



You will need:

*1 quart mason jar*

*1 quart of local wildflower honey*

*2 cups of rose petals*

**(IMPORTANT:**

**Do not use roses that have been commercially grown or sprayed)**

*Honey is hydrophilic, meaning it absorbs or attaches itself to water and dehydrates substances placed within it.*

Pick rose petals right before you are ready to begin, and make sure they are clean. Place the rose petals in the mason jar and fill with as much honey as the jar will hold. Mix the roses and honey together gently.

Cover the jar with the lid and let stand in a cool dark place for two weeks, turning the jar now and again to redistribute the mixture and add more honey as needed.

After two weeks, the rose petals will appear soggy but dehydrated. Carefully remove rose petals with a fork, placing them in a strainer over a bowl, to catch any residual honey, returning the honey to the jar. Store the honey in the mason jar with the lid tightly closed. The honey will be runny at first but will firm up.

Also works very well with rosemary, thyme or other sweet herbs.



You will need:

*1 cup of chopped herbs*

*(suggested mix: basil, rosemary, tarragon, chives, thyme, oregano, parsley, sage)*

*1.5 to 2 cups of salt*

*(suggested mix: kosher salt, himalayan pink, irish gray, hawaiian black)*

*cookie sheet lined with parchment paper*

*Use a mix of salts, if you can, due to their different mineral contents, will make for a much more well-rounded taste. If not, regular kosher salt is fine.*

Preheat your oven to 200degF (you are trying to dehydrate the herbs, not cook them).

Chop the herbs very fine (Do not use a blender or food processor, you do not want a paste, just a very fine mince) and mix well with the variety of salts you have chosen.

Place this mixture on the parchment paper lined cookie sheet, spreading it out in a thin layer.

Dehydrate in the oven for 45-60 minutes (place a wooden spoon handle in the oven door to keep the oven partially open). Check now and then to make sure the herbs do not burn. Remove from the oven and store in a container after the mixture cools. Good as seasoning for roasts, stews, soups and braises.