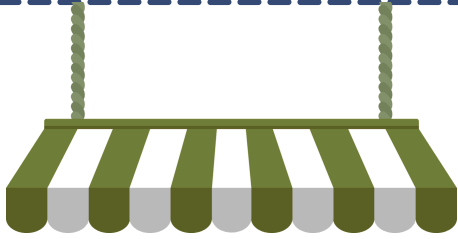


JUNE 2026

GARDENING TO DO'S














Farmers' Market Kickoff
June 21 at the Marquee

Garden Tips

- Most gardens need about 1 inch of water per week. Water deeply during dry spells.
- Plant warm-season crops like tomatoes, peppers, cucumbers, beans, squash, and basil.
- Mulch to retain moisture and reduce weeds.
- Deadhead flowers and harvest vegetables regularly for continued growth and blooms.

The Edible Petals: Yes, You Can Eat That!

Edible flowers can add color, flavor, and fragrance to meals and drinks. Many common garden flowers are safe to eat and can be used fresh in salads, desserts, teas, and garnishes. Always use flowers that are positively identified as edible and grown without pesticides.

Flower	Flavor Profile	Best Uses
 Bee Balm	Minty, citrus-like	Tea, fruit salads
 Borage	Cucumber-like	Cold drinks, salads
 Calendula	Mildly spicy, saffron-like	Soups, rice dishes
 Chamomile	Sweet, apple-like	Tea
 Chive Blossoms	Mild onion flavor	Compound butter, salads
 Daylily	Mildly sweet, crisp	Stir-fries, salads
 Lavender	Floral, slightly sweet	Baking, lemonade, tea
 Nasturtium	Peppery, like arugula	Salads, sandwiches
 Pansies/Violas	Mild, slightly sweet	Desserts, drinks
 Rose Petals	Sweet and fragrant	Desserts, syrups, tea
 Squash Blossoms	Mild, slightly sweet	Stuffed, fried, soups



Book Suggestion
Easy Growing: Organic Herbs and Edible Flowers from Small Spaces by Gayla Trai

How to Prepare
Flowers for Consumption



For more information on our Seed Library,
 please visit rtdl.org/seed-library

HOW TO PREPARE FLOWERS FOR CONSUMPTION

PREPARING EDIBLE FLOWERS

1 HARVEST



- Pick in the morning
- Choose fresh blooms
- Use only edible flowers

2 WASH



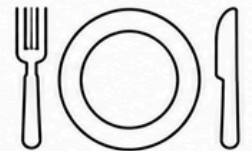
- Rinse gently
- Pat dry
- Refrigerate until use

3 TRIM



- Remove stamens & pistils
- Remove bitter white petal bases

4 ENJOY



- Use soon after harvest
- Try in salads, tea, desserts & baking

Try a Recipe!

Ready to cook with edible flowers? Squash blossoms make a delicious appetizer when battered and fried. **Scan the QR code to try a Fried Squash Blossom recipe from True Leaf Market.**

Using Fresh Flowers: Gently rinse blossoms in lukewarm water, remove any insects, and let them dry on a paper towel for about 10 minutes before using. Fresh edible flowers can be added to batters or used as a colorful garnish.

Recipe Source: True Leaf Market

Scan for Fried Squash Blossom Recipe



SCAN HERE

