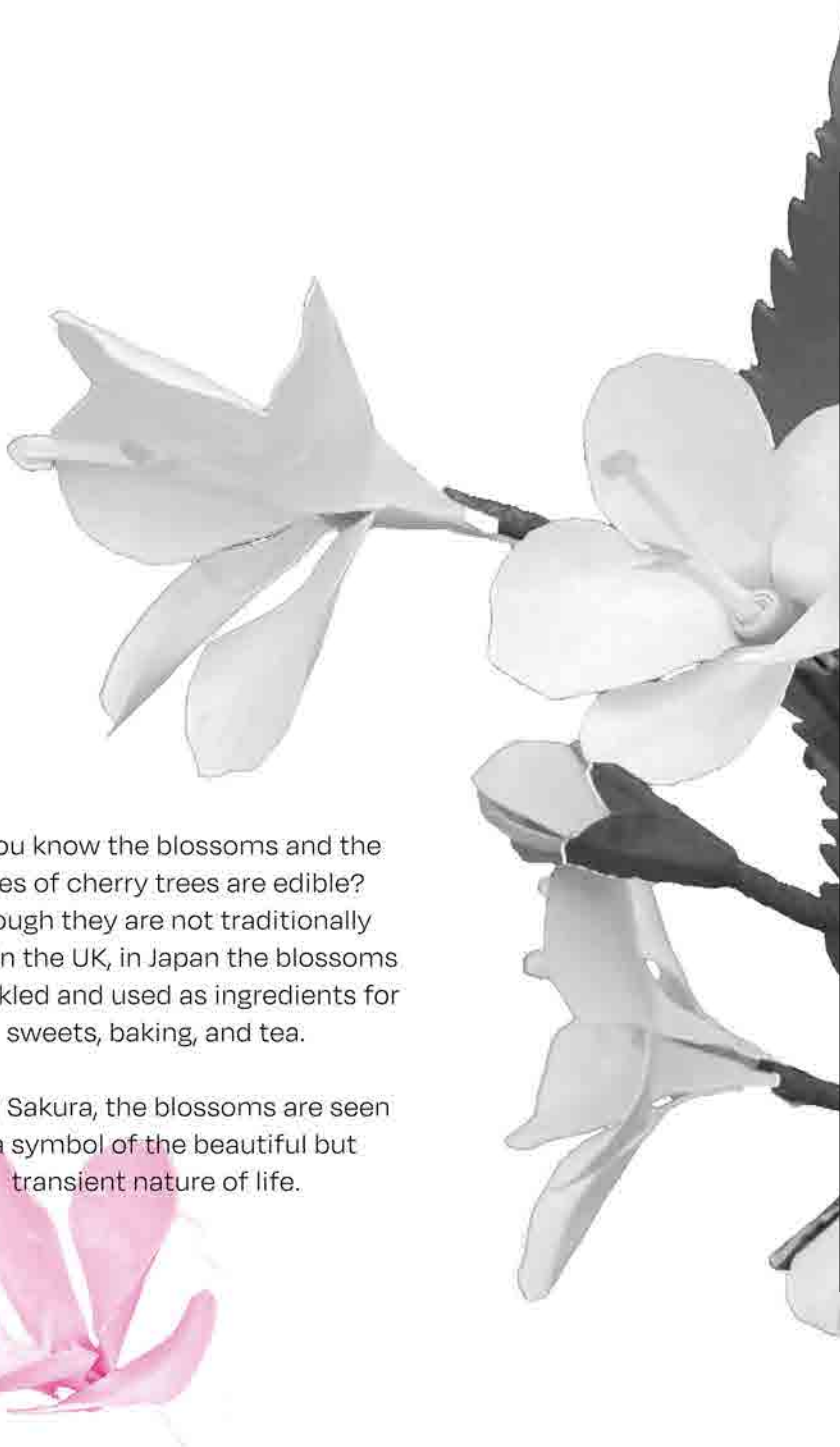


EDIBLE BLOSSOMS  
& FLOWERS



FEAST  
2023



Did you know the blossoms and the leaves of cherry trees are edible? Although they are not traditionally eaten in the UK, in Japan the blossoms are pickled and used as ingredients for sweets, baking, and tea.

Called Sakura, the blossoms are seen as a symbol of the beautiful but transient nature of life.



## EDIBLE BLOSSOMS

## APPLE / CRAB APPLE

*Malus domestica, Malus x robusta, Malus x zumi*

Apple blossoms have a slightly floral taste and the petals are lovely in salads. Infuse petals in whipped cream or ice cream to go over an apple tart. Blossoms look attractive when floated in a fruit punch.

## CITRUS TREES

*Citrus aurantium, Citrus limon, Citrus x Latifolia*

Citrus flowers are overwhelming in scent and flavour and go really well with many different foods from stir-fries to puddings. They are also ideal for crystallising and decorating cakes or desserts.



## JASMINE

*Jasminum Officinale*

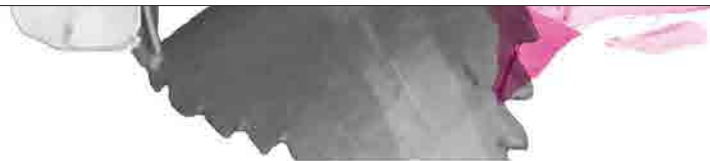
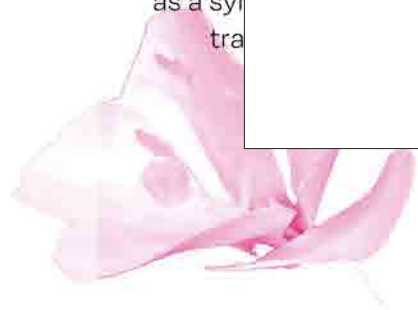
The flowers are intensely fragrant and are traditionally used for scenting tea, but can also be added to shellfish dishes.

Only jasmine officinale is edible. The false Jasmine (*Gelsemium sempervirens*) is a completely different genus and is considered too poisonous for human consumption.



Did you know  
leaves of  
Although  
eaten in the  
are pickled  
sweet

Called Sak  
as a syrup  
tradition



## MAGNOLIA

The young flowers, once separated can be pickled and then used either on their own as a treat or in salads.



## MALUS BACCATA 'STREET PARADE'



## PRUNUS 'KANZAN' (D)

*Cherry 'Kanzan'*



## WISTERIA

The flowers are the only edible part of the plant and can be made into an aromatic wine. All other parts of wisteria are poisonous.

Did you know  
leaves can be  
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eaten in their  
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sweet

Called Sakurajō  
as a syrup  
traditional

PRUNUS x YEDOENSIS  
'SOMEI-YOSHINO'

*Yoshino Cherry*



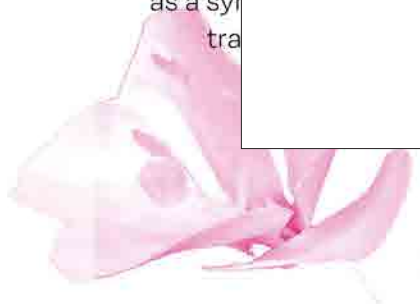
PRUNUS x SUBHIRTELLA  
'AUTUMNAILS'


*Winter-Flowering Cherry 'Autumnails'*



Did you know  
leaves can be  
Although they  
eaten in their  
are pickled and  
sweet.

Called Sakaki  
as a symbol  
of tranquility.





Please keep in mind that not every flower is edible, and some flowers can be poisonous. Never eat a flower unless you are 100% certain it's edible, clean, and free of contaminants, such as pesticides or herbicides.

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# BLOSSOM TREES AROUND MANCHESTER

MALUS BACCATA.  
'STREET PARADE'



PRUNUS 'KANZAN' (D)  
CHERRY 'KANZAN'



PRUNUS × YEDOENSIS  
'SOMEI-YOSHINO'  
YOSHINO CHERRY



PRUNUS × SUBHIRTILLA  
'AUTUMNALIS'  
WINTER-FLOWERING  
CHERRY 'AUTUMNALIS'



EDIBLE  
FLOWERS

# BLOSSOM TREES AROUND MANCHESTER

## ALPINE PINKS

*Dianthus*

A clove-like flavour ideal for adding to cakes as flavoured sugar, oils and vinegars.

## BERGAMOT

*Monarda Didyma*

A strong spicy scent, makes good tea and complements bacon, poultry, rice and pasta.

## CHRYSANTHEMUM

*Chrysanthemum*

Petals flavour and colour creamy soups, fish chowder and egg dishes in the same way as calendula.



## DAISY

*Bellis Perennis*

Not a strong flavour but petals make an interesting garnish for cakes and salads.



## DAY LILY

*Hemerocallis*

Add buds and flowers to stir fries, salads and soups. Crunchy with a peppery aftertaste but may have a laxative effect. Avoid buds damaged by gall midge.

## ELDERFLOWER

*Sambucus Nigra*

Used to make wine and cordials, or place in a muslin bag to flavour tarts and jellies, remove before serving. Elderflowers can be dipped in batter and deep fried.

MALUS BA  
'STREET PA

PRUNUS × YE  
'SOMEI-YO  
YOSHINO C

# BLOSSOM TREES AROUND MANCHESTER

## HIBISCUS

*H. Rosa-Sinensis*

Refreshing citrus-flavoured tea, enhanced by rosemary.



## HOLLYHOCK

*Alcea Rosea*

Remove all traces of pollen and decorate cakes with crystallized petals.

## LAVENDER

*Lavandula Augustifolia*

Flavoured sugar, honey or vinegar can be used to in cakes and biscuits while sprigs compliment roast pork, lamb and chicken.

## NASTURTIUM

*Tropaeolum Majus*

Brightly-coloured, peppery flowers are good in salads and pasta dishes. The whole flower, leaves, and buds can be used or just the petals for a milder flavour.

## POT MARIGOLD

*Calendula Officinalis*

Intense colour and a peppery taste useful in soups, stews and puddings. Petals can be dried or pickled in vinegar or added to oil or butter.

## PRIMROSE

*Primula Vulgaris*

Decorate cakes with crystallized or fresh primrose or cowslip flowers. They can be frozen in ice cubes.

## ROSE

*Rosa*

All roses are edible with the more fragrant roses being the best. Petals can be crystallized, used to flavour drinks, sugar and even icing for summer cakes.

MALUS BA  
'STREET PA

PRUNUS x YE  
'SOMEI-YO  
'YOSHINO C

# BLOSSOM TREES AROUND MANCHESTER

## SCENTED GERANIUMS

*Pelagonium*

Flowers are milder than leaves and can be crystallized or frozen in ice cubes for summer cordials.

## SUNFLOWER

*Helianthus Annuus*

Blanch whole buds and serve with garlic butter.  
Petals can be used in salads or stir fries.



## SWEET VIOLET

*Viola Odorata*

Delicate flavour, suitable for sweet or savoury dishes as well as tea.  
Use candied violets and pansies as a garnish on cakes and soufflés.



## TIGER LILY

*Lilium Leucanthemum Var. Tigrinum*

Delicate fragrance and flavour enhances salads,  
omelettes and poultry, plus can be used to stuff fish.



MALUS BA  
'STREET PA

PRUNUS x YE  
'SOMEI-YO  
YOSHINO C

# BLOSSOM TREES AROUND MANCHESTER

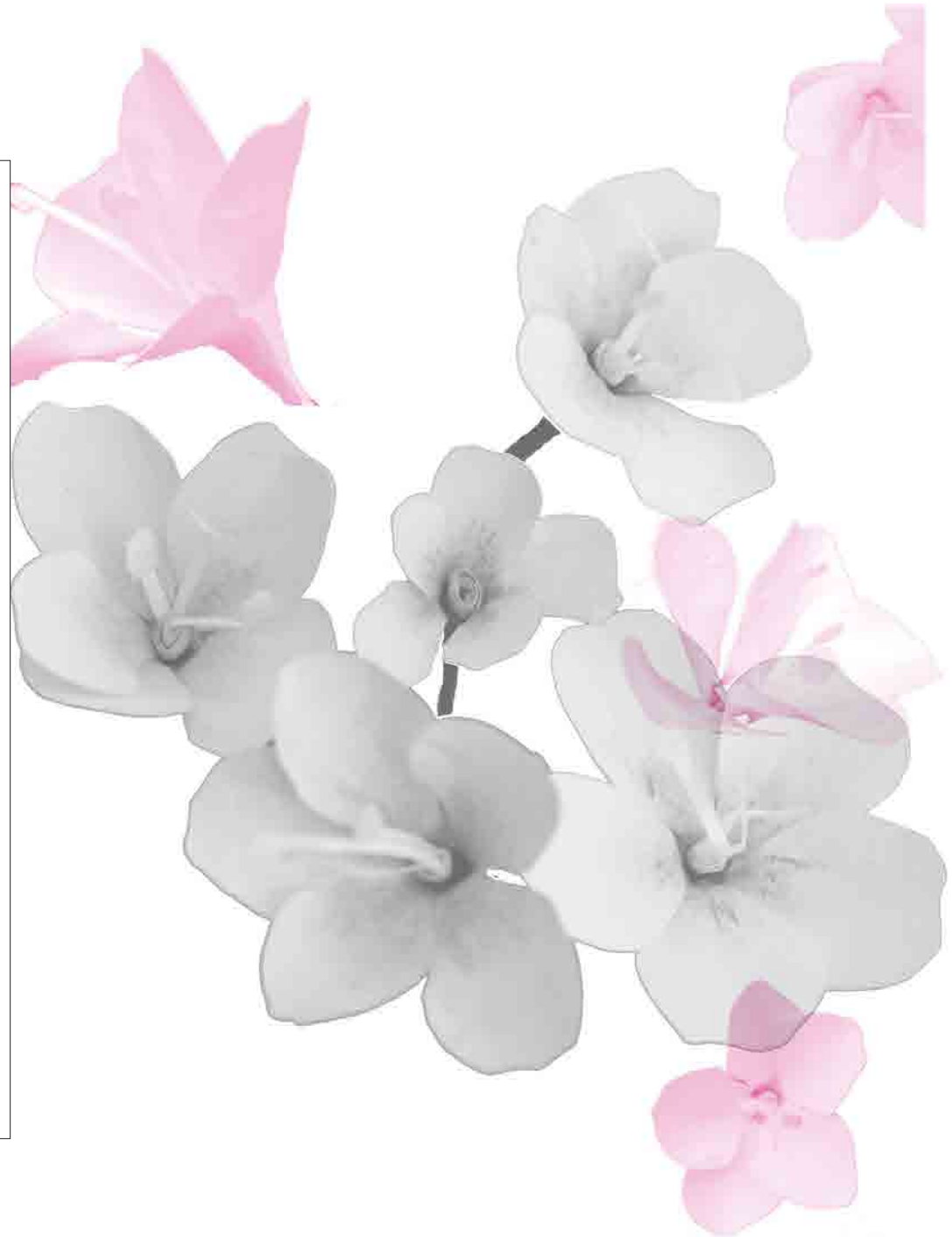
MALUS BAC  
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This print was produced by FEAST Journal  
as part of a workshop on preserved  
Sakura at NOMA Manchester April 2023.

FEAST works with community, museum,  
and gallery partners to facilitate creative  
research centered upon the history  
– present and future – of growing,  
processing, and consuming food. From its  
origin as a zine, FEAST has expanded to  
include curated events, exhibitions, and  
artists' commissions, bringing together  
diverse communities of researchers,  
writers, growers, artists, and cooks.

FEAST is currently developing a library  
of medicinal plants at Fallowfield Secret  
Garden, a community space in  
South Manchester.

[www.feastjournal.co.uk](http://www.feastjournal.co.uk)

**NOMA**



**PICKLED &  
DRIED SAKURA**

## PICKLED & DRIED SAKURA

### Ingredients

- \* 2 ½ cups of loosely packed cherry blossom buds, a few flowers, and very young leaves
- \* 2 tbsp. sea salt or himalayan salt
- \* ½ cup rice wine vinegar (for a less salty taste) or umezu (the vinegar from the process of umeboshi pickle)



### Instructions

1. Collect cherry blossom buds and small flowers. Make sure these are from trees that are away from a main road.
2. Wash your blossom and gently pat dry.
3. Layer the blossom in a glass bowl or jar, sprinkling the salt over each layer.

4. Cover the salted blossoms and leave in the fridge for 1 to 2 weeks.
5. After 1 to 2 weeks, add the vinegar to the jar, making sure to cover all the blossom. Return to the fridge for an additional 1 to 2 weeks.
6. After your preferred amount of time, you can either keep the blossoms as they are and use them as a pickle, or dry them. The pickled blossom will keep for 6 months in the fridge but the colour of the petals will become less vibrant over time.
7. Alternatively, drain and keep the vinegar to use in cooking and place the blossoms out to dry. They can be air-dried by spreading them out on a small tray or board covered with a soft tea towel or cloth. Place them in a warm, dry area, away from direct sunlight. It should take around 3 days for the blossoms to fully dry. The drying time will depend on warmth and humidity.
8. Once dried, re-coat the blossoms in salt and return to a glass jar. They can be stored in a dark cool place for up to a year.

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Your preserved Sakura can be used in a tea or as a pickle to accompany fish and rice dishes. To use it in tea, place one flower in the bottom of a cup or mug, add hot water and watch the blossom open before drinking.

Did you know...  
leaves of cherry blossoms  
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