



The Edible Garden

Recipe featured at *Cooking for the Season* demonstration, July 22

Aqua Fresca de Jamaica (Hibiscus Flower Infused Refreshment)

By: Barbara Sibley and Margaritte Malfy, Co-Chef Owners, La Palapa Cocina Mexicana

Makes 2 quarts

Ingredients

2 quart non-reactive pot, such as enamel or stainless steel

½ cup Dried Hibiscus Flowers

2 quarts water

½ cup Sugar, or to taste

Instructions

- Boil the flowers in the water for 10 minutes, until they loose some of their color and they become plump and reconstituted.
- Strain the flowers out of the deep red liquid and sweeten to taste. Hibiscus is very tart!
- Allow to cool before using. Taste again once the mixture is cold and adjust.