



When cooking  
with herbs,  
1 teaspoon dried  
=  
1 Tablespoon  
fresh

### *Edible Flowers*

- A Arugula
- A Bee Balm
- A Borage
- A Carnation
- A Clover
- A Dandelion
- A Daylily
- A Fuchsia
- A Hibiscus
- A Hollyhock
- A Lavender
- A Nasturtium
- A Pansy
- A Snapdragon

### *Grilled Chicken with Herbs*

Fresh Rosemary, Thyme and sage blend with garlic, olive oil, vinegar and salt for a herb marinade

Ingredients:

- 2 tablespoons chopped Italian flat leaf parsley
- 2 teaspoons fresh rosemary, minced
- 2 teaspoon chopped fresh thyme
- 3 cloves garlic
- 1 teaspoon dried sage

- ¼ cup Olive Oil
- ½ cup balsamic vinegar
- salt and pepper to taste
- 1 ½ pounds skinless boneless chicken breasts

### DIRECTIONS

1. In a blender combine the parsley, rosemary, thyme, sage, garlic, oil, vinegar, salt and pepper to taste. Blend together. Place chicken in a non-porous glass dish or bowl and pour blended marinade over the chicken. Cover dish and marinate for at least 2 hours or up to 48 hours
2. Preheat grill to medium high heat OR set oven to broil.
3. Remove chicken from dish (disposing of leftover marinade) and grill or broil for about 6 – 7 minutes per side.



- The botanic name for yarrow is *Achillea Millefolium*. The genus name *Achillea* is named for the Greek hero Achilles who fought the Trojan War. He bound the wounds of his warriors with yarrow to staunch the blood and cleanse the wounds. Achilles learned the secret of yarrow's medicinal value from Charon, the mythological Centaur, who was a skilled healer and herb master.
- It may be beneficial for roses to have garlic planted next to them. The vicinity of garlic is a cure for Black Spot disease in roses. As the garlic grows, the fungus that causes the disease will retreat. It is also said that the roses will grow extra fragrant-because they'll want to overpower their smelly little neighbor!