

Bulk Spice of the Month



Lavender

\$20 off/lb.

Code 1094

What is Lavender? Lavender is the common name for 25 to 30 different plants of the genus *Lavandula*. The most common of these plants is True Lavender (*Lavandula angustifolia*), which is what we sell at GFS. Its purple flowers are harvested just before bloom and are highly sought after for their scent, medicinal uses and flavor.

Where does Lavender come from? Lavender is native to Africa, the Mediterranean, Arabia, India and Southern Europe, but it grows most anywhere, cultivated and wild. Lavender sold at the Good Food Store originates in France and Bulgaria.

What does Lavender taste like? Lavender has a light, sweet, floral flavor. Using too much lavender can often cause a recipe to taste slightly bitter or even like soap, so it's important to be conservative when using lavender.

How do I use Lavender? Lavender is more than just a beautiful purple flower and perfume ingredient. It can be hung in one's home to repel flies, mosquitos and moths. Lavender flowers are a fantastic nectar source, aiding bee populations. Lavender essential oil has many proven medicinal properties. Added to the bath or pillowcases, lavender can aid relaxation via aromatherapy. Lastly, of course, it's a traditional culinary ingredient. It is a featured flavor in the French spice blend *Herbes de Provence* and can be used in so many foods, including chocolate, chicken, pork and baked goods. And it's a refreshing infusion of flavor added to water or lemonade.

See Back for Recipes Featuring Lavender



**GOOD
FOOD**
STORE

1600 S. 3rd. St. West
Missoula, MT 59801
406-541-FOOD (3663)

Lavender Fudge

- 16 ounces** chocolate chips
- 14 ounces** sweetened condensed milk
- 1 tablespoon** dried lavender flowers, plus more for decorating
- 3 tablespoons** unsalted butter

YIELD: 6 to 8 servings

Finely grind lavender in a clean coffee grinder or mortar and pestle.

Combine with the other three ingredients in a double boiler. Heat until chocolate has melted, stirring until smooth.

Pour into a pan (approximately 9" x 9") lined with wax paper. Cover with plastic wrap and chill overnight.

Cut into 1" squares. Sprinkle lavender on top to decorate.

Lemongrass-Lavender Green Sun Tea

- 16 cups** cool water
- 3 sprigs** fresh mint
- 6** green tea bags
- 1 tablespoon** dried lemongrass
- 1 tablespoon** dried lavender
- Optional** honey or agave nectar, for sweetening

YIELD: 2 servings

Pour water into a large jar, preferably a jar fitted with a spigot for easy serving.

Add the mint and tea bags.

Place lemongrass and lavender in a tea ball or wrap in two layers of cheesecloth and tie closed with kitchen twine. Add to water.

Allow to brew in the sun for the day. Remove tea bags and herbs. Chill in the refrigerator before serving.

