



# Edible-flower Ice Cubes

**Season:** All  
**Serves:** 30 ice cubes

**Fresh from the garden:** edible flowers, flowering herbs, herbs (see suggestions below)

Each flower has a unique scent, so it also has a unique taste. For example, nasturtiums are peppery, violets and pansies are mild and basil blooms are sweet and fragrant. If you're using a mix of flowers and blooms, taste them first to see if they complement each other.

**Note:** Make the ice-cubes a few days before using, as the cubes are frozen in two stages to ensure the flower is suspended in the centre of each cube. Boil and cool the water ahead of time, as boiled water will help keep the ice clear. Use unsprayed, organic plants for making your edible-flower ice cubes.

## SUGGESTIONS BY SEASON:

**Spring:** basil blooms, calendula, geranium, lavender, mint, nasturtium, native violets, rosemary flowers

**Summer:** basil blooms, borage, calendula, geranium, mint, nasturtium, native violets, rosemary flowers

**Autumn:** basil blooms, calendula, lavender, marigolds, nasturtium, native violets, pansies

**Winter:** calendula, mint, native violets



## EQUIPMENT:

metric measuring jug  
tea towel  
chopping board  
cook's knife  
kettle  
ice cube trays for 30 ice cubes  
drinking glasses

## INGREDIENTS:

seasonal edible flowers or herb blooms,  
trimmed to fit into the ice-cube moulds  
1 L boiled, cooled water

## WHAT TO DO:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Arrange flowers and herbs in the individual moulds.
3. Half-fill the moulds with the boiled, cooled water so the flowers float to the top. Freeze for 12–24 hours.
4. Remove the trays from the freezer and fill tray to the top using the prepared water. Freeze for another 12–24 hours.
5. Drop the ice cubes into glasses of water for a pretty, refreshing drink.