



# Lavender

## HERB OF THE MONTH RECIPES

Note: *Lavandula angustifolia* is considered the best lavender for cooking.

### PEACH LAVENDER JAM

1 ½ cups sugar

5 tablespoons freezer jam fruit pectin

4 cups chopped and crushed peaches

3 heaping teaspoons crushed culinary fresh lavender or 2 teaspoons crushed dried lavender

½ tablespoon finely grated lemon zest (1 medium lemon)

5 freezer jars, 8-ounces each

Prepare peaches by peeling, chopping and crushing. Use an immersion blender leaving some fruit pieces if a sauce consistency rather than jam is desired. In a separate large bowl, blend sugar and pectin together. Add fruit, lavender and lemon zest to sugar and pectin mixture. Stir 3 minutes. Ladle jam or sauce into clean jars, leaving ½ inch from the top to allow for expansion if freezing. Add lids. Let stand about 30 minutes until thickened. Refrigerate Peach Lavender Jam for up to 3 weeks or freeze up to 1 year. Makes 5 8-ounce jars of jam or sauce. Experiment with other fruit and lavender combinations such as strawberries, blueberries, raspberries and plums.

Karen Kennedy, HSA Headquarters

### LAVENDER COOKIES

4 oz. (1 stick) unsalted butter, softened

⅓ cup light brown sugar

1 ¼ cups self-rising flour

1 tablespoon lavender flowers (dried)

Pinch of salt

Confectioners' sugar for garnish

In a bowl, cream the butter, brown sugar, and salt until light. Add the flour and lavender. Mix well, set in refrigerator and chill for about an hour.

Preheat oven to 400°F. Grease a heavy cookie sheet. Turn dough out onto a lightly floured board and roll ⅛ –inch thick. With a small biscuit cutter, cut the dough into rounds, Place on the cookie sheet and bake for 8-10 minutes, or until delicate brown. Cool on a wire rack, sprinkling with confectioners' sugar while still warm.

Alma de la Guardia, Nashville Unit

## ADD LAVENDER TO FAVORITE BEVERAGES SUCH AS:

### Lavender Lemonade

Before making your favorite lemonade recipe, infuse dried lavender buds into a simple syrup. Generally, a ratio of 2 tablespoons dried lavender to 1 cup of sugar and 1 cup of water works well. Adjust the ratio to taste. To make a simple syrup, dissolve sugar and water over medium heat. Pour the hot sugar mixture over the lavender buds and let cool for about 30 minutes. Strain before adding additional water and lemon juice to taste. Or infuse lavender buds in hot water, cool, strain and add to frozen concentrate mix as directed.

### Tea with a Hint of Lavender

In a tea strainer, add about ¼ teaspoon of dried lavender buds per cup to freshly brewed black tea. Steep 1-2 minutes, to taste. Select a light bodied tea such as Darjeeling for this blend.