



## LAVENDER MAKES YOUR MEALS EXTRA SPECIAL HERE ARE SOME FABULOUS TIPS FOR USING PUGET SOUND FRESH LAVENDER.

1. When barbecuing lamb, pork, chicken or salmon, place fresh or dried lavender flowers and stems on the coals for the last 5 minutes. The savory smoke produced adds a delicious piquante aroma and flavor to the meat.
2. Make a lavender rub for pork roast or leg of lamb by combining 2 Tbsp. fresh or dried Puget Sound Fresh lavender flowers, 1/2 Cup olive oil, 3 Tbsp. lemon juice and 3 or 4 cloves Puget Sound Fresh garlic, chopped. Slather over the meat and marinate for several hours before grilling.
3. Make a lavender honey by adding 1 Tbsp. chopped fresh or dried Puget Sound Fresh lavender flowers to 1 Cup honey. Microwave on high with 1 tsp. lemon or lime juice for 30 seconds or until it liquefies. Let steep overnight, then reheat and strain out the flowers.

Hint: a little lavender goes a long way!

**From: Lavender Hills Farm, Marysville**

FARM FRESH RECIPIES from our PUGET SOUND FRESH FARMS and CHEFS

[www.pugetsoundfresh.org](http://www.pugetsoundfresh.org)

This recipe is being suggested as a great method for preparing Puget Sound Fresh ingredients. Please follow safe food-handling practices and check for possible food allergies before preparing and serving any food item.