LAVENDER IN FOOD

Herbes de Provence

2 T. dried thyme leaves 2 T. lavender flowers
2 T. dried marjoram or oregano 1 T. dried rosemary
2 T. dried savory 2 T. dried orange zest or bay leaves

Mix all together; store in airtight container, preferably in dark location. Best used in one year. Use in marinades, soups, stews, casseroles and baked dishes and dips. For salad dressing add 1 t. to recipe. For Lemon/chive mayonnaise – Combine ½ C. mayonnaise, 1 t. Herbes de Provence, 2 T. chopped chives and 2 t. lemon juice.

Lavender Sugar

2 C. sugar 2 T. dried lavender buds
Grind or mash lavender with 2 T. of sugar, add to rest of sugar in jar. Mix, let rest for several days and use. Strain if desired. Add to any baked sweet dishes, fruit cup, jelly, or lemonade. Lavender powdered sugar made by same process; can be used as sweetener for whipped cream or in custards or tea.

Lavender Vinegar

Steep lavender flowers in white vinegar on sunny window sill for 3 weeks or more. Other plant leaves or flowers may be added. Strain and bottle. May be used in cold or warm salads, in soups or marinades.

Lavender Oil

Process same as vinegar but use almond oil or olive oil. Other herbs may be preserved by oil also.

Lavender Honey

Heat 1 C. honey, gently add 1 sprig or leaves of lavender. Allow to infuse at least 1 week. Use as sweetener.

Lavender Vinaigrette

Combine and simmer 10 minutes:
1 t. lavender honey 1 ½ C. balsamic vinegar 2 t. lavender buds
Strain and add 2 T. olive oil, salt and pepper. Optional: Dijon style mustard to taste.
Lavender – Lime Jelly

Add 2 C. boiling water to ½ C. lavender buds. Remove from heat and steep 20 minutes. Strain and add 2 C. sugar and juice of ½ lime. Heat to boiling and add ½ box of powdered pectin. Bring to boil 1 minute. Pour into sterile jars, cool and refrigerate or process for 5 minutes as jelly.

Lavender Lemonade

Add 1 C. sugar to 2 ½ C. water, bring to boil to dissolve sugar. Add ¼ C. fresh or dried lavender blooms. Remove from heat and steep 20 minutes. Add 1 C. fresh lemon juice and 2 ½ C. more water. Strain out lavender buds and chill.

Lavender Shortbread Cookies

Cream ½ C. butter. Stir in:

- 2 t. dried lavender blossoms
- 1 t. crushed, dried spearmint leaves
- 1/8 t. cinnamon
- ½ C. powdered sugar

Work into mixture and blend. Press into lightly greased pan, bake as shortbread for 25-30 minutes at 325* F. Or drop by tablespoon full onto greased baking sheet and bake at 325* F until light brown.

Lavender Lemon Cookies

- ½ C. butter or margarine, softened
- 1/3 C. sugar
- 1 egg
- 1 T. lemon juice
- ¾ t. almond extract
- 1 ½ C. flour
- 1 T. fresh lemon zest
- 1 T. dried lavender flowers
- 1 pinch salt, if desired
- Powdered sugar for sprinkling

Preheat oven to 350*. In a large mixing bowl, cream butter and sugar together until light and fluffy. Whisk or beat in the egg, lemon juice and almond extract until well blended. In a separate bowl, mix flour, lemon zest, lavender and salt. Add the dry mixture to the creamed mixture and blend together to form a soft ball. Drop by teaspoon onto a nonstick cookie sheet, flatten slightly with the back of a spoon. Bake 8 to 10 minutes or until cookies are lightly browned. Transfer cookies to a wire rack to cool, sprinkle with powdered sugar. Makes 24 cookies.
White Beans with Herbes de Provence Cream

1 lb. dried white beans 7 C. chicken or vegetable broth
1 T. vegetable oil 2 C. chopped fresh tomatoes
2 C. chopped onions 1 C. chopped fresh parsley
6 garlic cloves, minced ¼ t. white pepper
2 T. herbes de Provence

Soak beans overnight in water to cover or bring beans and water to a boil, turn off heat, and soak covered for 1 hour. Drain. Heat oil in a heavy pot over medium heat. Add chopped onions and sauté 5 minutes, stirring. Add soaked beans, broth, tomatoes, parsley and pepper and bring to a boil. Simmer for 2 hours, or until beans are tender. Serve hot, topped with Herbes de Provence Cream, below.

Herbes de Provence Cream

¾ C. chopped scallions ¼ t. salt
1 ¾ C. sour cream ¼ t. white pepper
1 T. Herbes de Provence

Mix ingredients and top beans with spoonful before serving.
The taste of lavender is reminiscent of its scent—an exotic blend of heady, sweet pine, camphor, and rosemary with a touch of eucalyptus thrown in. It complements rich creams, oils, butter, and eggs and that makes it perfect for ice cream and all kinds of baked products such as cookies, shortbread, and cheesecake. It is also used in cream soups and dressings.

When experimenting with lavender for the first time in cooking, use an organic L. angustifolia variety and use it sparingly, tasting often before adding more.

Here are some recipes to get you started right away. You can also order an herb/recipe package from Purple Haze Lavender (see "Resources") containing about 1/4 cup each of organic dried lavender and dried herbs de Provence blend along with seven of their favorite recipes. Remember that when substituting dried lavender where fresh is called for in a recipe, use half the amount of dried.

**Lavender-Laced Grilled Salmon**

*Makes 4 servings*

Cut an extra bunch of flowering lavender and put the stalks in a glass of water for 45 minutes to 2 hours. The soaked herbs can be strewn on the coals of the grill as the salmon cooks and the resulting smoke lends a faint camphor and pine flavor to the cooking salmon.

- 2 to 4 large cloves garlic, minced
- 2 teaspoons fresh lavender buds
- 1/4 cup tamari or soy sauce
- 3 tablespoons honey
- 3 tablespoons lemon juice
- 1/3 cup olive oil
- 2 tablespoons toasted sesame oil
- 4 fresh salmon fillets

In a large bowl, mash the garlic and lavender buds together. Stir in the tamari, honey, lemon juice, and oils, whisking to blend together. Add the salmon fillets to the bowl, cover, and marinate for 30 minutes or longer.

At serving time, fire a barbecue grill and place salmon fillets—skin side down—on the grill. Cook for 8 to 12 minutes, basting frequently with the marinade, then turn fillets once and cook another minute or more until the flesh is opaque and flakes easily with a fork.

**Sweet Potato Crisps**

- 2 large sweet potatoes
- 3 tablespoons olive oil

Preheat oven to 375°F. Peel the potatoes and slice diagonally to create elongated rounds. Keep the slices as thin as possible, about 1/8 inch.

In a large bowl, toss the potato slices with oil and spread them in a single layer on lightly oiled baking sheets. Place in a preheated oven for 8 to 12 minutes or until light brown on the bottom of each slice. Remove the baking sheets, flip the slices, return to oven and cook for another 5 to 10 minutes or until lightly brown and crisp (some crisps may cook faster than others; remove from oven as soon as they are done). Season to taste with salt and pepper.

Allow the crisps to cool on wire racks. Serve slightly warm or at room temperature with a dollop of Lavender Aioli.

**Bread pudding**

- 1 cup heavy cream or buttermilk
- 2 teaspoons fresh lavender buds
- 8 slices white bread, crusts trimmed
- 1/4 cup butter (at room temperature)
- 1/4 cup apricot jam or marmalade
- 1/4 cup seedless raisins
- 2 eggs
- 1/2 cup sugar
- 1/2 cup milk
- 2 teaspoons vanilla
- 1/4 cup powdered sugar
- 1/2 teaspoon dried lavender buds, crushed to a powder

In a small saucepan over medium heat, heat the cream until bubbles form around the outside of the pan. Remove from the heat and stir in the lavender; set aside to cool.

Greas an 8- by 12-inch baking dish and preheat the oven to 350°F. Butter the bread slices and spread with jam. Arrange four slices in the dish with butter and jam side up. Sprinkle raisins over the bread and top with the remaining bread slices.

In a medium bowl, beat the eggs and sugar until light and creamy. Whisk in the milk and vanilla; strain the cooled cream into the egg mixture and whisk to combine. Pour the egg mixture over the bread; let stand for about 15 minutes. Bake the pudding for 40 to 50 minutes, until set and browned on top.

In a small bowl, combine the crushed lavender buds and sugar; dust over the pudding. Serve pudding warm.
Carpet freshener & vacuuming aid
- 1 cup borax
- 1 cup baking soda
- 5 drops lavender essential oil
- 5 drops lemongrass essential oil
Combine in plastic container, sprinkle on carpet, let rest for 20 minutes, vacuum.
- Easier - sprinkle lavender buds on carpet, then vacuum.

Room atomizer
Fill spray bottle ½ full with alcohol; add 25-30 drops of lavender essential oil.
Optional: add orange or mint essential oil. Fill bottle with distilled water, shake well.
Use for room, or car, or self.

Body splash spritzer
Fill spray bottle with 8 oz. of water, 10 drops of lavender oil, 5 drops of tangerine oil, shake well.

Air freshener
Place small dab of lavender oil on air conditioner unit, or on light bulb.

Insect repellent
- 4 drops thyme oil
- 8 drops lemon grass oil
- 4 drops lavender oil
- 4 drops peppermint oil
Mix and store in bottle. Can be added to existing lotion or cream.

Body splash (from scratch)
- 1 ½ cups white vinegar
- ¼ cup lavender flowers
- ¼ cup rose petals
Optional: ¼ cup rose geranium or lemon scented herbs.
Steep for several hours, up to several days; strain, add 4 cups of distilled water, or leave undiluted and add to bath water.
The above formula is excellent for heat rashes and skin irritations; vinegar is mildly antiseptic and a deodorant long used in skin care. Keep for 2 years if properly stored.
From: "A Day of Lavender at Morning Sun Herb Farm".

Dryer bags
- Toss small bag (cloth) of lavender flowers/leaves into dryer for lavender scent.
- Make a bag with interfacing lining or iron seams closed. Make seams wide so as to avoid splitting.

Drawer liners
- Measure drawer, make cloth "envelope" to hold lavender buds, stitch across to divide into thirds, prevent shifting.
- Easier - sprinkle liner paper with lavender, roll up, allow to infuse for days (or weeks) in plastic bag.
Lavender bath salts (Susan Wittig Albert, Lavender Lies)

1/4 cup cosmetic soil (apricot, almond, or grape seed)
1/2 cup fresh lavender flowers

Place all in a cloth bag or gather in a washcloth for the securely, scrubs yourself.

Blend together an uneven number (nine or more) of fresh lavender sprigs with long stems cut to the same length. Measure about 3 feet of ribbon, then tuck in 6 to 8 lavender sprigs to the end of the ribbon. Tie both ends with the ribbon and then tie the ribbon around the bundle several times to keep the ribbon from from the bottom of the ribbons. Tie a bow with the other end of the ribbon and tie a bow with the other end of the ribbon. For more detailed instructions on how to make lavender bath salts, see www.makeitfine.com/go/diary/lavender-salts.html

Lavender sachets & pot pourri

1. Lavender sachets
   - Part lavender, flowers
   - Part dried chamomile flowers
   - 5 drops lavender essential oil
   - 1 tsp dried lemon balm
   - 1 tsp dried lavender

2. Pot pourri
   - 1/3 cup dried lavender
   - 1/2 cup dried lemon balm
   - 1/2 cup dried chamomile flowers
   - 1 tsp lavender essential oil

SLEEP OR DREAM PILLOWS

Blind 5 drops lavender essential oil with 1 tsp of water.

Mix and place in small sachet bag. Nice size for travel. Store in small lidded jar.

Lavender lip balm (Susan Wittig Albert, Lavender Lies)

1/2 tsp lavender essential oil
1/2 tsp almond oil
1/2 tsp beeswax

Place all in a cloth bag or gather in a washcloth for the securely, scrubs yourself.

Cover with a lid and store in a cool place.