

Health Minute

Please pass the *petals*?

Looking for a way to dress up your meals? Try adding edible flowers. People have been garnishing their plates with flowers since Roman times. Flowers add a touch of elegance to the simplest dishes, making that chicken breast or fish filet seem like a feast for a king. They also add a modest amount of fiber and vitamins to your dishes.



Flowerly Delicacies	Edible Flower Safety
Lavender Nasturtium Pansy Rose Violet Grow in well-drained soil, water frequently, use thick layer of mulch, do not use chemicals	Eat flowers only if you are certain they are edible Do not use flowers that have been treated by pesticides Do not eat flowers from florists, nurseries, or garden centers Only eat flowers you or someone else has grown specifically for that purpose

For more information, try