

## Beyond the Garden Gate: Activities to try at home



### Flower Pounding



Flower pounding is a crafty way to preserve different types of flowers. Place a paper towel. Cover it with a piece of muslin cloth. Place thin flowers or petals on the cloth. Cover with another paper towel. Finally, cover with a sound-absorbing material, like a phone book. Hammer the flowers into the muslin, and carefully peel off the paper towel. Experiment with different flowers. Some preserve perfectly, like pansies, marigolds, verbena, and geraniums.

Others leave very different effects, like the watery impression of impatiens or the dark veins from some leaves.

### Edible Flowers

A number of tasty edible flowers provide delightful nibbling snacks. Borage, begonias, rose petals, pansies, calendula, chive blossoms, dianthus, and bee balm are all edible.

For a complete list of edible flowers, download the Garden Grazing Guide at <http://www.ces.ncsu.edu/4hplantandsoils/>.

### Edible Flower Ice Cubes

For a marvelous addition to your favorite drink, make flower ice cubes. Simply fill an empty ice cube tray with your favorite edible petals or flowers. Gently cover with water, and place it in the freezer. After a few hours, plunk the ice cubes into your glass and enjoy!

