



Salad creation with flowers and herbs

The following recipe is an example of how to design a salad for both appearance and taste.

It allows for mixing in fortifying herbs such as dandelion, goutweed, stinging nettle, etc. If certain ingredients are not at hand, replace them with others of your choice. Let your creativity run wild with colors, shapes and flavors!

The salad looks best if you serve it without any dressing and put olive oil, lemon juice or dressing on the table separately. Alternatively, if you prefer to mix in oil and lemon juice beforehand, do it just before serving, as both the salad and the flowers lose their radiance very quickly and fall together.

After the recipe we give you a weblink that helps in selecting flowers suitable for consumption.

We wish you lots of fun while preparing!





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Ingredients for 2 persons:

- Oak leaf lettuce, lettuce, arugula (rucola, rocket),
- To taste: young dandelion, young goutweed, young nettle
- 1-2 medium oranges
- sage, lemon balm
- rose blossoms, deadnettle blossoms, elder blossoms
- olive oil
- lemon juice
- Salt
- Brown sugar or maple syrup

Preparation:

- Peel the oranges, cut in slices, cut each slice in half and place 4 half slices in each salad bowl – if you like, you can add a little brown sugar or maple syrup and a few drops of olive oil on top.
- Wash and pat dry the lettuces
- Mix the lettuces, herbs and rose petals and mound them in the salad bowls prepared with the orange slices.
- Finally, add the elderflowers and deadnettle flowers on top and serve.
- For best effect, each person adds olive oil, lemon juice, a pinch of salt and brown sugar or maple syrup to their salad themselves.

Bon appetit!

The flowers can be taken from the garden or brought along from a walk. Blossom mixtures are also available in the supermarket, but those have already lost vitality (biophotons), which can be seen from the fact that the colors are no longer as brilliant as with fresh blossoms.

Lists of edible flowers can be found online, e.g. at:

<https://www.ruralsprout.com/edible-flowers/>