

# Sovely Lavender Recipes

Story of Scent Cell Phone Tour at The Frelinghuysen Arboretum

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 containing about 1/4 cup each of organic dried lavender and dried herbes 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.

## Strawberry Lavender Spritzer

Serves 4 to 6

Even if you can't get to a lavender festival this summer, tip a glass of this light summer cocktail in salute to glorious fields of home-grown purple pleasure.

- 1/4 cup orange juice
- 1 cup fresh strawberries
- 1 tablespoon fresh lavender buds
- 3 cups white wine (or one 750 ml bottle)
- 4 cups mineral water
- 4 to 6 fresh lavender sprigs
- 4 to 6 fresh strawberries

1. In a blender or food processor, blend the orange juice, 1 cup of strawberries, and lavender flowers. Transfer to a jug or bowl.
2. Pour wine over the blended mixture and allow to steep for 30 minutes; then strain into a punch bowl, discarding solids.
3. To serve, fill a wineglass half full with this flavored wine and top with mineral water. Garnish with a sprig of lavender and a strawberry.



## Herbes de Provence

Makes 3/4 cup

Make your own blend of the traditional seasoning widely used in Mediterranean cooking. Use it to season lamb or poultry, in a honey glaze for pork or roasted turkey, and with roasted onions, garlic, and other root vegetables. Use well-dried, organic herbs.

- 1/4 cup thyme leaves
  - 1/4 cup savory leaves
  - 3 tablespoons basil leaves
  - 2 tablespoons crushed bay leaves
  - 2 tablespoons crushed rosemary leaves
  - 1 tablespoon crushed lavender flowers
1. Mix the whole leaves together and store in an airtight jar in a cool, dark place.
  2. Just before using, crush to a fine powder and add to foods.

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Read more: <http://www.herbcompanion.com/cooking/8-lovely-lavender-recipes-herbes-de-provence.aspx#ixzz1wMpCl26f>

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