THE
Flower-Infused
COCKTAIL
Flowers, with a *Twist*
guide to edible flowers

The reason for flowers...

I'm so happy to share my love of flowers with you! I hope this guide gives you a little bit of knowledge and inspiration on sourcing edible flowers for your flower-infused drinks.

Flowers deserve recognition beyond their place in a vase or in the garden. In my humble opinion, edible flowers are the most magnificent addition to a cocktail. Not only do they add beauty by gracing the rim as a garnish, but they come in an array of complex and delicious flavors.

In this guide I'm sharing tips for sourcing, picking, and storing edible flowers. I've also listed 63 of my favorite edible flowers, all of which are beautifully featured in *The Flower-Infused Cocktail!* In the book I dive deeper into their history, folklore and flavor profiles as well as share many recipes. And of course - a cocktail made with each!

How many edible flowers are there?

I'm sure you're familiar with the classics: rose, lavender, orange blossom, jasmine, or chamomile... but did you know that there are HUNDREDS of flowers classified as edible?

In *The Flower-Infused Cocktail* I profile 63 different edible flowers, covering bits of their history and folklore, including a cocktail recipe for each. As I mentioned, there are many more flowers classified as edible though I've chosen to stick with 63 of my favorites since not all may be palatable or accessible.

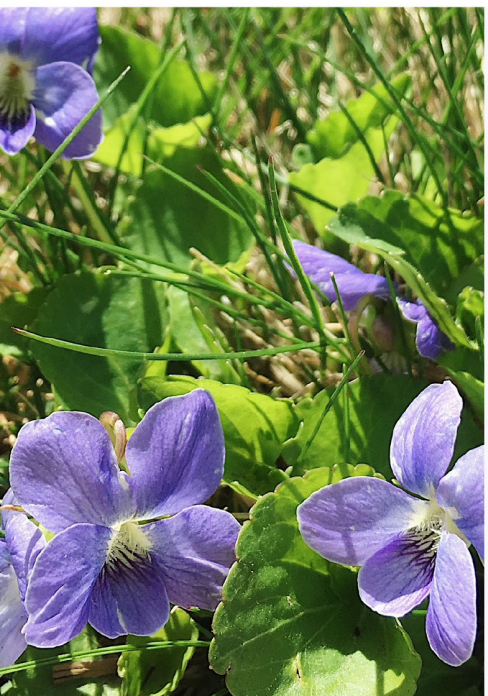
Sourcing edible flowers

Growing your own edible flowers is not only rewarding but it's really satisfying to pop outside to your garden and pluck the perfect pop of color for your cocktails. Often times you can find edible flowers in specialty grocery stores near the herbs. Additionally, farms will grow edible flowers to attract pollinators to their fields and will sell them at farmers market alongside their fruits and veggies. Be sure never to eat flowers that have been grown as display flowers as most often they have been treated with pesticides and not considered food grade.

Picking & Storing

When picking flowers from your garden, it's best to harvest them first thing in the morning, just as they're opening up. Be sure to dust for insects and wash them throughly before using or storing. Flowers are always better when fresh so be sure you wait to pick on a day that you'll be using them, however they can be stored in the crisper of the refrigerator in an airtight container for a few days.

When drying flowers, don't wash them first. Give them a good dusting to remove dirt or bugs. Place them in a single layer in a basket or over a screen so that they have ventilation.



Foraging

If you're foraging for flowers, be 100% sure that you know what you're picking. Many plants have harmful or even deadly lookalikes. It's a good rule of thumb to never forage from the roadside as there could be toxic runoff from the roads. Never take more than you need. Pick with intention and leave some behind. For example: when picking wild roses, only take a few of the petals from each flower, leaving some behind to attract pollinators.

My list of edible flowers

As I mentioned previously, this is not an exhaustive list of edible flowers. These are the 63 flowers I've chosen to profile in the book. They fall into five categories: Base Spirit Infusions, Bitters & Tinctures, Salt & Sugar, Cordials, Liqueurs, Syrups & Shrubs, Floral Water & Tea, Glam Garnishes, and Marvelous Mocktails.

allium
amaranth
artichoke
aster
basil
bee balm
begonia
black locust
borage
butterfly pea
buzz button
calendula
carnation
chamomile
cherry blossom
chrysanthemum
cornflower
cosmo
dahlia
dandelion
dill flowers
elderflower
fennel blossom
forsythia
freesia
fuchsia
geranium, scented
gladiolus
goldenrod
hawthorn
hibiscus
hollyhock
honeysuckle
hops
jasmine
lavender
lilac
marigold
nasturtium
orange blossom
orchid
Oregon grape
osmanthus
pansy
passion flower
peony
pineapple weed
red clover
rose
safflower
saffron
sage
snapdragon
squash blossom
St. John's Wort
sunflower
sweet alyssum
Sweet William
thyme
sunflower
violet
wild rose
yarrow

A word on safety

Safety is the MOST important thing to note when eating something new and out of the ordinary. Do your research. Eat in moderation. Be aware of allergens. I have listed many edible flowers in this guide and while there are many more, it is extremely important to note that there are some flowers with known contradictions. There are even some flowers in this world, as beautiful as they may be, that can cause death or make you very, very sick if ingested. So please do your research and stick with reputable sources. If in doubt, do not eat.

The Flower-Infused Cocktail: Flowers With A Twist is releasing this summer, 2021. For more updates, cocktail recipes and sneak peeks be sure to follow #flowerinfusedcocktails on instagram @wildfolklore.

www.theflowerinfusedcocktail.com
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