

WILDFLOWER AND HERB DIP WITH SIPPETS*

In small mixing bowl, combine until smooth:

8 oz softened cream cheese

2 T. mayonnaise

1 tsp lemon juice

Add ¼ cup mixed, snipped fresh herbs such as

dill, parsley, thyme, basil, chive, cilantro, sage

Add 1/4 cup cleaned, snipped petals from edible flowers,
such as:

hollyhock calendula sunflower bee balm

viola dianthus spiderwort nasturtium

rose centaurea chives daylily pansy

squash blossoms pea and bean flowers dandelion

borage hibiscus red clover pineapple sage

Be sure to remove all centers and tough basal parts.

(use whatever is in season and available from chemical-free
locations—hint: roadside ditches are not a good choice!)

Stir to combine well, serve on sippets or fresh veggies.

Store any unused dip, covered, in refrigerator.

*sippets, a colonial term for toast points.

COLONIAL BLACKBERRY JAM

(adapted from the Martha Washington Cookbook by Marie Kimball, Coward-McCann, 1940)

In large, heavy saucepan, over medium heat, combine:

1 cup white granulated sugar

2 T. rose water

Boil for 5 minutes. Then add 1 pound of fresh, crushed blackberries or black raspberries. Stir well. Lower heat, and cook slowly until thick, stirring often. (Takes 35-40 minutes, and when it “sets”, the change is unmistakable). Remove from heat. Pour into sterilized jar, adjust lid, process in boiling water canner for 10 minutes. Makes 12 ounces.

LEMON-HERB MAYONNAISE

In food processor, combine:

1 ½ cups prepared mayonnaise

2 T. EACH:

chopped fresh chives, chopped fresh tarragon, chopped fresh parsley, chopped fresh thyme,
chopped fresh basil. Add 1 tsp lemon juice and ½ tsp lemon peel. Mix well, refrigerate.