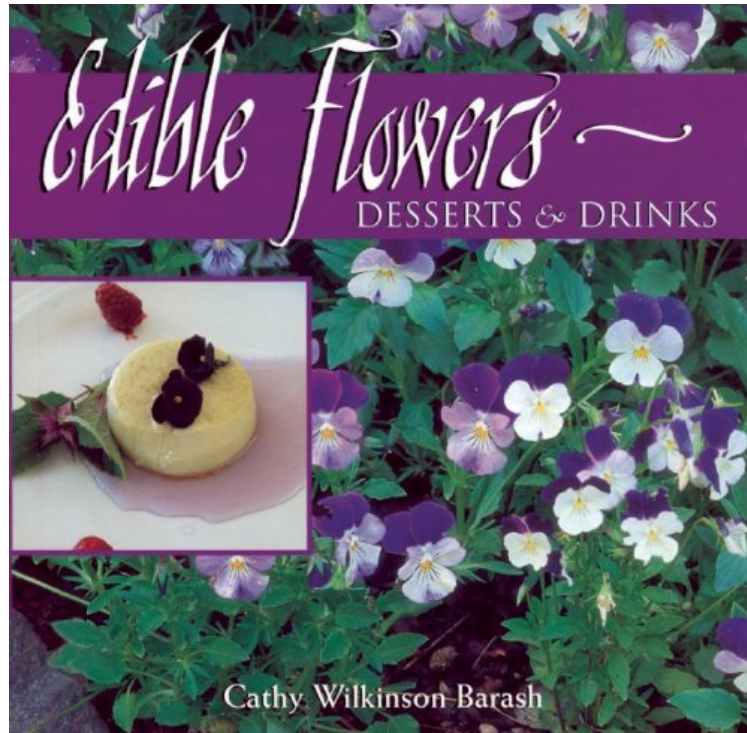


[Download] Edible Flowers: From Garden to Palate

Edible Flowers: From Garden to Palate

Cathy Wilkinson Barash

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Cathy Wilkinson Barash : Edible Flowers: From Garden to Palate before purchasing it in order to gage whether or not it would be worth my time, and all praised Edible Flowers: From Garden to Palate:

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Edible Flowers showcases 280 recipes using edible flowers from herbs, vegetables, and ornamentals, including culture information for each of the 67 flowering plants.

From Publishers WeeklyBarash (Evening Gardens), a gardener, a writer and a photographer, here offers a more than generous anthology of ideas for bringing together flowers and foods at the table. The book is not recipes only. Barash also includes information about the etymological history of plant names, the plants' growing habits, how to cultivate them, identify them in the wild and gather them for eventual use in the kitchen. She makes an admirable effort to provide inventive and appealing offerings: "Candied Pea Blossoms on Salmon Toast Points," for example, lays 20 pea

flowers on an array of toast slices; clover finds its way into biscuits and pickles; lavender goes into soup, chutney, cookies, ice creams and fish dishes. It may seem fanciful to consider adding lilac blossoms to yogurt, then downing it, but she convinces, and sometimes entrances, with floral crossovers. And wisely, the author includes a list of poisonous plants and flowers, along with a generous bibliography. Photos not seen by PW. Copyright 1993 Reed Business Information, Inc. From Library Journal

Edible flowers have become a trendy ingredient on restaurant menus over the past few years, but, as Barash points out, many cultures have been cooking with flowers for centuries. In her unique and informative guide, she offers 250 recipes that use both unusual and exotic flowers as well as blossoms from arugula, mint, and other plants more commonly associated with the kitchen. For each, she provides history and lore along with a few paragraphs of gardening advice, accompanied by color photographs for identification. The sophisticated recipes include contributions from restaurant chefs as well as Barash's own creations. Highly recommended. Copyright 1993 Reed Business Information, Inc.

About the Author Cathy Wilkinson Barash is best known as a garden writer, photographer, and lecturer and has been described as a gourmet horticulturist. Barash has been gardening, eating flowers, and cooking since she was a child. Her articles and photographs have appeared in the New York Times, Organic Gardening, New York magazine, Woman's Day, Home, Countryside, and others.