

### TIPS ON HOW-TO-MAKE:

#### WHEN GATHERING EDIBLE PETALS/HERBS:

**Remember the Rule of 100: Do NOT gather any herb or flower on a day when the combined temperature and humidity yields a number higher than 100.**

#### Herb Salt:

Preheat oven to 200 degrees.

Lay NON-iodized salt 1/8 of an inch thick on a rimmed baking sheet.

Snip one bunch of mixed herbs across the top of the salt.

Place in oven and bake for about 20 minutes. After 20 minutes, check if herbs are brittle. (Do NOT let them turn brown). If not yet brittle, bake a few more minutes. When brittle, remove from oven and cool before placing into a food processor. Pulse to finely chop. Store in an airtight container.

#### Dried-Flower Sugar:

Gather edible flower petals, using the list given or a reliable one online.

Remove any tough basal parts, stems, leaves, or imperfect petals.

Wash and pat dry.

Pull the petals apart and arrange them on a drying rack of a food dehydrator set at its lowest setting, (it can take as much as 20 hours to dry thicker flower petals) or on wire cooling rack to air dry for a week or so. Petals should be thoroughly dry to the touch, not "bendy", but brittle.

Put half of the dried petals in a food processor with 2 cups of white sugar. Pulse to combine. Pour the sugar mixture into a glass, airtight container and then add the remaining dried flowers and stir to combine. Store airtight for several weeks.

#### Powdered Bergamot/Licorice Mint Herbs:

Place clean, washed and patted dry young bergamot leaves and licorice mint leaves in a dehydrator. Set on the lowest setting, dry until brittle to the touch. Mix 3 parts of bergamot to one part of licorice mint and grind in a blender, food processor or spice mill until powdery.

To store gathered edible petals, do NOT wash them, just store them airtight in the refrigerator for a few days. Before using them, wash and pat dry.

Cut larger petals like daylily or sunflower into smaller strips or pieces just when you use them.

Always remove the green backs, attached leaves or stems or any other inedible parts first.