

LAVENDER

Types

Of the many types of lavender, *Lavandula angustifolia* is the only group that reliably survives Indiana winters.

English lavender is most commonly used in cooking.

Selection Info

Look for healthy stems and vibrant colors. Avoid lavender with wilted stems.

Preparation

Before using fresh lavender leaves and flowers, gently wash them in cool water. Cut lavender just before use.

To use flowers, snip the stems off the plant right after the flowers have bloomed and opened.

Storage

Short-Term Storage: You can keep lavender in a glass of water in a cool place, or in the refrigerator wrapped in lightly damp paper towels.

Long-Term Storage: Lavender can be dried. Once dry, place in a sealable container so the oils do not escape.

To dry lavender, tie a string near the bottom of the stem and hang upside-down until dry. Once dry, you can use the flowers to add color and flavor to a variety of recipes. Grind the dried lavender in a herb grinder or with a mortar and pestle to add to recipes.



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LAVENDER LEMONADE

Ingredients

- A small handful of freshly picked and rinsed lavender flowers or a tablespoon of dried lavender flowers
- 1 cup white, granulated sugar
- 2 cups of boiling water for the infusion
- 1 1/2 cups freshly squeezed lemon juice
- 2 cups or more of cold water
- Ice

Directions

1. Cut the lavender flowers from the stems (no need to strip) and place in a medium bowl (a large measuring bowl works great because you can pour easily from it). Pour the sugar over the flowers and use your (clean) fingers to gently rub the flowers into the sugar.
2. Pour 2 cups of boiling water over the lavender sugar and stir with a spoon until the sugar has melted. Cover and let infuse for 30 minutes (or up to several hours).
3. Strain the lavender-infused simple syrup and pour into a serving carafe or pitcher.
4. Stir in the lemon juice. Add another two cups of water. Taste and adjust for tartness. Add more lemon juice if too sweet. Add more sugar if too tart. Add ice and more water to desired level of concentration. Note that the ice will melt eventually, further diluting the drink.

Add some thinly sliced lemons and a few lavender sprigs to the serving pitcher for presentation.



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Nutrition Information

Calories	130
Total fat	0 g
Carbohydrates	37 g
Protein	0 g
Sodium	6 mg