

**Notes from Susan Zuger's Presentation on September 19, 2016
at Tin Mountain "Delectable Flowers in the Kitchen and on the Plate"**

Care for the Gardener:

Always wear gloves, use Ivory Soap under nails before going out to garden to keep dirt out from nail bed, use a salt and mineral oil scrub to clean out dirt from hands and nails, always wear sunblock and hat!

Keeping it "organic" insect spray:

"Simple Green" ...1 pt. To 5-7 pts water becomes a non-toxic insect spray for scale, mealy bugs and aphids. Let roses have first bloom before applying any chemical treatment. "Rosa Rugosa" are fairly insect free and needs no repellent.

Reference Books:

<u>Title</u>	<u>Author</u>
The Edible Flower Garden	Rosalind Creasy
Cooking with Edible Flowers	Miriam Jacobs
The Edible Flower Garden	Kathy Brown
Eat Your Roses...49 other	Denise Schreiber
100 Edible and Healing Flowers	Margaret Roberts
Good Enough to Eat: Growing And Cooking Edible Flowers	Jekka McVick
Cooking with Flowers: Sweet and Savory Recipes	Miche Bacher
Edible Flowers from Garden to Palate	Cathy Wilson Barash

Notes on Preserving Flowers:

Fresh... will last several days... use paper towels and zip lock bags in refrigerator

Crystalized... brush on gum arabic and caster sugar for small flowers

Pressed... smooth paper towels, press between card board and heavy books