

# Lochac

# Herb & Garden Guild



**Guild Journal, Volume 6, No. 1. Autumn 2025.**

## Hello Again

Welcome to the Herb and Garden Guild Newsletter, back after a long break.

I have been the Guild Chronicler previously, having produced Volume 4 until 2011 (when rocks were still a bit squishy), though apparently only two issues ago.

The plan is now to continue this on a quarterly basis, if you the guild members send me enough articles.

Master Cristoval

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## Patron

The patron of the guild is Master Sigurd.



# A Window into the Tudor Garden of an English Gentleman

by Lord Brian le faucheur

This article is extracted from a longer paper available from the author, with detailed references. Images in this extract were photographed from the original portrait in the Victoria and Albert (V&A) Museum.

Within the English Tudor Dynasty ( Henry VII 1485 - Elizabeth I 1603) all evidence of gardens is precious. There is a record of a Tudor Garden within the portrait of Sir Thomas Moore and family at his country manor at Chelsea, now a suburb of London.

## Sir Thomas More

Throughout this article, the gardener is referred to as Sir Thomas More as this is the title borne when he had his garden. This writer will try to ignore the political and religious aspects of the life, death and subsequent events of the garden's owner except for the influence it had on his garden.

Sir Thomas More studied law, followed monastic service, then started on a career of civil service, entering parliament in 1504 and becoming one of the two undersheriffs of London in 1510.

Sir Thomas More purchased an estate in Chelsea and settled there around 1520.

## Utopia

Sir Thomas More wrote *Utopia* in 1516 with the belief that an ideal state could be created from medieval institutions freed from abuse and governing with wisdom and justice, where there was an island on which social and political customs were entirely governed by reason.

More described gardens in *Utopia*. Each house had a garden behind it and the gardens were cultivated with great care, so that they had vines, fruits, herbs, and flowers in them; so were both fruitful and beautiful. A garden was a place for people to hold discourse, and in summer an hour after supper could be spent there in some diversion.

## The Portrait/s

Hans Holbein came to England in 1526 and during the space of three years in Chelsea where he drew the portraits of his patron and his friends.

Holbein's original sketch used for the three More family portraits is in the Kunstmuseum in Switzerland. Although there is a window, no garden appears through the window. Although the heads in all portraits were sketched by Holbein, explanations are that the portraits were finished by others.

A version known as the Nostell Priory version (whether or not a Holbein original) also has no garden.

Another version of the portrait by Rowland Lockey (1592) has no garden.

A year or two later, Lockey created the More family portrait with the garden included which is at the V&A in which a likeness of a garden is present.

## Lockey's portrait

The garden is presented in the family portrait in the top right hand corner. This garden has also been described as a walled garden with an inner hedge.



*Sir Thomas More, family portrait*

The garden itself is made up of beds called knots which in this garden are square and rectangular in presentation. Within and without the beds, trees are planted. A gate off centre to the left in the far external wall is visible and leads to another green area.

Lockey in his portrait including the garden places what looks like a chapel. Sir Thomas More is known to have built a chapel, but (according to his

son-in-law Roper) it was "a good distance" from the house. Strong says the panorama seems to be London with Old St Paul's in the centre, and that the building in the garden was a banqueting house.

The relative importance of the garden in the portrait is that it is taking enough space for three family members. There are ladies walking whom are apparently not important family members, as are not in the house having their portrait taken, so are deduced to be included to demonstrate at least one of the purposes or benefits of the garden.

### Garden description

William Roper was Sir Thomas More's son-in-law and wrote of Sir Thomas More having at Chelsea a right fair house, his library, his

books, his gallery, his garden, his orchards, and all other necessaries so handsomely about him. More himself had entertained King Henry VIII there, and it was recorded his Grace would come suddenly sometimes .. and after dinner in his fair garden "walked with him by the space of an hour holding his arm about his neck".

Cresacre More wrote that More "was a lover of flowers, and of other beautiful or singular productions of nature. His house at Chelsea was a little museum of natural history. Adjoining to it was a garden, with a terrace and alcove, from whence there was a view of the course of the Thames, with the city of London in the distance." Erasmus wrote that at the end of the garden were some rabbits in a hutch, which were protected from a weasel once by a monkey.



*Garden detail painted by Rowland Lockey*

## What else is known about More's garden

Later documentation detail the position and facing of Sir Thomas More's house as to the environment and the conditions that were present at the house, which hint at the physical location of his enclosed garden.

After More's execution in 1535, the house and garden were assigned to Sir William Pawlett, and after many transfers in ownership, in January 1682 it became Beaufort House. Floor plans have survived from proposed alternations in 1596 which show the house had a southern facing and had one enclosed place behind it, which was likely a garden.

The description of the conveyance for the sale of Beaufort House in 1713 mention a garden and an orchard. And a wharf lying before its two forecourts.

Dr King advises Sir Thomas More chose the location for the "vicinity to London, for the salubrity of the air, for the pleasant of situation, and for the incomparably sweet, delightful, and noble river Thames, gently gliding by it".

In the destruction of Beaufort House in 1739-1740 it was recorded that "The remains of Beaufort House are little enough, and consist chiefly of some part of the garden walls, in which a large amount of good Tudor brickwork is to be seen. The long wall running north and south, which divided the gardens of Beaufort House from Dovecote Close and Danvers House still exists, more or less completely, midway between Beaufort Street and Danvers Street, and in it is a blocked Tudor doorway."

The V&A Museum exhibit advises that gardens were also used for entertaining and that some people had banqueting houses or held dinners and amusements in their gardens. And further postulates, including that Lockey may have painted this garden in the background to symbolise More's moral wisdom as well as his love of gardening.

While recorded information seems reasonably clear to place the primary Moore residence, by the early 18th Century at least four places had claimed to be the site of the house.

## The importance of gardens

Anne Jennings advises that Tudor (as well as Stuart Gardens) explore the love of formality that characterised gardening in the 16th and 17th centuries, and the influence of Renaissance culture on British gardens.

Intricate knot gardens and parterres, the structural use of topiary and hedges and the period's fascination with non-native plants influenced the evolution of British gardens over the following centuries.

The period provides an intriguing perspective on how garden design and plantsmanship reflected social differences and divisions. This was a time when gardens were used to demonstrate the social position, wealth, education and perhaps political importance of the owner.

## Summary

The residence of Sir Thomas More faced the southern sunny side, and the house itself was on a large estate, having splendid river views as well as of woodland from the house and garden, with brick walls for gardens and boundaries forming parts of the estate.

Lockey's family portrait was started more than a half a century earlier than when this particular version of the portrait was painted, and in the earlier versions of the portrait there is no garden. The panorama looks towards London in the East, while based on the evidence facing from the house the actual view would be to the North.

The conclusion is that the image of the Tudor Garden "of Thomas More" is not a fully factual representation of Sir Thomas More's actual garden, even though having known elements of his specific garden and Tudor gardens in general.

Since the image of the garden was still painted within the Tudor period, it is still a portrait of a Tudor garden, as the artist to complete the painting was still able to draw upon existing Tudor gardens. And the result is very likely to be the best the painter could do to represent both the virtues and style of this Tudor garden seen through a window.

# Baroness Buttercup

by Baroness Juliana de Northwood

## Gardening on an apartment balcony or a windowsill (Part 1)

This article is for anyone who has downsized into a smaller space, or has never grown a plant before, and has no idea where to start. It covers what to look for when planning where to put a plant, what to consider when choosing what to grow, and even how to set up a plant pot with your first or thousandth plant.

I am not a professional nor even have recent terrestrial gardening experience. That was a lifetime long ago and in another galaxy. What I have is 15 years of gardening in pot culture on three very different balcony environments.

This series of articles is going to cover the major challenges of gardening in a confined space such as a balcony or a windowsill, with hopefully some measure of success at the end.

### The challenge

Gardening is challenging at the best of times. If you live in a house or townhouse with a yard, there is usually some sort of in-ground garden that we will learn the micro climates of, identify the soil composition to improve it, and generally plant our gardens to some sort of plan to produce an end-product, be it vegetables, flowers, or a beautiful xeriscaped low-water requirement cacti & succulent garden.

We will water it, fertilise it, mulch it, and perform pest control in order to grow the plants of our dreams. A garden is for relaxation and enjoyment, but can take a lot of work to build successfully. For some, the process of planning and building is the relaxation part.

For those of us who are city-kid apartment dwellers, we have some of these same challenges on a balcony, but with added restrictions due to a lack of space, balcony size, orientation aspect, construction method of the balcony, load bearing capacity, and potentially direct overhead cover from balconies above or large trees that shade out your space. This places limitations on what we can grow.

### My tough balcony

Before I moved apartments in December, my potted veggie garden was thriving. While it was in an imperfect NW facing orientation, it did get 6-8 hours of direct sunlight on a cloudless day, and I could grow most fruiting annuals fairly easily.

My major challenges were the desiccating Westerly winds straight off the deserts, and the blisteringly hot, Australian afternoon sun. But I made it work with some sensible plant choices, some inexpensive shade cloth and a good watering schedule.

When I moved, the pots of tomatoes, zucchini, carrots, all went into shock and died. My new balcony was east facing, and none of these food plants survived the three hours of dappled shade provided by three huge eucalyptus trees. The trees house four sulphur crested cockatoos, common grey pigeons, and the occasional rainbow lorikeet also pops by.

After the move, I had to learn to garden in a whole new space with reduced sunlight hours, dappled shade, and completely protected from even the worst rain storms. Ninety percent of my garden pots upped and died inside a week.

Some things did survive. A rose, a pot of mint, three herb planters, and a pineapple I somehow grew from the top of a supermarket pineapple.

So, what else could I grow? With three hours of dappled sun, year-round, apparently orchids, and the occasional hardy sweet-pea.

### Part One - Identifying your space

Gardening on a balcony surprisingly requires quite a lot of forethought and planning for a small area. Most of these considerations will apply to a windowsill as well, if that is the only space you have. To ensure the best chance of success, answer the following questions to learn more about your space, knowing that even the smallest balcony or windowsill will have multiple microclimates.

### **1. Orientation to the sun - What direction does your balcony face?**

This will ultimately dictate what you can grow without additional or specialty equipment:

- *East* - The gentlest sun - rising and early morning sun
- *North* - Mid morning and into the afternoon
- *West* - The harshest sun - late afternoon or the setting sun
- *South* - The southerly exposure is the least favourable of all orientations, as it gets the least amount of direct sunlight, if any at all.

A larger or wraparound balcony may have many different directions, or be oriented between the cardinal points, so you might have NE or NW sun exposure.

### **2. What is the construction?**

Does it have pillars? Is it floating? Does it have a roof? Is the wall glass, brick, or wrought iron? This relates to light quality and duration, rainfall, and your watering schedule, but also directly affects your load bearing weight (see point 8)

### **3. How large is your dedicated growing space?**

What is the square metres (sqm) of your floor space? Because this will dictate the size of plant pots you can have.

### **4. Does your balcony have an outside tap?**

If not, you will need to acquire a watering can to transport water, or if your kitchen/laundry are near your balcony, you might be able to run a hose.

### **5. Is your balcony exposed to the rain and wind?**

Related to point 4, the wind is a difficult one, and usually the higher you go, the more exposed your balcony will be to the effects of wind. This will play a part in your container choices, or at least how you weigh them down, and how often you will need to water your plants.

### **6. Is your balcony covered or is it exposed to direct sunlight?**

This will inform your plant choices, as 3-4 hours of sunlight on your balcony will classify your balcony as a shaded garden. You may need extra equipment such as lights to support light-loving plants.

### **7. What kind of floor surface does your balcony have?**

My last one was ceramic tiles, that when hot, it was like walking on lava. This can affect your balcony's microclimate and humidity

### **8. What is the load bearing capacity of your floors?**

If you live on level 1 or higher in an apartment block, you also have to consider the load bearing weight of the floors. Depending on when the building was constructed, this can be as little as 350kg/sqm, or as much as 500kg+/sqm. It is worth asking the land agent for these numbers, as pots with soil, plants, and water, the weight can get heavy very quickly. Consider putting heavier pots near walls.

### **9. Does your space include a window in addition to the exit?**

A window can reduce your usable wall space, unless you are ok with putting plants or shelves in front of your window.

### **10. Can you utilise vertical growing spaces?**

Can you drill into the brickwork to install permanent frames, or do you rent, where any modifications made will require permission and repair upon vacating of the premises?

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Once you have the answers to these questions, you are ready to move onto the fun part of planning your small garden.

In the meantime, observe your sunlight, where it falls and when, for how long etc. Also, how deep does it go? The sun is weaker and longer in Winter, and harsher and higher in Summer. So your microclimates will change over the course of the year.

# Thomasina's Kitchen

## Rede Rose - Rose Custard

Recipe redaction by Mistress Thomasina Coke

This recipe for Rede Rose creates a lovely rose flavoured custard, that would be wonderful for a vigil or luncheon or served at the end of a meal.

I have included the Violet recipe as it explains the ingredients used. I love the challenge of cooking with edible flowers.

### The original recipe

**Cxxv. Vyolette.**—Take Flourys of Vyolet, boyle hem, presse hem, bray hem smal, temper hem vppe with Almaunde mylke, or gode Cowe Mylke, a-lye it with Amyndoun or Flowre of Rys; take Sugre y-now, an putte þer-to, or hony in defaute; colore it with þe same þat þe flowrys be on y-peyntid a-boue.

**Cxxvj. Rede Rose.**—Take þe same, saue a-lye it with þe ʒolkys of eyroun, & forþer-more as vyolet.

[Harleian MS. 279 (ab 1430)]

### Translation

125. Violet - Take flowers of violets, boil them, press them, cut them small, temper them up with almond milk or good cow milk, mix it with amyndoun or rice flour; take sugar enough, and put there-to, or honey in default; color it with the same that the flowers be on painted above.

126. Red Rose – Take the same, except mix it with egg yolks, and then follow the recipe for violets.

### Interpreted recipe

1 cup almond milk

1/3 cup or more rose petals

3 egg yolks

2 tbsp. sugar

2 tbsp. rice flour

### Method

Finely chop the rose petals.

Place the almond milk, egg yolks, rose petals, rice flour and sugar into a double boiler and cook until it becomes thick over a medium heat stirring constantly like a regular egg custard.

Serve warm or cold.



# Bay (*Laurus nobilis*)

by Luise Schlosser of The Norge (atm)

Also called Sweet Bay, True Bay, Grecian Laurel, Laurel.

Most people, were they to be asked, would more than likely associate bay leaves with fishing them out of a hearty stew prior to consumption or as the decorative headwear bestowed upon such ancient VIPs as all-conquering Roman military types and well-oiled, scantily clad athletes. And they'd be correct on both counts.

However this handsome, evergreen Mediterranean native with the deeply fragrant, highly fashionable foliage, is also a vital source of vitamins A, B6, B9 and C and contains trace elements of calcium, copper, iron, magnesium, manganese, riboflavin and zinc in addition to flavonoids, alkaloids, linalool, eugenol and anthocyanins.

These substances have anti-inflammatory, antioxidant, antispasmodic, antimicrobial, anti-rheumatic, antifungal, antibacterial and analgesic properties which offer health benefits that can assist with digestive issues, joint inflammation, glucose and cholesterol levels, as well as boosting immunity and helping to alleviate the effects of stress and anxiety, arthritis, sinus infections, congestion and light-sensitive migraine.

When added to your self-care routine it can help to promote more restful sleep, protect your skin from the damages caused by free radicals, soothe inflamed and irritated skin, improve circulation, detoxify your body and may reduce the frequency of acne and dandruff.

That's a lot of powerful properties packed into a humble leaf!

## From Gerard's Herbal, 1597

The Bay or Laurel tree cometh oftentimes to the height of a tree of a mean bigness; it is full of boughs, covered with a green bark: the leaves thereof are long, broad, hard, of colour green, sweetly smelling, and in taste somewhat bitter: the flowers amongst the boughs and leaves are of a green colour: the berries are more long than round, and be covered with a black rind or pill: the kernel within is cloven, into two parts, like that of the Peach and Almond, and other such, of a brown yellowish colour, sweet of smell, in taste somewhat bitter, with a little sharp or biting quality.



The Laurel or Bay tree groweth naturally in Spain and such hot regions, we plant and set it in gardens, defending it from cold at the beginning of March especially.

The bark of the root of the Bay tree, as Galen writeth, drunken in wine provoketh urine, breaks the stone, and driveth forth gravel: it openeth the stoppings of the liver, the spleen, and all other stoppings of the inward, parts.



# For Market Stalls

by Lady Sabina Dellarosa de Verona

Some popular pain relievers for SCA markets

What do you reach for when you have aches and pains, a scratch, bite, sting or even a minor injury? At a few SCA events I ran a stall with salves and essential oils.

The most popular were arnica, lavender and peppermint essential oils.

Due to their strong action, many essential oils should be diluted in a carrier oil such as jojoba. You can also use olive oil or dessicated coconut oil but I personally like almond oil.

*It's always wise to check for allergy and contraindications for yourself and those around you before you use any oils and herbs.*

## Lavender

Lavender (*Lavandula angustifolia*) essential oil is one of the most accessible and is generally considered safe for topical use without being diluted. However, pregnant and breastfeeding women should avoid using lavender.

Topically, I apply lavender oil to the tight muscles associated with arthritis. It is also a quick relief for headaches, tummy aches and leg cramps. Lavender is also well known for its calming effects.



It is widely believed that lavender first originated from the Mediterranean, the Middle East and India, around 2500 years ago. It's known that the Egyptians made perfumes with lavender and when Tutankhamun's tomb was opened, traces of lavender were found and its scent could still be detected.

Lavender is thought to have been originally introduced to the UK several thousand years ago by the Romans. Being a natural antiseptic, it was used amongst other things to dress battle wounds. In fact, the Romans had many uses for the plant and they employed it to help repel insects, to cook and to wash with.

Interestingly, the English word, lavender, is thought to derive from the Latin word to wash, 'lavare'. Some lavender aficionados have disputed this and advocate that the word lavender comes instead from the earliest spelling of the word, 'livendula' meaning livid or bluish in Latin.

Lavender is one of the oldest perfumes used in England and in the 1500's, Queen Elizabeth I used it both as a perfume and in her tea to treat migraines. By the time of The Great Plague in 1665, it was even thought to help protect people from becoming infected and to cure those with it.

(hitchinlavender.com)

## Arnica

Arnica (*Arnica montana*) is a yellow flower, and popular for immediate topical pain relief.

The main bioactive constituents are sesquiterpene lactones (STLs) of the helenanolide type (NIH).



Arnica has been used medicinally since at least the 16th Century in Europe, and was even mentioned in the writings of Saint Hildegard of Bingen, a nun and mystic who lived in Germany between 1098 and 1179 and wrote extensively about medicinal plants....

In Western herbal medicine arnica is traditionally applied topically to relieve muscle aches and pains, including mild muscle inflammation and symptoms of muscle sprain and strain.

An American herbal medicine text, (The eclectic materia medica, pharmacology and therapeutics), published nearly 100 years ago sums these traditional Western herbal medicine uses up nicely, saying that it's specifically indicated for 'Muscular soreness and pain from strain or overexertion', 'muscle pain that occurs when the limbs are moved' and muscle aches and pains that are the result of sudden jars or knocks.

Another traditional use of topically applied arnica in Western herbal medicine is for the relief of mild joint inflammation or swelling.

(fusionhealth.com.au)

## Peppermint

Peppermint oil (*Mentha x piperita*) is a popular topical pain reliever for headaches and cramps.

For a handy traveller's first aid kit, a small bottle of lavender or peppermint oil is useful for the wide ranging therapeutic benefits. Not only for pain relief but antiseptic and anti-viral properties to help heal and protect.

The herb peppermint, a natural cross between two types of mint (water mint and spearmint), grows throughout Europe and North America. Today, peppermint is promoted for irritable bowel syndrome (IBS), other digestive problems, the common cold, sinus infections, headaches, and other conditions.

Peppermint oil is promoted for topical use (applied to the skin) for problems like headache, muscle aches, joint pain, and itching. In aromatherapy, peppermint oil is promoted for treating coughs and colds, reducing pain, improving mental function, and reducing stress.

(www.nccih.nih.gov)

## Other pain relievers

For joint pain and inflammation, I love turmeric, (*Curcuma longa*), the active ingredient being curcumin. My own rheumatologist advised me to start taking turmeric tablets and, when I do, my arthritis pain is markedly reduced and my mobility is improved. It also has blood sugar balancing effects that may also be helpful for some who have Type 2 Diabetes. I find the Fusion brand a good blend.

An Australian native, Tea Tree, (*Melaleuca alternifolia*) is a great addition to your first aid kit. As an essential oil it is very effective in relieving pain. It is a strong antiseptic and helps heal cuts and abrasions. Note that it has a very strong smell.

A friend of mine uses patchouli (*Pogostemon calin Benth*) oil for this same purpose, applying it directly to gashes and wounds until medical first aid is available. Patchouli also has a strong odour and is known as the hippy oil of the 1960's. Interestingly both lavender and patchouli are part of the Mint family.

No information provided by Sabina Dellarosa de Verona should be relied on medically; you should seek your own, medical, or other health advice from appropriate professionals.

# Edible Flowers

by Master Cristoval

The practicalities of using edible flowers in Lochac feasts.

*This article comes from a class at the Guided Symposium in Bordescros in Aug 2024.*

## Introduction

Master Cristoval has been cooking for SCA feasts since 1983. He's used edible flowers on many occasions, as a way of adding colour and reducing costs. Here's some suggestions on how to do so.

Cristoval has a cooking blog, [FoodForTheFeast.com](http://FoodForTheFeast.com).

## Garnishes

Anybody who has watched "Great British Bakeoff" will have seen how fabulous the cakes look when garnished with flowers. It's a really easy way of making your feast spectacular, if you have access to flowers grown without pesticides.

Cristoval recommends having a person to add garnishes, as well as serving spoons and table-markers for efficient service.

His other garden favourites for garnishes are chopped chives, parsley or golden marjoram.

For flowers, fresh is easy and cheap, but you are at the mercy of the seasons and bugs. Fresh flowers also need to be cut not long before serving, which is yet another thing to do on the day.

## Crystallising

For that reason, it is worth considering crystallising some flowers in the preceding week. The effect is a little softer, so choose your dishes or they will just blur out.

*The Treasure of Commodious Concepts* (1573) talks about putting violets into sugar in March, to preserve them.

The recipe you see these days is that you dip the petals or flowers in eggwhite and dust them with caster sugar. (More delicate flowers or petals need finer sugar; grind your caster sugar a little smaller. You can use icing sugar for really tiny stuff.

*A closet for ladies and gentlewomen* (1608) says to start first with gum arabic dissolved in rosewater, which will make them last much longer.

*English Housewife* (1615) says to dip them in a cold sugar syrup, then again in progressively stronger sugar syrups. *Elinor Fettiplaces's Receipt Book* (1604, at least in parts) has just one syrup, with specific instructions on how candied it should be.



## Garnish Flowers

Good flowers for garnishes include:

- Violets and pansies. "Johnny Jump Ups" are a good variety for lazy gardeners as they are a really pretty, a handy small size and self-seed all over your garden, as do violets to some extent. You can get white violets!
- Borage flowers are a lovely blue that crystallises well (also available in white). Borage self-seeds so it's easy to have in bulk, and the flowers are pretty solid and can take some handling.
- Cornflowers are really showy. Tear petals off for a mild clove flavour. They are quite big to

crystallise but you can do it. Classically blue, but now available in many other shades including some great pinks.

- Chive flowers are pulled off to make a lovely purple-blue scattering, with an oniony aftertaste. Mistress Alys Dietsch (Cristoval's wife) does them on stuffed eggs and they look amazing. If you grow chives, you have these for much of the year.
- Nasturtiums are vivid, originally orange and now in several colours. The leaves too are delicious in a salad. Strictly speaking, these are New World produce, but there's plenty of medieval cottage garden flowers we can't really access so Cristoval considers it's fair to use them.
- Marigolds (the calendula variety) are generally orange or yellow, and lend themselves to being chopped as a dressing on top of dishes. They were used as a saffron substitute for colouring food. It's easy to grow a lot of calendula. And you can mix several colours to great effect! Leave out the white centre bit, it's bitter.
- Roses are great, but a bit delicate. Roses are particularly in danger of having pesticides on them, so be sure of your source.
- Dandelions are cute and in theory you can crystallise them. The french word for them is *pissenlit*, piss-in-bed, so watch for unexpected side-effects!

## As an ingredient

Flowers are ingredients in a few notable recipes. Alas, they often have very short harvest periods, affected by seasonal variations, so you just can't count on them for a feast of any size. Certain dishes can be frozen successfully, so that may be an option.

Some good options are:

- **Mayflowers** (hawthorn). It's a tree weed in Cristoval's part of the world, with lovely white flowers. You can make a pudding called spynee, in season. Never blooming when he has a feast on.

- **Elderflowers.** Forme of Cury has a very early cheesecake, called sambocade. Or you can make fritters of the blossoms. Again, available for just a short period, and you need enough for a whole feast. Elderflower trees are easy to grow and produce lots of blooms.
- **Roses.** There's a dish called rosee, made with pinenuts and dates, which specifies white roses for some reason. Another variation includes chicken meat!
- Flowers of **zucchini** (especially) and **pumpkin** can be stuffed and baked or used for fritters. Don't worry too much about losing the fruit, the vines will just put out more flowers. If you grow pumpkins you have lots of leaves, which can be cooked too!
- **Artichokes** are a flower, and there's various medieval and modern recipes available. It's hard for a home garden to produce enough for a feast.

## As a syrup or preserve

It's possible to make a syrup out of several flowers, like roses, violets and elderflowers. Is it worth the work, when you can buy the syrups? Violet syrup is really pretty, but (like coriander) a portion of people dislike the taste.

You can pickle things like artichoke hearts, but really it's a lot of work when you can buy them cheaply.

## Sugar Pastes

*Delights for Ladies* (1609) gives a recipe for grinding violets with sugar and rosewater to make a modelling paste with the colour and smell of the flower. It says you can do it with any flower.