

**OUT OF THE GARDEN
AND INTO THE KITCHEN
GREAT RECIPES
FROM THE MEMBERS
OF THE
GRAPEVINE GARDEN CLUB,
INC.**

APPETIZERS & BEVERAGES

SOUPS AND SALADS

**DESSERTS—BREADS, CAKES, COOKIES,
PIES**

**EASY CASSEROLES, MEATS & SIDE
DISHES**

2011

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APPETIZERS & BEVERAGES

TROPICAL AVOCADO SALSA

Barbara Atkins

2 cups finely diced tropical fruit such as kiwi, pineapple, mango and papaya
2 avocados, pitted, peeled and cut into 1/4 inch diced
1/4 cup cilantro, chopped
1/4 cup finely chopped red onion
1 fresh serrano or jalapeño chili chopped (I omit this)
2 T fresh lime juice
1 tomato diced
Gently toss together with salt and pepper to taste.

Serve with multi-colored tortilla chips

ANNE'S SALSA

1 can original ROTEL
1 can diced tomatoes (zesty)
2 garlic cloves, chopped
1 bunch green onions, chopped
1 bunch cilantro, chopped
1 1/2 to 2 avocados, chopped
Salt and pepper to taste

Eat using tortilla chips to dip or with a spoon!!

SOUPS AND SALADS

DILL POTATO SALAD

Serves 8

Use both dill stems and chopped leaves in the herb sachet.

1/4 cup white wine vinegar
3 T minced fresh dill plus 1/2 cup leaves and stems, chopped coarsely
3 pounds Yukon Gold potatoes, peeled and cut into 3/4-inch pieces
Salt and pepper
1/2 cup mayonnaise
1/4 cup sour cream
1 T Dijon mustard
3 scallions, green parts only, sliced thin

Combine vinegar and 1 T minced dill in bowl and microwave until steaming, 30-60 seconds. Set a room temperature until cool, 15-20 minutes.

Place chopped dill inside disposable coffee filter and tie closed with kitchen twine. Bring potatoes, dill sachet, 1 T salt, and enough water to cover by 1 inch to boil in large pot over high heat. Reduce heat to medium and simmer until potatoes are just tender, about 10 minutes.

Drain potatoes thoroughly, then transfer to large bowl; discard sachet. Drizzle 2 T dill vinegar over hot potatoes and gently toss until evenly coated. Refrigerate until cooled, about 30 minutes, stirring once.

Whisk mayonnaise, sour cream, remaining dill vinegar, mustard, 1/2 tsp. salt, and 1/4 tsp. pepper together until smooth. Add dressing to cooled potatoes. Stir in scallions and remaining 2 T minced dill. Cover and refrigerate to let flavors meld, about 30 minutes. Season with salt and pepper to taste.

CAJUN CHICKEN AND ANDOUILLE SOUP

Suzi Guckel (from *Prevention Magazine*)

Serves: 6

1 pound boneless, skinless chicken thigh cut into 3/4" pieces
4 ounces andouille sausages or other fully cooked sausage, halved lengthwise and cut into 1/2" pieces
1 can crushed tomato 14.5 oz can
1 1/2 cups fresh or frozen corn thawed
1 cup fresh or frozen okra thawed
1 medium onion chopped
1 green bell peppers chopped
2 ribs celery thinly sliced
2 large cloves garlic minced
3/4 teaspoon salt
1/2 teaspoon Cajun seasoning
4 cups chicken broth

Combine all ingredients in large slow cooker. Cover and cook on low 6 to 8 hours. Serve with a spoon of rice in the soup.

CUCUMBER AND RED ONION SALAD

Barbara Atkins

Use English cucumbers (few, if any, seeds) sliced on the "bias"

Marinade is oil, vinegar and sugar (or Brianna's Blush Wine Dressing)

Slice cucumbers and red onions and marinate for a couple of hours in the dressing before serving. Makes a great summer side dish.

MEDITERRANEAN TUNA AND CHICKPEA SALAD

Toni Moorehead

2 Albacore Tuna packages (3 oz. each)
1 can Garbanzo beans, rinsed, drained (16 oz. can)
1/2 shallot, chopped
14 Kalamata olives, pitted, chopped
1 T capers, drained, chopped
2 cloves garlic, smashed with salt
2 T olive oil
1 teaspoon Dijon mustard
1 T lemon juice
Fresh ground pepper
Add chopped fresh red bell pepper

Serve with tomatoes, lettuce (fresh arugula), feta cheese, crackers. 1 serving = 47 carbs., 34 protein, 28 fat, 537 calories. Serves 2

For any new member who may have missed this beautiful salad in other recipe books, here 'tis again!

RAINBOW LAYERED JELL-O

Peggy Harris

3 oz. packages of Jell-O one each of the following flavors:
This is for the regular Jell-O – if you use the no sugar kind the volume for each box is less.
Black Cherry, Strawberry, Raspberry, Cherry, Orange, Lemon, Lime
16 oz. sour cream plus 1/3 cup – total – the lite works well.
1 cup boiling water per 1 box of Jell-O

Select a bowl big enough, as it will require almost 10 cups volume once it is finished.
A large straight side truffle bowl works well. (You can use a 9" x 13" glass pan, but the layers will be very thin which looks more like ribbon and I have had trouble keeping the pan level.)

Put the bowl in the fridge. Put it on the shelf with head room to be able to pour each layer of Jell-O into the bowl. Pouring the Jell-O will cause a splash onto the sides of the bowl, which spoils the effect. Also try to avoid causing bubbles while dissolving the Jell-O – stir very gently, or remove the bubbles with a spoon before you pour the Jell-O into the bowl.

Prepare one box of Jell-O. Start with the darkest or lightest color.
Put one box of Jell-O in a small cup. Add 1 cup of boiling water. Stir thoroughly.
Pour ½ of the Jell-O into another cup. It will be about 2/3 cup in each cup.
In one cup add 1/3 cup sour cream and mix well. This is the cloudy mix.

In the other cup add 3 Tablespoons of cold water. This is the clear mix.
Pour one layer (cloudy or clear) in the bowl in the fridge. Let it gel. It will take at least 60 minutes. You want this first layer to be very firm before you do the next layer.
Leave the other cup (cloudy or clear) on the counter.
After the first layer is firm, pour the second layer in the bowl in the fridge. Let it set 30 minutes, or more, until firm.

Then prepare the next box of Jell-O.
Pour in the first layer in the bowl in the fridge. Use either the cloudy or clear, depending on which you did with the first box. Let it set until firm.
Pour in the second layer gently into the bowl. Let it set until firm.
It doesn't take quite as long to get firm with the second box.

Then prepare each of the rest of the boxes of Jell-O. At this point you can prepare 2 boxes at the same time (4 cups on the counter) and leave them on the counter until the current layer is firm. This will be about 15 minutes each or so. If you pour too early it will 'dig' up the prior layer and it spoils the look, but it will still taste good!

You can decorate the top of the bowl with gel cake decoration or fresh organic flowers.

SEVEN-LAYER SALAD

Judy Reed

Break enough iceberg lettuce in a large bowl to equal three-quarters full.

Then add the following layers:

½ cup sliced celery
½ cup chopped bell pepper
¼ cup chopped green onion
1 package frozen green peas, thawed, drained

Dressing:

1 pint mayonnaise
2 T sugar
3 oz. Parmesan cheese

Spread dressing over the top of the salad and refrigerate 8 to 10 hours. Top with bacon bits (optional).

BROCCOLI SALAD

Robin Stewart

Broccoli, chopped
Bacon, crispy
Red onion chopped
Shredded cheese
Added options: raisins, sunflower seeds

Dressing:

1 cup mayonnaise
½ cup sugar
2 T apple cider vinegar

Mix together and let chill 2 hours

HEIRLOOM TOMATO SALAD WITH FRESH LADY PEAS

Pat Armatta

1 cup fresh lady peas or other fresh shell peas
¼ cup cider vinegar
1 shallot, minced
1 teaspoon sugar
¼ cup olive oil
Sea salt to taste
Freshly ground black pepper to taste
1 jalapeño pepper, cored, seeded, and minced
2 lbs. assorted heirloom tomatoes, sliced into ¼-inch rounds
4 fresh basil leaves, thinly sliced
½ cup crumbled soft goat cheese

Cook peas in a large pot of boiling salted water 8 to 10 minutes til tender. Drain, rinse until cooled and drain again.

Combine vinegar and next 3 ingredients in a small bowl. Add olive oil in a thin stream, whisking constantly. Add sea salt and pepper, stir in jalapeño. Drizzle half of vinaigrette over peas, and toss to coat.

Arrange tomato slices on a platter or individual plates. Spoon peas over tomato and serve with remaining vinaigrette. Sprinkle with basil, goat cheese, and additional salt and pepper.

MINTED ORZO AND ZUCCHINI SALAD

Serves 4-6

Make sure to let this salad chill for a few hours before serving. Over time, the orzo, tomatoes and zucchini will become infused with the flavors of mint, garlic and Kalamata olives. Broiling the zucchini is easy, but it's equally delicious grilled or served raw.

1 cup dried orzo
2 large zucchini, thickly sliced
3 T extra virgin olive oil, divided
2 T lemon juice
2 T chopped mint
1 clove garlic, finely chopped
6 oz. feta cheese, cut into cubes
½ cup pitted Kalamata olives
2 ripe tomatoes, chopped
Ground black pepper to taste

Bring large pot of water to a boil. Add orzo and cook until al dente, 8 to 10 minutes. Drain well, rinse in cold water and drain again.

Meanwhile, arrange a rack about 6 inches from the heating element and preheat broiler. Brush zucchini with 1 T oil and arrange on a baking sheet. Broil, flipping halfway through, until tender and deep golden brown, 6 to 8 minutes. Set aside to let cool and then roughly chop and transfer to a large bowl. Add remaining 2 T oil, orzo, lemon juice, mint, garlic, feta, olives, tomatoes and black pepper and gently toss to combine. Cover and chill for several hours until flavors blend.

ORIENTAL CABBAGE SLAW

Suzi Guckel, Serves 10

¼ cup slivered almonds
¼ cup sunflower seeds, shelled
¼ cup chopped cocktail peanuts
2 T sesame seeds
2 3-oz. packages Ramen noodles, uncooked, (save spice packs)
3 T butter
1 head Napa cabbage
8 green onions (use all but 4" of green), chopped

Vinaigrette:

½ cup sesame oil
¼ white wine vinegar
1 teaspoon crushed red pepper
1/3 cup sugar
2 T soy sauce
4 cloves minced garlic

Saute' nuts and seeds in butter to coat lightly. Add crushed Ramen and add spice packs at the end to coat. Let it cool (can make early).

Cut cabbage and onion as for slaw.

Mix vinaigrette ingredients together in a jar and shake well. Refrigerate.

Combine all right before serving.

SOUTHWESTERN CORN AND BLACK BEAN SALAD

Carmen Drew

From: *Eating Well*

Servings: 4 servings, 2 cups each

Prep: 25 mins

Total: 25 mins

- 3 large ears of corn, husked
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 T extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon salt
- Freshly ground pepper, to taste
- 2 15-ounce cans black beans, rinsed
- 2 cups shredded red cabbage
- 1 large tomato, diced
- 1/2 cup minced red onion

Bring 1 inch of water to a boil in a Dutch oven. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.

Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.

Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

SALAD HINT FROM ELOISE MYERS

To change your slaw salad from the usual, use your favorite Green Goddess or Ranch Dressing instead of slaw dressing.

SUNFLOWER STRAWBERRY SALAD

Carolyn and Paul Ernst

- 2 cups sliced, fresh strawberries
- 1 cup seedless green grapes, halved
- 1 medium apple, diced
- 1/2 cup thinly sliced celery
- 1/4 cup raisins
- 1/2 cup strawberry yogurt
- 2 teaspoons sunflower seeds (use more if desired)

In a large bowl, combine strawberries, apple, grapes, celery and raisins. Stir in the yogurt. Cover and refrigerate for at least 1 hour. Add sunflower seeds and toss.

BOW TIE PASTA SALAD

Beckie Underwood

1 (16 ounce) package mini bow tie pasta
1 or 2 bunches green onions, finely chopped
1 (6 ounce) package feta cheese, crumbled
1 ½ - 2 cups Kraft Roasted Red Pepper Italian Dressing w/
Parmesan (divided)
2 cups sliced fresh cherry or grape tomatoes
1 (3.8 oz.) can sliced black olives (drained)
1 (8.5 oz.) can of peas (drained)

Prepare pasta per package directions.
When finished cooking, drain.
Submerge in cold water to cool and drain completely.
Add remaining ingredients, reserving ½ cup dressing.
Chill several hours.
Add remaining dressing just before serving.

GERMAN POTATO SALAD

Laura Ball

12 medium potatoes
¼ cup chopped shallots
1 ½ cups mayonnaise
½ cup sweet pickle relish
4 boiled eggs, chopped
10 slices of turkey bacon, crumbled
2 T vinegar

Boil potatoes and peel. **While hot** add all other ingredients. Add salt and pepper to taste.

TANGY YELLOW SQUASH

Joyce Wuetig

(I double or triple the vinegar/sugar mixture in order to have more marinade for the veggies)

1/8 cup wine vinegar
¾ cup sugar
1 teaspoon salt
½ teaspoon pepper
2/3 cup apple cider vinegar
1 clove garlic, minced
½ cup chopped green onions
½ cup chopped green bell pepper
½ cup celery, sliced
5-7 medium yellow squash, thinly sliced

Thoroughly combine wine vinegar, sugar, salt, pepper, cider vinegar and garlic.

Pour over green onions, pepper, celery and squash. Marinate about 12 hours in refrigerator. Stir occasionally. Drain and serve. Keeps in refrigerator for several days.

SPINACH, CHICKEN AND PASTA SALAD

Sheri Jones

1-16 oz. box bow tie pasta, cooked el dente
1 bag spinach
1 (6 oz) bag craisins (cranberry-raisins)
2 cans mandarin oranges, drained
2 cans water chestnuts, drained
½ cup parsley, chopped
1 bunch green onions, chopped
¼ cup sesame seeds, toasted
2 cups cooked chicken, cut into small pieces

Dressing:

1 cup vegetable oil
2/3 cup bottled teriyaki sauce
2/3 cup white wine vinegar
6 T sugar
½ teaspoon salt
½ teaspoon pepper

Blend dressing ingredients in blender or food processor. Mix dressing, cooked pasta, and cooked chicken in bowl and marinate for at least 2 hours. Combine remaining salad ingredients in large salad bowl, add pasta, dressing and toss.

Note: This serves a large crowd!

7-UP SALAD

Linda Krimm

3 oz. package lemon Jell-o
1¾ cup boiling water
2 cups 7-UP
#2 can crushed pineapple, drained. Save juice for topping.
Bananas sliced
1 package miniature marshmallows

Dissolve Jell-o in boiling water. Add 7-UP. Cool slightly. Add pineapple and bananas. Pour into 4 qt. Pyrex dish. Cover with marshmallows. Chill until set.

Topping:

Whip 1 package Dream Whip according to package directions. In sauce pan mix and cook until thick: 1 beaten egg, 2 T flour, ½ cup sugar, 1 cup pineapple juice. Add 2 T margarine.

Cool mixture then fold into Dream Whip. Spread evenly over set Jell-o salad. Sprinkle with Parmesan cheese. Serve cold.

TASTEFULLY TOSSED SALAD

Chelsea Chance
From My Mom's Kitchen

3 cups torn fresh spinach
3 cups torn romaine lettuce
2 cups torn leaf lettuce
1 can mandarin oranges, drained
1 small purple onion, sliced thinly and separated into rings
¼ cup sliced almonds, toasted

Place the first five ingredients into bowl and toss with cooked salad dressing. Sprinkle toasted almonds over top. Serve immediately. Yields 8 servings.

Cooked Salad Dressing

¼ cup sugar
¼ cup white vinegar
¼ teaspoon salt
¼ teaspoon dry mustard
¼ teaspoon minced onion
Dash of Paprika
1 egg, slightly beaten
¼ cup vegetable oil

Combine first seven ingredients in small saucepan. Bring to boil. Boil for one minute. Gradually stir in oil. Chill. Yields ¾ cup.

NOTE: I have adapted "modern conveniences" to this recipe, by using a bag each of pre-washed Romaine Lettuce, Fresh Spinach & Spring Mix.

MACARONI, TOMATO, CORN AND BASIL SALAD

Lindle O'Neil

Ripe tomatoes, basil and fresh corn enhance a terrific side dish

For the Dressing:

1 cup (packed) fresh basil leaves
1/3 cup plain nonfat yogurt
3 T low-fat mayonnaise
1 ½ T fresh lime juice
2 garlic cloves, peeled

For the Salad:

¾ cup uncooked elbow macaroni (about 3 ½ ounces)
4 medium tomatoes, cut into thin wedges
5 green onions, thinly sliced
1 cup thinly sliced halved English cucumber
1 cup fresh corn kernels or frozen thawed

Cook macaroni in medium saucepan of boiling salted water until just tender but still firm to the bite. Rinse under cold water. Drain well. Transfer macaroni to large bowl. Add tomatoes, green onions, cucumber and corn.

Blend basil, yogurt, mayonnaise, lime juice and garlic in processor until basil is finely chopped.
Add basil dressing to macaroni mixture and toss to blend. Season salad with salt and pepper.
Cover and refrigerate

DESSERTS—BREADS, CAKES, COOKIES, PIES

CHOCOLATE FONDUE Bea Stevenson

3 teaspoons Cornstarch
1 cup half & half OR 1 cup water
½ cup cocoa
½ cup sugar
1 teaspoon vanilla
1 pinch salt (optional)
Dash of cinnamon

Mix cornstarch and cocoa in half & half (or water) until smooth.
Stir in the rest of the ingredients. Boil 1 minute stirring
constantly.

Best served warm. Great for dipping strawberries or other fruit.

SAPAILLA CHEESECAKE (From Curves)

2 cans Crescent rolls
2 packages cream cheese, softened
1 cup sugar
1 teaspoon vanilla
1 stick of butter
Cinnamon and sugar for topping

Press 1 can of Crescent rolls in the bottom of a greased 13 x 9
baking pan.

Combine sugar, vanilla and cream cheese. Spread over the
layer of Crescent rolls in the pan. Put the other can of rolls on
top. (Roll out on a piece of wax paper first for easier handling).
Melt butter and pour on top. Sprinkle with cinnamon and
sugar.

Bake at 350° for 30 minutes. Can be served warm or cold.

CARROT CAKE

Debbie Smith

2 cups all-purpose flour
2 cups sugar
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
3 cups finely shredded carrot
1 cup cooking oil
4 eggs
½ teaspoon vanilla
1 cup chopped walnuts

Grease and lightly flour two 9 x 1 ½" round baking pans. In a mixer bowl combine the first 6 ingredients. Mix oil, eggs and vanilla, add to mixer bowl. Beat on medium speed for 2-3 minutes. Fold in carrots and walnuts. Turn into pans.

Bake in a 325° oven for approximately 40 minutes or until done. Cool on a wire rack. (Remove layers from pans after cooling 10 minutes). Frost with cream cheese frosting (below). Serves 12 to 15.

CREAM CHEESE FROSTING

1 8-oz. cream cheese
6 T butter
1 ¼ teaspoons vanilla
2 ½ cups sifter powdered sugar
2 – 3 T chopped walnuts
Cinnamon/sugar mix

In a mixer bowl, beat together butter and cream cheese, add vanilla until light and fluffy. Gradually add powdered sugar, beating until smooth. Place one cake layer on plate. Spread icing on top, sprinkle with walnuts. Place other cake layer on top. Ice cake, sprinkle top with walnuts. Lightly dust with cinnamon-sugar mix. Cover, store in the refrigerator.

SCONES

From Valley of the Gods Bed & Breakfast in Mexican Hat,
Utah
Suzi Guckel

3 cups flour
1 cup sugar
1 teaspoon baking soda
pinch of salt
½ cup butter

Blend well – add dried fruit, nuts, spices to taste.

Add 1 cup cream or milk

Form dough and knead in bowl 6 to 8 times.

Form round on floured board and cut like a pie into 8 or 16 pieces as you like.

Bake 375° for 15 minutes

CLASSIC NEW ORLEANS BREAD PUDDING WITH BOURBON SAUCE

Emeril's Recipe

Barbara Munn

Serves: 10 servings

1 teaspoon unsalted butter
4 large eggs
1 cup firmly packed light brown sugar
½ teaspoon ground cinnamon
1/8 teaspoon freshly grated nutmeg
1 teaspoon pure vanilla extract
¼ cup bourbon
2 cups half-and-half
8 slices day-old French bread, cut into 1/2-inch cubes (about 4 cups)
1 cup raisins
1 recipe Spiced Cream, (recipe follows)
Sprigs fresh mint
Shaker confectioners' sugar

Preheat the oven to 350°.

Grease a 6-cup (9 1/4 by 5 1/4 by 2 3/4-inch) loaf pan with butter. Whisk the eggs, sugar, cinnamon, nutmeg, vanilla and bourbon together in a large mixing bowl until very smooth. Add the half-and-half and mix well. Add the bread and raisins, and let the mixture sit for 2 hours, stirring occasionally.

Pour mixture into the prepared pan. Bake until the pudding is set in the center, about 55 minutes. Let cool for 5 minutes.

To serve, cut the pudding into 1-inch thick slices. Lay each slice in the center of each serving plate. Spoon some of the Bourbon Sauce over the pudding. Top with the spiced cream. Garnish with a sprig of fresh mint and confectioners' sugar.

Bourbon Sauce:

½ cup sugar
1 stick butter
½ cup heavy cream
¼ cup Jack Daniels Whiskey
Stir over low heat, stirring constantly, and then pour over individual dishes of bread pudding.

Spiced Cream:

1 quart heavy cream
¼ cup granulated sugar
½ teaspoon ground cinnamon
¼ teaspoon freshly grated nutmeg

Beat the cream with an electric mixer on high speed in a large mixing bowl for about 2 minutes. Add the sugar, cinnamon, and nutmeg and beat again until the mixture thickens and forms stiff peaks, another 1 to 2 minutes.

Yield: 4 cups

APPLE COBBLER

Sandy Kancavicus

2 large Mrs. Smith's frozen pies.
2 rolls of Pillsbury pie crust (I used 1 1/2)
1 stick butter/margarine
1 cup sugar
1 cup water

Preheat oven to 375° (or whatever it says on the pie box). Cut up the frozen pies and put in a 9x13" pan. It is chunky. Cut pie crust into strips and lattice over pie chunks. Bring butter, sugar and water to a boil. Pour over cobbler. Sprinkle with cinnamon/sugar mix.

Bake according to the pie directions, about 60 to 70 minutes.

CHIP AND DIP COOKIES

Carolyn and Paul Ernst

1 cup butter softened
½ cup sugar
1 egg yolk
1 teaspoon vanilla extract
1 ¾ cups all-purpose flour
¾ cup coarsely crushed potato chips
¾ cup coarsely crushed pretzels
1 cup semisweet chocolate chips
1 cup white baking chips

Preheat oven to 350°.

Combine butter and sugar; beat with a mixer at medium-high speed until light and fluffy. Add egg yolk and vanilla. Gradually add flour and mix well. Stir in potato chips and pretzels. Shape tablespoons of dough into 3-inch logs. Place on an ungreased baking sheet, 1 ½ inches apart. Bake 14 to 18 minutes or until edges are lightly browned. Cool completely on baking sheet.

Heat semi-sweet chocolate chips in microwave for 30 seconds. Stir. Repeat until melted. Dip one end of each cookie into chocolate and place on wax paper. Refrigerate until firm, about 10 minutes.

Heat white baking chips in microwave for 30 seconds. Stir. Microwave 15 seconds and stir. Repeat until melted. Dip other end of each cookie into melted chips and place on wax paper. Refrigerate until firm, about 10 minutes.

Makes 2 dozen. These cookies are good for those concerned about nut allergies.

COTTAGE CHEESE PANCAKES HIGHLAND HOUSE

Suzi Guckel

From my good buddy Martha Ragsdale

1 cup cottage cheese
½ cup flour
¾ stick (6 T) butter, melted
4 eggs, lightly beaten
pinch of salt

In a bowl combine all the ingredients well. Heat griddle over moderately high heat until it is hot and brush it with clarified butter. Ladle some of the batter (about 2 T) onto the griddle to form pancakes, about 2-1/2 inches in diameter and cook the pancakes for 2 to 3 minutes until lightly browned. Turn the pancakes and brown the other side. Transfer to a heated platter. Makes about 12 pancakes.

NOTE: I use only 2 ounces of butter (1/2 stick) and that seems to be enough. Also, I find they have enough butter and don't butter the nonstick griddle

POPPY SEED COFFEE CAKE

Miriam Ward

Soak 1/4 cup poppy seeds in 1 cup buttermilk for 3 hours.

Cream 1/2 cup shortening and 1 stick butter together.

Add the following:

1 ½ cups sugar
4 eggs (added 1 at a time, beating after each)
1 teaspoon vanilla

Sift together:

2 ½ cups flour
2 teaspoons baking powder
½ teaspoon salt
1 teaspoon soda

Add dry ingredients to creamed mixture, alternating with the buttermilk and seeds.

Put 1/3 of batter in a greased and floured Bundt pan and sprinkle with 1/3 of the following:

1/3 cup sugar
2 teaspoons cinnamon
You should have 3 layers when finished.

Bake at 350° for 40 - 50 minutes.

RUM CAKE

Carolyn Chance

1 package Duncan Hines yellow cake mix
1 large package instant vanilla pudding mix
½ cup vegetable oil
½ cup rum
4 eggs
1 ½ cups chopped pecans
¼ cup water

Lightly grease Bundt pan. Put pecans in bottom, spreading partially up side. Mix cake mix, instant pudding, oil, water, and rum. Add eggs, one at a time. Beat until smooth. Bake at 325° 45--50 minutes.

Boil 1 cup sugar, ½ cup butter, and ¼ cup water one minute. Cool slightly and add ¼ cup rum. While cake is still in pan and hot, punch holes in top and spoon rum mixture over cake and let run down between cake and pan. Remove cake from pan in 20 minutes.

This was Jan Seeley's recipe, but it turned into mine.

Like any baked item, this works better if you start with all the ingredients at room temperature.

HOT MILK SPONGE CAKE WITH FRUIT

Dorothy Launius

1 cup all purpose flour
1 teaspoon baking powder
¼ teaspoon salt
2 eggs
1 cup sugar
½ cup milk
2 T butter

Combine flour, baking powder and salt. In a medium to large bowl beat eggs on high speed for 4 minutes with electric mixer. Gradually add sugar and beat at medium speed 4-5 minutes. Add dry ingredients to eggs and stir just until combined. Heat milk with butter until butter melts. Stir into batter and mix well. Pour into greased and floured pan.

Bake 350° for 20-25 minutes. Cool and remove cake from pan.

The pan I use is fluted on the edges and has a lip for the fruit topping.

Place fruit on top of cooled cake. I use strawberries. In a saucepan mix 1 cup fruit juice, such as apple or cranberry, and mix in 1 ½ - 2 T cornstarch into juice. Using a whisk mix well and place on medium high heat and stir until mixture thickens. I also add a bit of red food coloring, if using a light colored fruit juice.

Pour the hot mixture over the cake and fruit. Refrigerate. Excellent with fresh whipped cream.

ORANGE ROSEMARY CAKE WITH RUM GLAZE

Lou Milner

From *Blue Moon Gardens* 12/2005

1 package yellow cake mix (2-layer)
1 small package vanilla instant pudding mix
2 T fresh rosemary – finely minced
Grated zest of 1 orange
½ cup water
½ cup canola oil
½ cup light rum
4 extra large eggs
1 cup chopped pecans

Rum Glaze:

½ cup unsalted butter
1 cup sugar
1/3 cup water
2 teaspoons Rum extract

Combine cake mix, pudding mix, rosemary and orange zest in food processor or blender container. Process until mixed. Add water, oil and rum; mix well. Add eggs 1 at a time, mixing well after each addition. Stir in pecans.

Pour into Bundt pan sprayed with nonstick baking spray. Bake at 325° for 1 hour or until wooden pick comes out clean. Pour warm glaze over cake in pan. Allow glaze to soak into pan completely before removing cake. Invert cake so that glazed top is facing up.

To make Rum Glaze, bring butter, sugar, water and rum extract to a boil in saucepan. Boil until mixture reaches soft-boil stage or 225° on candy thermometer.

ROSEMARY AND LEMON POUND CAKE

Lindle O'Neil

2½ cups sugar
1½ cups butter, softened
6 eggs
3 cups flour
¾ teaspoon salt
½ teaspoon baking powder
1 cup sour cream
¼ cup finely snipped fresh lemon balm
4 teaspoons finely snipped fresh rosemary
Lemon glaze
Vanilla ice cream
Fresh blueberries
Rosemary and lemon balm sprigs

In large mixer bowl, beat sugar and butter until light and fluffy. Add eggs, one at a time, beating after each addition until well blended. Stir together flour, salt and baking powder; add alternately with sour cream, beating on low speed after each addition until just blended. Fold in lemon balm and rosemary. Pour into 2 greased and floured 9 ¼ x 5 ¼ inch loaf pans. Bake in a preheated 325° oven until a wooden pick inserted in center comes out clean (70-75 minutes). Pour half of glaze over loaves. Cool 10 minutes in pans; remove from pans to wire racks to cool. Drizzle with remaining glaze.

To Serve: Slice each loaf into 9 slices; cut slices in half diagonally. Overlap 2 halves on each dessert plate. Accompany with a small scoop of ice cream and top with a spoonful of blueberries. Garnish with rosemary and lemon balm sprigs.

Lemon Glaze:

In small bowl combine 1 cup powdered sugar and 2T lemon juice until well blended.

REFRIGERATED ORANGE/PINEAPPLE CAKE

Lou Milner

Ingredients needed:

1 Duncan Hines vanilla cake mix (could use orange, lemon, or pineapple mix)
½ cup oil
1 11-oz can mandarin oranges
4 eggs
1 LARGE box INSTANT vanilla pudding
1 large can crushed pineapple (in syrup)
1 large tub Cool Whip

Cake: Mix cake mix, oil, eggs and 2/3 cup of the mandarin orange juice. Fold in oranges. Bake at 325° for 35 min. or until tests done. Let cool. After cake cools, poke a few small holes in the cake and pour a small amount of leftover pineapple juice over cake.

Frosting: Mix pineapple and dry pudding mix together. Add in Cool Whip. Frost cake and chill overnight.

TOMATO SOUP SPICE CAKE

Lou Milner

1 Spice Cake Mix
1 can tomato soup plus ¼ cup water instead of the liquid called for on the can
½ cup raisins
½ cup chopped English walnuts

Blend cake mix with tomato soup and water. Fold in raisins and nuts.
Bake in cake pans lined with parchment paper for 35 minutes. 350°. Let cool 10 min. before removing from pans.
Or use a 13 x 9 x 2" PAM sprayed Pyrex dish

Cream Cheese Frosting:

1 3-oz. cream cheese, room temperature
½ teaspoon vanilla
2 ½ cup sifted powdered sugar
About 2 teaspoons milk.
Blend cheese and vanilla, add sugar, milk and cream well.

T'S TOFFEE TEMPTATIONS

Barbara Munn

3/4 cup butter-flavored Crisco
3/4 cup unsalted butter, softened
1 ½ cups granulated sugar
1 ½ cups dark brown sugar
3 large eggs
1 T Mexican vanilla
3 cups all-purpose flour
1 T baking powder
1 T baking soda
1 ½ teaspoons. cinnamon
1 teaspoon salt
3 cups old-fashioned rolled oats
2 cups semi-sweet chocolate chips
1 8 oz. bag Heath English Toffee Bits
1 ½ cups coarsely chopped pecans, toasted

1. Heat oven to 350° F.
2. In 6-quart bowl, beat shortening and softened butter on medium speed until smooth and creamy. Gradually beat in sugars and continue beating 2-3 minutes.
3. Add eggs, one at a time, beating well after each addition. Add vanilla and mix in well.
4. Combine flour, baking powder, baking soda, cinnamon and salt in a separate bowl. Mix well with a whisk.
5. Stir in flour mixture, incorporating well; follow with oats and mix well.
6. Add chocolate chips, Heath English Toffee Bits, and toasted pecans. Mix well; dough will be stiff and may need mixing by hand.
7. Spray cookie sheets lightly with no-stick cooking spray.
8. Drop rounded 1/8 cup dough (I use a medium cookie scoop 2 T size) onto the cookie sheets. For a standard size cookie sheet, I spaced the dough balls 3 across and 4 down for a dozen per sheet.
9. Bake in 350° F oven for 11-12 minutes depending on the crispness desired.
10. Remove from oven and let them rest on the cookie

sheet for 1-2 minutes before removing them with a metal spatula to a cooling rack.

11. Watch them disappear! Special notes I'm always experimenting with cookie recipes. I find a cookie base and then begin adding and subtracting ingredients as I find them in the pantry! Many times I can't repeat the same one twice, but this one was a winner and has been a keeper!

Yield: Approx 7 dozen

EASY CASSEROLES, MEATS & SIDE DISHES

ITALIAN BAKED CHICKEN

Barbara Atkins

Marinade: Olive oil, vinegar, garlic, oregano, hot pepper
OR

a good Italian dressing. . . I use Light Balsamic dressing. Marinate chicken breasts a minimum of two hours to all day in the refrigerator. Turn occasionally to coat in marinade.

Breading:

Romano cheese, Parmesean cheese and Italian (Progresso brand garlic) bread crumbs. I put 1/3rds into a plastic zip lock bag to cover each chicken breast.

Bread chicken breasts and bake on parchment paper lined jelly roll pan in 400° oven for 45 minutes.

I've used organic chicken breasts from Costco for this recipe. They are the BEST!. . .tastes great and smells wonderful while baking!

MASHED CAULIFLOWER RECIPE NO. 1

From Howard Garrett's Newsletter

2 pounds cauliflower, trimmed

Sea salt

1/4 cup whipping cream

4 T unsalted butter

1/4 cup freshly grated parmesan cheese

1/4 cup cream cheese

Directions: Cut the cauliflower, including the core, into 1-inch pieces. Bring a large pot of water to a boil and salt lightly. Add the cauliflower and cook over medium heat until completely tender, 20 minutes to 30 minutes. Drain cauliflower in a colander. With a bowl or small plate, press on the cauliflower to remove all water. Toss the cauliflower and continue pressing out the water. This step is very important to the texture of the dish. Transfer the cauliflower to a food processor.

Add the cream and puree until completely smooth. If you like a chunkier texture, mash by hand, adding the cream after cauliflower is mashed. Return to pot. When ready to serve, heat over low heat, stirring constantly. Add the butter, parmesan and cream cheese and stir. Season with salt, if necessary. Serve immediately.

Per serving: 164 calories; 3 grams protein; 16 grams fat; 10 grams saturated fat; 4 grams carbohydrate; 1 gram fiber; 47 milligrams cholesterol; 102 milligrams sodium

FAUX TATOES (mashed cauliflower) RECIPE No. 2

Directions: Grate raw cauliflower in food processor (or chop into manageable size pieces). Steam until very tender - usually takes about 20 minutes for the grated cauliflower. Using food processor fitted with blade, puree the steamed cauliflower until smooth. Add copious amounts of butter and virgin coconut oil (3 to 4 T of each), salt and pepper to taste. Good and good for you.

TURKEY GUMBO

What to do with leftover turkey at Thanksgiving!

1 lb. link of smoked sausage, sliced
1 lb. of small shrimp, peeled
1 bag of frozen okra
Half of a large bell pepper, chopped
3 cloves garlic chopped
One yellow onion chopped
2 bay leaves
1-2 T Tony Chachere's Creole Seasoning
½ teaspoon thyme
2 cans chicken broth
2 cans chopped tomatoes (seasoned is fine)
2 cups water (gradually add more as it cooks to keep it soupy but not too watered down)
Salt/Pepper to taste.

In a large (5-quart or more) pot, begin gumbo by making a roux which is made by using ¼ cup olive oil, and ¼ cup flour. Stir oil and flour, scraping the bottom of the pan until it is a light chocolate brown, being careful not to burn it.

Add onions, bell pepper, and garlic and saute' in roux until onion is transparent.

Add sausage and cook until browned. Add tomatoes and stir until some of liquid is absorbed.

Add Tony Chachere's Creole Seasoning and thyme. Stir. Add turkey, chicken broth, water, and bay leaves

Cook for 1 hr. on medium heat allowing it to bubble, but not boil. Stir frequently to make sure it doesn't stick to the bottom. Add water as it cooks down. Consistency should be like a thick soup, but not as thick as stew.

Add bag of okra and cook an additional 30 minutes. Add shrimp and cook until done.

Serve gumbo on rice. Add Tabasco sauce to taste.

This recipe was obtained by Anita Hilfiker

From Trattoria Lisina Restaurant in Drippin' Springs (Driftwood, TX) during the Club's outing to Austin in November, 2010

We are not sure of the amounts on this recipe!! But it was delicious!

LAMB LEG STEW BRAISE

Sear meat in olive oil

Put in large pot and add:

1-2 cups of red wine (depends on size of lamb piece)
Aromatic bag of Juniper berries (try Central Market or Sprouts), rosemary and garlic

Simmer slowly. When half done, add chopped onions, carrots and celery chunks. Simmer until all is tender.

Serve over wide noodles (**pappardelle** noodles) Again, check Sprouts, Central Market.

FOOD MYTHS

20 Common Food Myths Debunked

Myth #1: Adding salt to water makes it boil faster.

Reality: Salt actually raises water's boiling point, thus taking it slightly longer to boil, but the amount of salt a home cook would likely add is too small to make a noticeable difference. Salt will, however, add flavor to almost anything you're cooking, so it's worth the extra millisecond or two.

Myth #2: Boiling drains away all nutrients from vegetables.

Reality: While it's generally a tastier bet to steam veggies to your desired level of crispness, boiling them doesn't leach out all their benefits. Some vitamins are water soluble and may diminish, but many important minerals and fiber remain.

Myth #3: Adding oil to pasta water keeps strands from sticking together.

Reality: Oil can help keep pasta water from boiling over because it sits on the surface, but it makes it more difficult for sauce to adhere. Your best bet for non-sticky pasta is to use a large pot with plenty of water (five to six quarts for one pound), bring it to a fast boil, add all the pasta at once and stir frequently with a wooden spoon or fork.

Myth #4: Don't wash mushrooms because they'll soak up too much water and lose flavor.

Reality: Yes, mushrooms are porous, but they're also 90% water. A rinse isn't going to make a noticeable difference in the flavor of the end product, and you'll be assured that they're grime free.

Myth #5: Leaving an avocado pit in guacamole keeps it from browning.

Reality: The pit will keep any part of the guac it's touching from browning, but not through any magical chemical reaction; it's just blocking air from reaching the the dip and oxidizing. Tight plastic wrap against the

surface works just as well, and covers a much larger area.

Myth #6: Baking soda and baking powder keep forever.

Reality: This one's only partially false. A box of baking soda will keep fresh 'til the cows come home. Baking powder, on the other hand loses its potency after it's opened. Count on three to six months of effective leavening, check the expiration date, and store the can in a cool, dry place that isn't the fridge. If you're worried that your soda has lost its sizzle, add one teaspoon to 1/3 cup of hot water. If it doesn't bubble, buy a new can.

Myth #7: Unrefrigerated butter will make you sick.

Reality: Salted butter won't spoil as quickly as other dairy products would if left at room temperature, as salt staves off the growth of the bacteria that causes spoilage. While of course it will spoil eventually, if you like your butter on the spreadable side, leaving it covered on the counter or in a butter bell is perfectly safe.

Myth #8: A potato will soak up excess salt in a soup or stew.

Reality: The potato will draw in some liquid, but it won't specifically attract salt or do much to counteract the flavor. Your best bet is to add more liquid, some sugar or an acid like vinegar to balance the brine.

Myth #9: All alcohol burns off during cooking.

Reality: If you heat a booze-based concoction for a few hours, the alcohol level will significantly lessen, but a quick flambe', simmer or bake only knocks the potency back by 50% or less. So, while a slice of rum cake won't get you tipsy, it's still a good idea to warn folks who don't normally consume alcohol.

Myth #10: Cold water boils faster than warm water.

Reality: Well, no. Cold water heats more quickly than warm water because the rate of heating depends on the difference in temperature between the liquid and its

surroundings, but once it's caught up to the temp of the warmer water, it will take just as long to reach the boiling point.

Myth #11: Salting meat before cooking it makes it tougher.

Reality: If you crusted a steak in salt and let it sit for a very long time, then perhaps some moisture would be drawn out, but that wouldn't even necessarily be a bad thing. Meat should be patted dry before cooking so the surface doesn't simply steam. Salt seasons meat and makes for a much better flavor, so go ahead and shake it up -- preferably with a larger-grained Kosher salt.

Myth #12: Salting beans before cooking makes them tough.

Reality: No matter when salt is added in the cooking process, it won't affect tenderness. It will, however, enhance flavor. Season away!

Myth #13: You can't deep fry in olive oil.

Reality: It's not as cost-effective as canola or safflower, so restaurants don't tend to use olive oil, but it's perfectly fine to use at home. It does lose a bit of its flavor at higher heats and has a lower smoking point than some other oils, so some experimentation may be needed, but many folks swear by the flavor. Save the extra-virgin for finishing dishes or cold techniques, and stick to regular or virgin for cooking.

Myth #14: Rinse pasta to remove the starch.

Reality: Starch helps sauce adhere to pasta. For optimum coverage, cook pasta to just slightly under-done, and save a mug full of the pasta water. Mix this into the sauce and finish cooking the pasta in this mixture. Only rinse pasta if you're going to use it in a cold salad.

Myth #15: Throw spaghetti against the wall to test for doneness.

Reality: That's a cute idea, but you'll just end up with sticky walls, and you still won't know if your pasta is

done. Most commercial boxes suggest a time range. Lift out a piece with a slotted spoon at the low end of the range and take a nibble. If it sticks to your teeth, it still needs time. If it's firm, but almost springy and not at all brittle, then drain.

Myth #16: Searing meat seals in juices.

Reality: Searing a steak doesn't "seal" in juices, but it does a lot to lock in great flavor. When meat meets high heat (between 300°-500°), proteins on the meat's surface recombine with sugars to kick off the Maillard Reaction, which is what brings that savory flavor to a browned crust.

Myth #17: Storing bananas in the fridge ruins them.

Reality: Way back when the original Chiquita banana jingle was written, warning customers not to refrigerate their 'nanners, it was because they were sold green and wouldn't reach a state of ripeness in the cold. Modern day bananas can be ripened quickly in a paper bag, or more slowly in a fridge. The skin may darken a bit, but the fruit will be just fine.

Myth #18: Salads and sandwiches containing mayonnaise aren't safe for picnics.

Reality: Commercial mayo contains an acid level that actually allows it to act as a preservative for other ingredients in a salad. It's much more likely that the chicken, ham or eggs would spoil than the mayo. Still, for safety's sake pack chicken salad and the like in a cooler that stays below 40°.

Myth #19: Slightly pink pork will make you sick and kill you.

Reality: We're not saying you should go hog wild on pork sashimi, but trichinosis is largely a thing of the past, due to changes in pig feeding techniques. A temperature of 137°-141° would be sufficient to kill off the larvae that cause the disease, but a pork roast cooked to a 160° internal temperature will still have a slightly pink center. It's safe to pig out.

Myth #20: Microwaves cook food from the inside out.

Reality: Nope. The microwaves don't so much conduct heat, as excite fat and water molecules more or less evenly throughout the food, depending on its density and composition. Some foods, burritos for example, contain more water internally than on the surface, so they may seem as if they're heating from the center, but that's not actually the case.

CLEVER COOKING IDEAS WORTH KNOWING

Take your **bananas** apart when you get home from the store. If you leave them connected at the stem, they ripen faster. I didn't know that!

Store your opened chunks of **cheese** in aluminum foil. It will stay fresh much longer and not mold!

Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.

Add a teaspoon of water when **frying ground beef**. It will help pull the grease away from the meat while cooking.

To really make scrambled eggs or **omelets** rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.

For a cool **brownie** treat, make brownies as directed. Melt Andes mints in double broiler and pour over warm brownies. Let set for a wonderful minty frosting.

Add **garlic** immediately to a recipe if you want a light taste of garlic, and add it at the end of the recipe if you want a stronger taste of garlic.

Leftover snickers bars from Halloween make a delicious dessert. Simply chop them up with the food chopper. Peel, core and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350° for 15 minutes!!! Serve alone or with vanilla ice cream. Yummm!

Reheat Pizza: Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat until warm. This keeps the crust crispy. No soggy micro pizza. I saw this on the cooking channel and it really works.

Easy Deviled Eggs: Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly; cut the tip of the baggy, squeeze mixture into the eggs. Just throw bag away when done easy clean up.

Expanding Frosting: When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake or cupcakes with the same amount. You also eat less sugar and calories per serving.

Reheating bread: To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

FLOWERS YOU CAN EAT

Learn How to Grow and Harvest Edible Flowers

Check out www.whatscookingamerica.net/edibleflowers for more information.

Nothing says "gourmet" like a sprinkling of colorful flower petals in a salad, a tiny bouquet of Johnny jump-ups on a birthday cake or a sautéed daylily bud in a stir fry.

Edible flowers are a fun and easy way to add color and flavor to all sorts of dishes — especially when you can pick them right from your own garden.

Most edible flowers are best eaten raw—simply pick and rinse with water. Flowers will taste and look their best right after they have opened, rather than after they have been open for a few days.

There are only two important things to remember about edible flowers: First is that not every flower is edible. In fact, some flowers can be poisonous. So stick with flowers on the list below, or do sufficient research to ensure your safety. The second caution is to avoid flowers that may have been sprayed with an insecticide, fungicide or herbicide. Because most edible flowers—except for roses—are easy to grow, this is rarely a problem. Be sure to take dandelions off the list unless you have an organic lawn.

For flowers that look good as well as taste good, consider some of the following:

Alliums. Chives, leeks and garlic are all delicious in green salads, potato and pasta salads and dips. Remove the central stem from the flower cluster to release the separate florets.

Nasturtiums. Blossoms have a peppery flavor like watercress. All colors and varieties are tasty in salads or as garnishes. Leaves can be eaten, too.

Marigolds. Use the tiny flowers of signet marigolds, such as Lemon Gem and Tangerine Gem. Their blossoms have a citrus taste.

Pansies and Johnny jump-ups. These flowers have a wintergreen flavor and are pretty on cakes and other desserts. Glaze with warmed jelly for a jeweled look.

Calendula. An easy and prolific edible flower that's easy to grow from seed right in the garden. Separate the petals from the center of the flower and sprinkle the petals into salads.

Colors range from pure yellow to orange and red. Remove spent flowers and the plants will bloom continuously from early summer into late fall.

Anise hyssop. If you like anise, this is the edible flower for you. Separate the florets and add them to sweet or savory dishes. Or use the full flowers to garnish a cheese plate.

Honeysuckle. The blossoms make a pretty addition to salads. Don't use the berries; they're poisonous.

Scarlet runner beans. Mix these bright-red flowers into salads, or in with steamed veggies.

Borage. This fuzzy-leaved herb has sky-blue flowers with a light cucumber taste. Add to fruit salads, green salads or freeze in ice cubes for cold drinks.

Bee balm. This member of the mint family has minty-tasting flowers. Colors range from bright red to purple and pink.

Chamomile. English chamomile has small, daisy-like flowers with an apple-like flavor. If you're allergic to ragweed, you might want to avoid chamomile.

Daylily. Daylily buds and flowers taste a bit like asparagus. They can be used as a garnish, or can be stuffed or made into fritters. Good in stir-fry, too.

Mint. Like bee balm, all flowers of the mint family are edible and have a pleasant taste. Try lemon balm or spearmint in iced tea.

Squash blossoms. Use these as you would daylilies (see above).

CAUTION: Not All Flowers Are Edible

Flowers that come from a florist, greenhouse or plant nursery should never be eaten. These flowers are not labeled as a food crop and **will probably contain dangerous pesticides**.

- Never eat a flower unless you are certain it is edible. If there is a doubt, do not consume it.
- Don't assume the flowers you see in food magazines are edible. Research the flower to make sure it is safe and not poisonous. Many flowers are used in food magazines simply as decoration.
- Known poisonous flowers include: lily of the valley, daffodils, calla lily, crocus, foxglove, rhododendron and azaleas.
- When you first start eating flowers, you should start slow. Non-poisonous flowers may slightly affect your digestive system if they are eaten in large quantities.