

FROM THE GARDEN TO THE KITCHEN... RECIPE CORNER



Nick plants lavender in 99.9 % of the jobs he works on...

Using Lavender in your recipes is easy, fun and a way to add unexpected. We like to use mostly the delicate buds though the leaves and stems could be used for things as well but their taste is more bitter and stronger in flavor.

You can use dried or fresh lavender... the dried is more concentrated; and when using the fresh herbs, the amount should be doubled. Always use clean pesticide free lavender for your lavender recipes. Chopping or bruising the leaves or buds will help release the flavor.

Lavender Lemonade

Ingredients

1 tray ice cubes
1/2 cup fresh lavender or 1/4 cup dried lavender
2 cups boiling water
3/4 cup sugar
8 lemons
5 cups cold water, or as needed



Directions

Place ice cubes into a 2 quart pitcher. Place the lavender into a bowl, and pour boiling water over it. Allow to steep for about 10 minutes, then strain out the lavender and discard for compost. Mix the sugar into the hot lavender water, then pour into the pitcher with the ice.

Squeeze the juice from the lemons into the pitcher, getting as much juice as you can. Top off the pitcher with cold water, and stir. Taste, and adjust lemon juice or sugar if desired. Pour into tall glasses, pull up a lawn chair and a good book, and relax!

Lavender Ice Cream

2 cups milk
1 3/4 cups sugar
1/2 teaspoon salt
2 cups half and half
1 tablespoon pure vanilla extract
4 cups whipping cream
1 tablespoon, or one small tea ball packed with lavender florets, fresh or dried culinary.



Place tea ball in a pot on the stove with milk. Scald milk until bubbles form around edge of pan. Add sugar and salt. Stir until dissolved. Stir in half and half, vanilla extract and whipping cream. (You may remove the tea ball of lavender from the liquid during the cooling process for a lighter lavender taste, or leave it in for more flavor.) Refrigerate 30 minutes. Freeze !

Making a Lavender Sachet

Simply fill an organza bag with lavender buds, perfect for your closets, drawers, party favors...



Gardening
burns
250-325
calories per hour

-1995 Old
Farmers
Almanac

