

FLOWER POWER AND THE COCKTAIL HOUR

Plantrama Live!

C.L. Fornari & Ellen Zachos

Where would we be without flowers? We eat them, we smell them, we admire their beauty. And today...we drink them! When it comes to cocktails, flowers have a lot of power. Surrounding yourself with blooms helps you unwind and relax at the end of a long day, and using flowers in your adult beverages brings unique flavors to the cocktail hour. You've heard about forest bathing? Well now it's time to immerse yourself in the flower-powered cocktail hour.

Fashion the Space

Where do you go at the end of the day? Where do you sit, breathe, relax, unwind? When the sun goes down, and the breeze picks up, do you sit outside, taking in the natural beauty? Certain plants will add to your cocktail hour garden landscape with color, scent, and by attracting wildlife! If you'd like to invite birds and butterflies to your cocktail party, consider planting these:

- Agastache
- Pineapple Sage
- Black and Blue Salvia
- Monarda

Enjoy the Atmosphere

Plant flowers for fragrance so that your nose will be as entertained as your taste buds. Note that some of these are not only not edible, they are poisonous so don't use them for swizzle sticks or garnishes!

- Nicotiana
- Daphne
- Moonflowers
- Angel's trumpets
- Dianthus

Don't forget to grow some flowers for decoration. Sure, you plant a dedicated cutting garden but flowers for bouquets and decoration can be worked into existing perennial beds, grown among shrubs, planted in raised beds with vegetables and grown in containers.

- Edible Arrangements
- Marigold garlands (Shown: Elevate Marigolds from Burpee Seeds)
- Sunflowers
- A Flower Celebration – Lilacs, Poppies and more!

Create the Cocktail

Flowers are more than just pretty to look at. They make excellent cocktail ingredients, as garnishes, syrups, infused directly into spirits, or fermented in natural sodas.

garnishes:

- Borage
- Daylily buds
- Mustard flowers
- Nasturtiums
- California Poppy

syrups:

- Milkweed
- Magnolia
- Agastache
- Dianthus
- Rose petals

infused in spirits:

- Nasturtiums
- Wisteria
- Magnolia
- Honey Locust

natural sodas:

- Elderflower
- Queen Anne's Lace

A new episode of Plantrama drops every Thursday morning wherever podcasts are found. See and hear all the episodes, read the show notes, find our books, and discover links to where you can subscribe at www.Plantrama.com

Ellen Zachos blogs, posts recipes and offers online classes at her website: www.backyardforager.com

C.L. Fornari's blog, website, and other information can be found at: www.gardenlady.com

Ellen and C.L. speak to audiences large and small, individually and together. Are you interested in having a presentation to your group? Visit their websites for more information.

