

In large saucepan, bring to a boil:
 4 c. water 1 oz. dried lavender blossoms (tied in cheesecloth, if available)
 Remove from heat; cover and let steep 10 minutes. Discard lavender blossoms.
 Add $\frac{3}{4}$ cup sugar, stir to dissolve. Add the juice of 6 lemons, 3 quarts of water and ice cubes.
 Stir and chill. Garnish with extra lavender blossoms, if in season.

WILDFLOWER AND HERB DIP

In small mixing bowl, combine until smooth:
 8 oz softened cream cheese
 2 T. mayonnaise
 1 tsp lemon juice
 Add $\frac{1}{4}$ cup mixed, snipped fresh herbs such as
 dill, parsley, thyme, basil, chive, cilantro, sage
 Add $\frac{1}{4}$ 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 ~~crackers~~ fresh veggies.
 Store any unused dip, covered, in refrigerator.

Summer Garden Tart with Herbs

Preheat oven to 450 degrees.
 In large saute pan, combine:
 1 T. olive oil
 About 4 cups assorted fresh summer veggies, thinly sliced or diced, such as:
 asparagus (1 inch pieces), dried tomato, onion, green pepper, zucchini or
 summer squash, fennel bulb, carrot, spinach, etc.
 Saute until veggies are tender crisp (no more than 3 minutes).
 Remove from heat.

On lightly floured parchment paper, roll out one 14 ounce sheet of puff pastry
 to a 10x16 inch rectangle. (Defrosted, if frozen). Transfer to baking sheet
 (keep parchment paper beneath pastry).

In small bowl, combine:
 $\frac{3}{4}$ cup cottage cheese
 $\frac{3}{4}$ cup grated Parmesan cheese
 2-4 T. fresh herbs made from: parsley, basil, thyme, savory, etc.
 Spread evenly on pastry, leaving a one-inch border.
 Spoon veggie mixture over every inch of the pastry (any spot
 uncovered will puff up during baking).
 Sprinkle with additional Parmesan cheese.

Brush edge of tart with 1 egg yolk. Bake until pastry is golden brown,
 about 20-25 minutes. Cut and serve warm. Serves: 8

White Bean and Herb Crostini

Preheat oven to 400 degrees.
Slice one French baguette into 18 slices.
Brush each slice on both sides with
a mixture of 1/4 cup olive oil and 1/2 tsp.
powdered garlic.
Sprinkle with coarse salt.

Place on rimmed baking sheet and bake
until lightly browned, about 8 minutes.

For the white bean spread:

Warm 2 T. olive oil in a saucepan. Add 1 minced garlic clove
and saute one minute. Add 1 can of drained and rinsed white
beans, saute 2 more minutes. Remove from heat and mash with
fork to make rough puree. Add:

- 2 tsp. fresh lemon juice
- 1 tsp. finely grated lemon rind
- 2-4 T. finely chopped fresh herbs, any kind you like
- 1/4 tsp. each salt and pepper

Serve warm with the crostini.

Asian Three-Bean Salad

In large bowl, combine:

- 1 pound fresh green beans, steamed and cooled, cut in 1" pieces
- 2 cups shelled edamame, steamed and cooled
- 1 can black beans, drained and rinsed
- 2 scallions, thinly sliced

In small bowl, combine the dressing:

- 3 T. canola oil + 1/4 t.p. sesame oil.
- 3 T. fruit vinegar of any kind
- 1/2 cup mashed apricot or peach preserves
- 1/4 tsp. powdered garlic
- 1/4 tsp. powdered ginger

Stir well, pour over bean mixture and refrigerate.

Store leftovers, covered, up to 3 days.

Serves: 8

Vanilla-Marinated Pineapple

In medium bowl, combine:

- 3 cups pineapple cubes
- 1 cup strawberry slices
- 1 cup blueberries
- 1/4 cup sugar
- seeds scraped from 2 vanilla beans

Refrigerate. Serves 6

Chocolate-Cherry Cobbler

Preheat oven to 350 degrees.

In 2 quart baking dish, place 1/4 cup melted butter

In medium saucepan, combine:

- 1 12 oz. package of frozen sweet dark cherries
- 1/2 cup sugar

Cook a few minutes, until cherries release juice and sugar dissolves. Remove from heat.

Add 1/8 tsp. cherry extract. Set aside.

In medium mixing bowl, combine:

- 1 cup SELF-RISING flour (important!)
- 1/2 cup sugar
- 1/3 cup cocoa

Add 3/4 cup milk, stirring just until well-combined.

DO NOT OVERBEAT. To assemble:

POUR BATTER OVER BUTTER. DO NOT STIR.

SPOON CHERRIES AND JUICE OVER BATTER.

DO NOT STIR.

Bake 35 minutes, or until crust rises to the top and browns. Serves: 4-6

Partial List of Northwoods Edible Flowers

- *harvest only from non-sprayed areas away from roads and foot traffic.
- *secure proper permission if necessary.
- *choose flowers at the peak of bloom, removing pistils and stamens unless otherwise noted.
- *be certain of identification before harvesting.
- *harvest only the plant parts indicated. Other portions may be poisonous.
- *use Latin names, not regional ones.
- *complete listings of edible flowers can be found at a number of sites online.
- *try small amounts first, as you would with any new food. Flowers have a range of tastes from sweet to spicy to bitter. Anyone with asthma or allergies should be especially careful

Anise hyssop	(<i>Agastache foeniculum</i>)	petals, leaves
Bachelor's Buttons	(<i>Centaurea cyanus</i>)	petals, young flower heads
Basswood	(<i>Tilia</i> spp.)	petals in spring
Bee balm	(<i>Monarda didyma</i>)	petals, leaves
Borage	(<i>Borago officinalis</i>)	petals (leaves are edible but a bit prickly)
Calendula	(<i>Calendula officinalis</i>)	petals
Chamomile	(<i>Anthemis nobilis</i>)	flower buds
Chives	(<i>Allium schoenoprasum</i>)	flower heads while soft
Chrysanthemum	(<i>Dendranthema grandiflorum</i>)	petals
Dandelion	(<i>Taraxacum officinale</i>)	leaves, yellow petals, roots
Daylily	(<i>Hemerocallis</i> spp.)	petals
Dianthus	(<i>Dianthus carophyllus</i>)	petals
English daisy	(<i>Bellis perennis</i>)	petals
Hollyhock	(<i>Alcea rosea</i>)	petals (julienned, because of size)
Honeysuckle	(<i>Lonicera japonica</i>)	petals
Johnny-jump-up	(<i>Viola tricolor</i>)	petals
Lavender	(<i>Lavandula</i> spp.)	petals, leaves
Lilac	(<i>Syringa</i> spp.)	flower heads (strip from branch)
Nasturtium	(<i>Tropaelum majus</i>)	flowers, petals, leaves, young seed pods
Pansy	(<i>Viola</i> spp)	petals
Pineapple sage	(<i>Salvia elegans</i>)	petals
Red clover	(<i>Trifolium pratense</i>)	young flower heads
Rose	(<i>Rosa</i> spp.)	petals, julienned if too large
Scented geranium	(<i>Pelargonium</i> spp.)	petals
Signet marigold	(<i>Tagetes tenuifolia</i>)	petals
Sunflower	(<i>Helianthus annuus</i>)	petals
Tulip	(<i>Tulipa</i> spp.)	young petals
Violet	(<i>Viola odorata</i>)	petals