

Edible Flowers: Color, Flavor and Fun

Important Information

- Only eat products labeled “edible crops”
- NO flowers from florists, nurseries or garden centers
- NO roadside flowers
- NO pesticides or herbicides were used on the flowers
- If allergic to pollen, do NOT eat flowers

Where to purchase edible flowers

www.gourmetsweetbotanicals.com
www.freshorigins.com

Where to get edible flower recipes

www.brit.co/edible-flower-recipes/ - 30 edible flower recipes

Edible Flower Recipes

Floral Sugar

Use rose petals, violets, lavender flowers or mint leaves
-2 cups confectioners' sugar or superfine sugar
-12 tablespoons whole or chopped edible flowers

How to make the sugar

- Place the sugar and flowers in a food processor and blend
- Store in a sealed container for a week
- Sift the flower bits out of the sugar (optional)
- Store in an airtight container. Use in teas, cookies, icing & sorbet

Crystallized / Candied / Sugared Edible Flowers

1-2 cups edible flowers
1 egg white or 1 teaspoon powdered egg whites
1 teaspoon water or vodka (vodka dries the flowers faster)
½ cup superfine sugar

How to make the flowers

- Gently whisk the egg whites and water or vodka. You do not want the mix to be frothy or have bubbles. This is the glue for the sugar to stick to the flower. Keep flowers cool.
- With a small paintbrush, apply the egg white mix lightly to the front and back of the flower. Cover the flower completely
- Hold the flower over the bowl of superfine sugar and sprinkle the flower with a fine layer of sugar. Shake off excess sugar
- Place the flower upside down on a wire rack covered with wax or parchment paper to dry
- Let dry for 4-24 hours. Can be stored in an airtight container for up to 2 weeks

Rosewater

Use in cakes, teas, and as an air freshener for linens

- 1/4 cup dried rose petals
- 1.5 cups distilled water

How to make rosewater

- Bring rose petals and distilled water to a boil. Simmer for 10-15 minutes or until petals are colorless. Remove from heat
- Using a dark color glass jar, pour the mix through cheesecloth. (or use a #4 coffee filter) to remove the rose petals
- Store in a cool place

Rose Martinis

- 1/2 cup water
- 2 tablespoons sugar
- 3 1/2 cups vodka
- 4 teaspoons fresh lemon juice
- 1 teaspoon rosewater
- Ice cubes
- extra rose petals for garnish

How to make the Rose Martinis

- In a saucepan combine water and sugar and bring to a boil
- When the sugar is dissolved, let cool and add the lemon juice, vodka and rosewater
- Fill a shaker with ice cubes. Add 1/2 cup of the martini mixture and shake
- Strain into martini glasses and garnish with rose petals