



HSA Recipes

Calendula officinalis

Tips for use:

- Add flower petals to soups and cooked grains for both color and flavor
- Sprinkle on top of fresh lettuce, spinach or other mixed salad greens
- Combine with other herbs such as marjoram, chives, tarragon or basil to make a compound butter
- Add to any cornbread recipe
- Use to make tea or add to tea blends
- For more recipes, see *Calendula: An Herb Society of America Guide* <http://herbsociety.org/factsheets/Calendula%20Guide.pdf> and *The Herb Society of America's Essential Guide to Growing and Cooking with Herbs* edited by Katherine K. Schlosser can be found [here](#)

Lemon Broccoli Marigold

1 head broccoli

1 teaspoon finely chopped onion

1/3 cup mayonnaise

1 teaspoon fresh lemon juice

1 teaspoon lemon zest

Calendula petals

Trim off large leaves of broccoli and remove tough stems. Wash and cut into separate pieces. Arrange broccoli on a plate with stems toward outside. Cover with plastic wrap to seal and microwave on high, about 5 minutes or until it is the way you like it. Arrange on serving plate.

Combine mayonnaise, lemon juice, onion and thyme in a 1-cup measure. Microwave on high for 30-40 seconds or until thoroughly heated. Pour over broccoli and sprinkle with lemon zest and calendula petals.

Barbara Brouse, HSA Colonial Triangle of Virginia Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Fresh Herbed Spring Rolls

1 package 8-inch round spring roll skins

½ cup finely shredded cabbage

½ cup finely shredded carrots

½ cup fresh mung bean sprouts

½ cup sliced scallions

½ cup finely sliced green peppers

½ cup finely sliced red peppers

¼ cup small leaves of basil, sage, tarragon or other favorite herbs

2 tablespoons nasturtium or calendula flowers

Finely chop all vegetables and toss lightly in a large glass bowl with noodles. Carefully wash and dry herbs and flowers, setting aside in a separate bowl.

Immerse the spring roll skins, one at a time, in a shallow bowl of warm water until softened, at least 20 seconds. Remove from water and place on a flat surface.

Place ⅓ cup prepared vegetables on a spring roll skin, leaving a 2-inch border at the bottom edge. Carefully fold bottom up over filling, fold in left and right sides, and then finish rolling the rest tightly. After a few practices, you will get good at it. It is then fun to carefully place the flowers and herbs in a decorative fashion so that they will show through the skin when the roll is finished. Try placing the decorative pieces first and then cover with the ⅓ cup of vegetables.

As completed, cover the rolls with damp paper towels and wrap tightly in plastic until ready to serve. They get tough and stick together if left to dry. Refrigerate and garnish the serving dish with some of the leftover herbs and flowers.

Delicious served with a cilantro peanut sauce or a soy sauce with lime and hot pepper.

Anita Bradley, HSA Pennsylvania Heartland Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

