

QUICK PIX



You've got it in the bag with these popular "Garden in a Bag" containers by Potting Shed Creations. Choose from a variety of herb and flower packages for about \$8.



A treat for the eyes, as well as the palate, the edible flower garden from Red Envelope (about \$35) includes Johnny-jump-ups, pansies, nasturtiums and calendula — all beautiful, all delectable.



The AeroGarden from Sur La Table grows a variety of vegetables, flowers and herbs simply and easily — right on your kitchen counter with its NASA-tested aeroponic technology that automatically adjusts nutrient delivery, light cycles and water flow for specific plant types. The AeroGarden costs about \$150, with different seed kits, including cherry tomato, chili pepper and herb, at about \$20 each.



A delicious gift for the chef or gardener, this Italian herb window gardening kit for about \$29 from Red Envelope includes three glazed ceramic containers with embossed herb illustrations and premium seeds and soil.



Decorate desserts, salads and other dishes with a colorful mix of organically grown crystallized pansies and violas. A 25-count package from Sur La Table costs about \$40.



Cloches and terrariums let you bring a beginning outside garden in. These containers from Smith & Hawken come in a wide variety of shapes and sizes.

RESOURCES

**CENTRAL MARKET**

Multiple locations, [www.centralmarket.com](http://www.centralmarket.com)

**LISTING OF EDIBLE FLOWERS:**

[www.whatscookingamerica.net/EdibleFlowers/EdibleFlowersMain.htm](http://www.whatscookingamerica.net/EdibleFlowers/EdibleFlowersMain.htm)

**NORTH HAVEN GARDENS**

7700 Northaven Rd., Dallas, TX  
214.363.5316, [www.nhg.com](http://www.nhg.com)

**POTTING SHED CREATIONS**

800.505.7496, [www.pottingshedcreations.com](http://www.pottingshedcreations.com)

**RED ENVELOPE**

877.733.3683, [www.redenvelope.com](http://www.redenvelope.com)

**SMITH & HAWKEN**

3300 Knox St., Dallas, TX, 214.522.6522  
5805 Preston Rd., Ste. 594, Plano, TX  
972.473.7770, [www.smithandhawken.com](http://www.smithandhawken.com)

**SUR LA TABLE**

Multiple locations, [www.surlatable.com](http://www.surlatable.com)

**WHOLE FOODS**

Multiple locations, [www.wholefoods.com](http://www.wholefoods.com)

**WILLIAMS-SONOMA**

Multiple locations, [www.williams-sonoma.com](http://www.williams-sonoma.com)

KITCHEN GARDENS

GROW AND CUT YOUR OWN HERBS AND EDIBLE FLOWERS FOR SEASONING AND GARNISHING

BY BARBARA KUNTZ

Hone your cooking skills and polish your green thumb at the same time, right in your own kitchen, with an herb or edible flower garden.

Herbs abound for every season and every size garden, even small containers, such as cloches, terrariums and pots with adequate root room. Bring a bit of France to your dishes with lavender and sage. Or discover the secret to great Italian cooking: fresh basil and oregano. And don't forget cilantro for dishes originating across the border.

Flower cookery is blooming again, with restaurant chefs and innovative home cooks incorporating blossoms and petals into their creations. A tip: When using edible flowers, keep the dish simple so you don't overpower the taste of your special eye candy.

Most importantly, learn which flowers truly are safe for human consumption. Some flowers can make you very sick. Here's a Web site with a good list of edible flowers: [www.whatscookingamerica.net/EdibleFlowers/EdibleFlowersMain.htm](http://www.whatscookingamerica.net/EdibleFlowers/EdibleFlowersMain.htm).

Don't eat flowers that have been treated with chemicals and pesticides. And remember: "Please don't eat the daisies!" Most varieties are inedible.