.

Lavender Sugar

Combine 1 cup of organic sugar with 1 cup of lavender in a pint size jar. Cover and let the flavors mingle for a week or two. Remove lavender before using. Use for special occasions or when you need a bit of decadence!

HOW TO USE LAVENDER/HERBS FROM YOUR GARDEN

Buds: The very best tasting buds are on flower heads that are 1/3 open. Make sure they're dew free. Dry if desired, however undried buds have a stronger flavor.

Flowers: Select the lavender flowers just like you pick out your fruit, find the ones with the most vibrant color, leave those that are dull or wilted. For the most flavor harvest flowers/herbs as close to meal time as possible. Make sure to rinse and dip them in

water to remove insects or soil. Dab dry with a clean cloth towel. If not using immediately, refrigerate in moist paper towels until you're ready to use them. Or place stems of lavender/herbs in a jar of cold water until you're ready to use them.

It's also best to use a little at a time.....until the taste is right, that's why i didn't have measurements b/c it really depends on the quality of the herb.

NOTE: Please don't eat flowers or herbs from places that may have treated them with pesticides. Do not eat lavender that is not labeled for food crops.