

## Episode 192 show notes and advice

### Episode description

Flowers have been used in cooking for centuries, but there's an art to the edible flower with which many of us are yet to experiment.

It's this art which is central to Carolyn Dunster's latest book - this episode of 'grow, cook, eat, arrange' sees Arthur Parkinson explore Carolyn's journey with edibles, the simplest and best varieties to grow yourself, and some marvellous recipe ideas to try at home.

### In this episode, discover:

- Carolyn's first discovery of flowers being edible, and how that changed her perspective on growing
- Why it's so rewarding to plant your own flowers in the knowledge that they're chemical-free
- The development of Carolyn's simple, delicious, and visually stunning recipes

### The origins of Carolyn's book, and her focus on edibles (2:10)

'The Floral Feast' is a book that Carolyn says "took 10 years to get off the ground", an early idea of hers which originates from her early journey researching edible flowers.

### Main varieties that Carolyn grows for restaurants (5:00)

At Chiswick House, Carolyn works in the kitchen garden where she's helped to design their edible flower plot, which now supplies a number of London restaurants - a great pointer for some of the most sought-after varieties.

The main flowers they're growing for that purpose are the likes of nasturtiums and cornflowers; anything brightly coloured that looks pretty on a plate. Away from the more showy varieties, they're also growing roses, french marigolds, dianthus and snapdragons.

### Developing the book's recipes, and growing in a small garden (8:10)

Carolyn's book is awash with ideas, and Arthur ponders the process of developing the recipes. Many of the ideas come from recipes that she cooks at home, but Carolyn wanted

to show how you can swap ingredients in for flowers that might lend themselves to sweet or savoury dishes.

The garden that Carolyn grows in sees edibles growing in among the ornamentals, given the space she's got available, but that style of gardening is something she enjoys, as it feels natural, like a pleasant jumble.