Inner Beauty & Self-Care

+ Ingestible Beauty
+ Finding Awe in Nature
+ Edible Flowers
+ Spiritual Self-Care
+ Top Natural Deodorants

Biking for Tranquility
Those sightings inspired me to pick up a few flats at my local farmers market in Manhattan and repot them in my window box, in place of the herbs that usually grow there. Edible flowers add a delicate flavor and a lovely spot of color to a dish, and some are rich in antioxidant vitamins. Rose petals serve up vitamin E and lavender is loaded with vitamin A. Herb blossoms, like chive and viola, are a great source of minerals. And oh, boy, they sure are pretty!

“Some of my favorite edible flowers include dianthus, lavender, gem marigolds, borage, nasturtium, bachelor buttons, calendula, nigella and pea flowers,” says Scott Beattie, beverage director for Estate Events at Meadowood Napa Valley, and author of *Artisanal Cocktails: Drinks Inspired by the Seasons from the Bar at Cyrus.* “It’s important to make sure that the flower(s) that you’re using make sense for the particular drink, i.e. the colors are complementary or the flower mirrors another ingredient such as a basil flower for a basil gimlet,” Beattie continues. “Herb blossoms are some of my favorite edible flowers to use because they add an extra aromatic element and I know that I’m always cutting off herb flowers anyways in my own garden to stop them from going to seed. So in this sense they’re great as a by-product that I might be throwing out otherwise.”

Here are some easy recipes for eating and drinking with flowers.

### POPSICLE POWER

This is how our stylist, Olya Breton, created the beautiful popsicles, photographed here.

1. Buy popsicle molds. (You can find these on amazon.com)
2. Pour organic unfiltered apple juice halfway into the molds. Add edible flowers. Cover the molds and put them in the freezer.
3. After the juice freezes, add more juice and flowers and let it freeze again.
4. If you don’t care about the flowers being evenly distributed, you can do it in one go (they will be frozen on the bottom of the popsicle in this case) or if you like them to be distributed even better, freeze in three stages.
**Lavender Shortbread Cookies**  
By Sara Ghedina

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### DIRECTIONS

1. Preheat the oven to 350°, and line a baking sheet with parchment paper.

2. Place the sugar and lavender in a food processor and pulse to achieve a fine texture.

3. In a large bowl, combine the lavender sugar, butter and salt. Use the electric hand mixer to cream the ingredients until light and fluffy.

4. Gradually add the flour, mixing until the dough comes together. If it's too crumbly, lightly wet your hands with water and knead the dough in the bowl until the flour is completely absorbed and the dough is smooth.

5. Transfer the dough to a lightly floured surface. With a rolling pin, roll out the dough to a 1/2-inch thickness.

6. Use a cookie cutter to cut out the dough. Transfer the cookies to the parchment-lined baking sheet.

7. If desired, use the pastry brush to lightly coat each cookie with milk, then sprinkle with sanding sugar.

8. Transfer cookies to the oven and bake for approximately 25 minutes, rotating the pan once, until the cookies are golden brown.

9. The cookies will be very soft when you remove them from the oven, but will set once cool. Allow them to cool completely on the baking sheet before transferring them to a plate.

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**A Short List of Edible Flowers**

- **Borage**: Star-shaped and slightly fuzzy, these blue flowers taste subtly of cucumber.

- **Calendula**: These brilliant gold blossoms have a peppery bite.

- **Chamomile**: Often used in tea, these small, daisy-like flowers have a mild sweetness.

- **Cherry**: Japanese cherry blossoms are the preferred variety for eating as they are tender.

- **Lavender**: The highly aromatic buds and flowers are used in sweet and savory preparations. Lavender’s fragrant scent has been used for centuries to calm and soothe, and is said to cure a host of other ills.

- **Nasturtium**: Bold colors allude to potent peppery flavors.

- **Rose**: The velvety petals are sweetly perfumed, especially the darker varieties.

- **Violet**: This delicate flower has long been a popular flavoring in candies and baked goods.

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**INGREDIENTS**

- 3/4 cup granulated sugar
- 1 teaspoon dried lavender, pesticide-free
- 1 stick plus 4 tablespoons unsalted butter, softened
- 1/4 teaspoon fine sea salt
- 2 1/4 cups all-purpose flour
- 3 tablespoons whole milk (optional)
- 1/2 cup sanding sugar (optional)

**MAKES 25 COOKIES**

The buttery richness of this classic shortbread is the perfect showcase for the delicately spicy fragrance and flavor of dried lavender. If you can find fresh lavender, substitute a tablespoon of the chopped flowers. This is the ideal cookie to serve with tea; a dollop of lemon curd would be a wonderful accompaniment, too.

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**SPECIAL EQUIPMENT**

- Food Processor
- Electric hand mixer
- Cookie cutters in desired shapes
- Pastry brush (optional)
- Sanding sugar, colored or plain (optional)

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