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Herbs and Edible Flowers!

We were delighted to have Carmen Freeman and Cindy Corley-Crapsey, Master Gardeners with the University of Missouri Extension center, explain which flowers can be used as food, both as garnishment and as entries or side dishes! They also described how to properly prepare the flowers for use as food – some flowers need to have the stamen removed before serving. Did you know that you can also eat the flower of many herbs? If your garden produces too many squash, try removing some blossoms and stuffing them with cheese or meat, then quickly deep frying them for a new taste sensation. Remember that all flowers and herbs must be raised organically before they can become eye-catching culinary delicacies and decorations.