

Workshop Information Tower Hill Program—January 29, 2012

A FLORAL FEAST—COOKING WITH EDIBLE FLOWERS

Stockbridge Farm in South Deerfield, MA is home to many varieties of herbs and flowers, carefully tended by John Warchol, resident herb and vegetable farmer. Join Denise Lemay and Mary Ellen Warchol, the Stockbridge Farm experts, as they guide you in a culinary journey with edible flowers. Participants will receive handouts which include all recipes prepared during the workshop. Generous “tastes” of all recipes will be provided. Bring your appetite, and don’t have lunch before you come!

Don’t miss the flavors of this fabulous menu:

- **Heritage Winter Squash Soup with Elderflower—A silky mélange of winter vegetables accented with the delicate bouquet of St. Germaine Artisanal Elderflower Liqueur**
- **Chicken Medallions with Lavender and Herb Cream Sauce—Breast of chicken lightly sautéed and served with a lavender scented herbed cream sauce**
- **Herbed Lemon Rice—Citrus rice filled with the flavor of herbs and flowers**
- **Minted Mustard Carrots—Earthy winter carrots dressed with a floral vinaigrette and finished with fresh mint**
- **Artisan Bread with Floral Butter—Hearty bread served with compound butter made with flowers from our summer garden**
- **Shaker Jam Cake with Rose Geranium Glaze—An old-fashioned soul-satisfying cake topped with the exotic flavor of roses**
- **Citrus-Hibiscus Tisane—A refreshing beverage made from the hibiscus flower and several citrus fruits**

BIO:

Mary Ellen Warchol and Denise Lemay are sisters who have been cooking from scratch ever since they could reach the stove. Both have careers in education while simultaneously creating and developing their interest in and knowledge of herbal flavors. They operate Stockbridge Farm Cooking School in South Deerfield, MA, and are instructors at Different Drummers Kitchen Cooking School in Northampton, MA. They along with Mary Ellen’s husband and Stockbridge Farm’s gardener extraordinaire are called upon to present herbal programs to various clubs and organizations.