

FRESH FROM THE GARDEN TASTINGS

Edible Flower Salad



Ingredients for the dressing

3 to 4 Tablespoons olive oil
2 Tablespoons white vinegar
Juice of ½ lemon
1 Tablespoon honey, to taste
Salt and pepper, to taste

For the salad

2 heads lettuce or equivalent mixed greens (spinach, kale, etc.), washed and spun dry in a salad spinner; roughly chopped
Edible flowers, as available: chive, nasturtium, violas, pea flowers, etc. Add according to taste and size, e.g. 1 Tablespoon chive flowers versus 1 cup nasturtium.

Optional

½ cup of nuts or seeds, such as crushed almonds or sunflower seeds.

Serves 4

Instructions

Make the dressing: whisk together olive oil and vinegar in a small bowl. Season with salt and pepper and set aside. Taste and add additional salty, savory or sweet elements as necessary. In a large salad bowl, add leafy greens. Toss with the dressing. Add edible flowers, reserving a few to garnish with and lightly toss again. To serve, add remaining flowers on top of the salad.