

### ITALIAN CHEESY SPINACH APPETIZER

Melt 1/2 cup butter in a 15'x10' cookie sheet with low sides.

In large bowl, whisk together:

3 eggs            1 cup flour

1 cup milk       1 tsp salt

1 tsp baking powder

1 T. dried Italian herbs (or bee balm/licorice mint mix)

Add:

3 ounces of roughly-chopped fresh spinach (uncooked).

2 cups shredded cheddar cheese

Stir to blend, then spread over the buttered cookie sheet.

Bake at 350 degrees for 35 minutes. Cool slightly, then cut into 1 1/2" squares.

(Makes about 60).

### EDIBLE FLOWER AND HERB DIP

In medium bowl, cream 8 oz of softened cream cheese

Add:

1 tsp of lemon juice

1/2 cup snipped fresh herbs, any type, but the more variety the better

1/2 cup fresh edible flower petals (refer to sheet on Hanson's garden village website or other reputable source). Snip into small pieces, if needed and discard unwanted parts.

Stir until well combined. If you want, you can add a tablespoon or two of mayonnaise to make it more creamy. Chill until needed.

Serve with crackers, fresh veggie dippers or on toast points.

This year's flower and herb dip contains:

chives	chive blossoms	calendula	winter savory
thyme	summer savory	lavender	nasturtium
pansy	pineapple sage	centaurea	English daisy
basil	beebalm	rosemary	cottage pinks
rose	oregano	daylily	parsley
sage	dill		