



Cultivea



Tasty Flowers

Calendula • Blueberry Centaurea • Malva • Cosmos • Poppy



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*Seeds from organic farming

Contains

Your kit contains



5 biodegradable pots



5 plant markers



Instruction guide



5 propagations pellets



5 BIO* seeds packets



in PDF + recipe



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The Flowers

This leaflet contains everything you need to know to grow your edible flowers. We have specially selected easy-to-grow flower varieties in different colours that will make your garden a place of curiosity. Their fragrance and flavour will make you discover the pleasure of rediscovered taste.

CALENDULA OFFICINALIS



Calendula officinalis is a medium-sized annual plant that is easy to grow. Its beautiful, bright green foliage produces brightly coloured flowers. The colour of the petals and the heart varies from pale yellow to flamboyant orange. Calendula emits a substance that scares off insects, making it an ideal plant to grow in the garden.

CENTAUREA BLUEBERRY



Centaurea is a plant that grows, flowers and produces seeds in one year. It is a plant that is becoming increasingly rare nowadays. Its blue flowers are edible, very decorative, and it's used in desserts.

MALVA



Malva is a biennial plant, which develops a round rosette in early spring and then develops into a tall, branched stem. The edible flowers can be used to decorate your dishes. It is sometimes cultivated more intensively for its nutritional or medicinal qualities.

COSMOS BIPINNATUS













Cosmos is a flower with a slightly floral flavour, which is mainly used for decoration. In both sweet and savoury dishes, the Cosmos can be used as a container to present small salads, desserts, cakes or other desserts.

POPPY

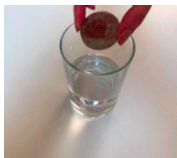


The poppy is an annual flower that reseeds naturally. Its name is of Latin origin "papaver" and means "poppy". Its flower is bright red with crumpled petals and black hearts (at the base of the sepals). In the language of flowers, the poppy symbolises beauty.

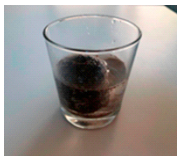
The sowing

Seeds Instructions	 Calendula	 Blueberry centaurea	 Malva	 Cosmos	 Poppy
 Seeds	March to October. Raising: 9-13 days	October / Spring Raising: 9-13 days	March to June Raising: 9-13 days	March to - June Raising: 9-13 days	March to June Raising: 9-13 days
 Watering	One watering per week (copious)	Keeping soil moisture constant	Light watering	Watering in dry weather	Watering in dry weather
 Sun	Sun / Semi-shade	Full sun	Sunny	Sunny	Sun / Semi-shade
 Soil	Well-drained soil, poor	Well-drained, poor and light soil	Well-drained, poor and light soil	Well-drained, moist soil	Well-drained soil
 Harvest	June to November	June to September	June to September	June to September	June to September

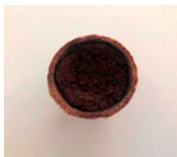
How to make the sowing?



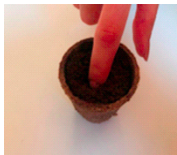
1- Fill a bowl with warm water and place a pellet of peat for 5 minutes.



2 - Once the pellet is well inflated, squeeze it out to remove excess water.



3 - Place the potting soil in one of the pots. Be careful not to over-pack the potting soil to allow the seeds to breathe.



4 - Make a small hole from 0.3 to 0.5 cm deep. Sow the seeds and cover the hole with some soil.

Recette

White eaten with flowers

Ingredients

- 30g edible flowers (Calendula, Blueberries, Malva, Cosmos, Bissap)
- 220 g whole almonds
- 40 cl fresh whole milk
- 35 cl mineral water
- 160 g sugar
- 3 sheets of gelatine (6 g)
- 1 tbsp natural bitter almond flavouring



Instructions

Plunge the almonds for 30 seconds in a pot of boiling water and peel them. Mix the water and milk and then dip the blanched almonds in it. Blend in a blender or hand blender. Cover with cling film and store in a cool place overnight.

The same day, filter the liquid through a cheesecloth placed on a sieve. Squeeze well to recover a maximum of almond milk. Soften the gelatine for 5 minutes in cold water.

Heat the almond milk with the sugar until it simmers, then add the well-dried gelatine and stir. Add the bitter almond flavouring off the heat. Let the preparation cool down and then add the flower petals (keep 6 whole flowers for the finishing touch). Pour into verrines or bowls. Keep in a cool place for at least 6 hours.

Just before serving, place the mussel bottoms under warm water and remove the blancmange from the moulds onto the serving plates. Decorate with a whole flower and enjoy.

Our products

