

Lavender Has Become a Trendy Culinary Ingredient

LONG REVERED FOR A MULTITUDE OF MEDICINAL PROPERTIES, LAVENDER IS PACKED WITH HEALTHY COMPOUNDS THAT CAN BOOST YOUR IMMUNE SYSTEM AND ALLEVIATE PAIN BY REDUCING INFLAMMATION.



BOTH FRESH AND DRIED LAVENDER CAN BE ADDED TO SWEET AND SAVORY DISHES FOR FLAVOR AND COLOR. ADD THE FRESH HERB TO SALADS, LAMB, TEAS AND COCKTAILS. IT ALSO WORKS VERY WELL WITH CITRUS FRUITS AND DESSERTS LIKE CRÈME BRULÉE.

Lavender Lemonade

Recipe provide by Anne Davidson, Deep Creek Lavender Farm

2 cups water
 1¼ cups sugar
 2 Tbsp to ¼ cup lavender buds
(depending on preferences)
 1½ cups lemon juice (bottled)
 Additional 3 cups water
 Ice

Boil 2 cups water and add sugar to make a simple syrup. Remove from heat and add lavender buds.

Stir and steep buds for an hour (or overnight). Pour the lavender-infused simple syrup through a sieve to remove lavender buds. To this simple syrup add 1½ cups lemon juice. Then add 3 cups of water, or 2 cups of water and about 2 cups of ice cubes.

If you prefer sweeter lemonade, add ¼ cup more sugar to the simple syrup.

This is delicious served with vodka or coconut rum for a summer cocktail (for those of legal age, of course)!