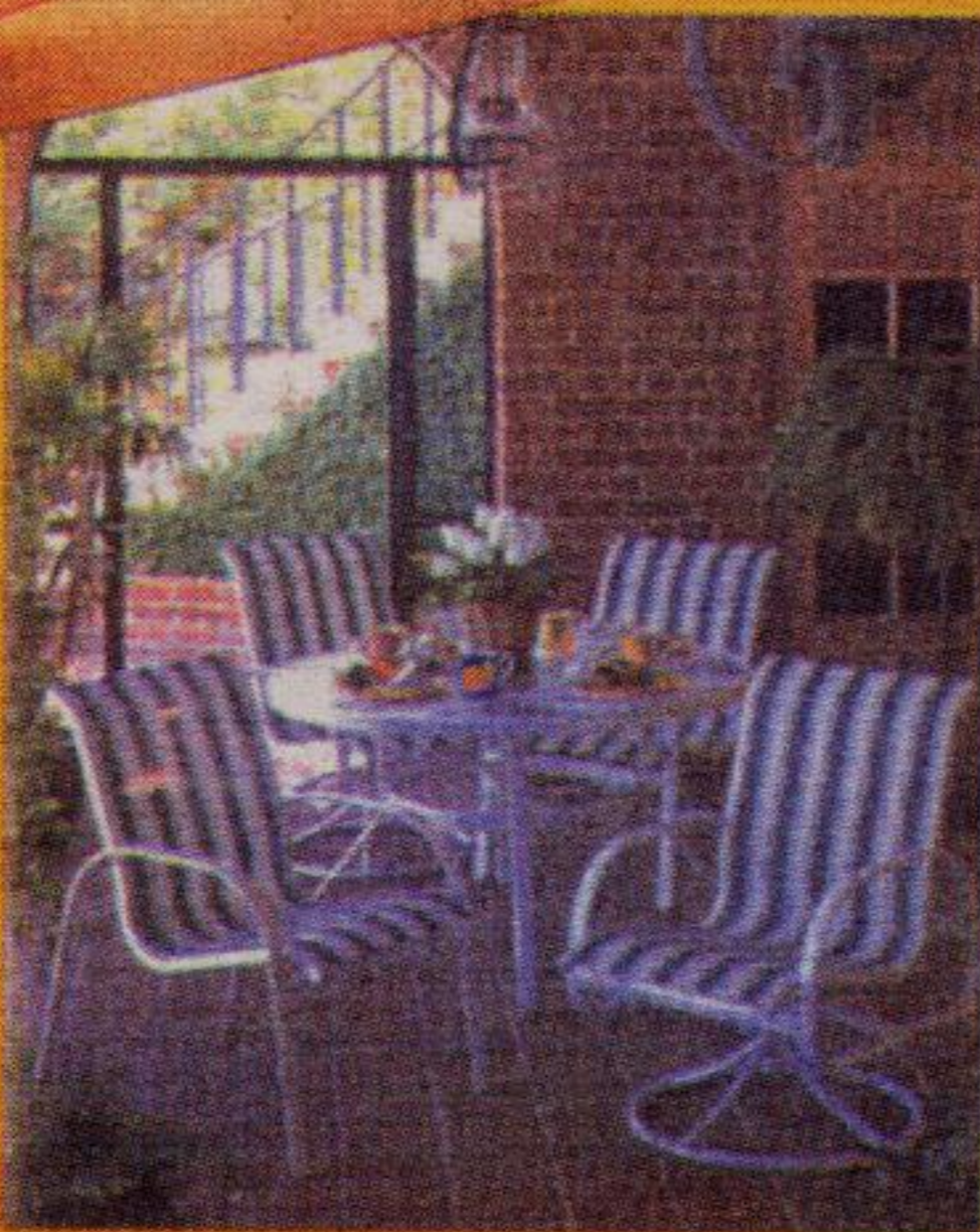


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A bouquet from your garden can be a bouquet on your plate

Did you know that many edible flowers can be used as a garnish and that many restaurants include flowers in their salads? Flowers are delicious with a little oil and a drop of flavored vinegar. Begonia, pansy, violet, nasturtium, and marigold are just a few of the many flowers that can embellish your plate or become an integral part of the dish.

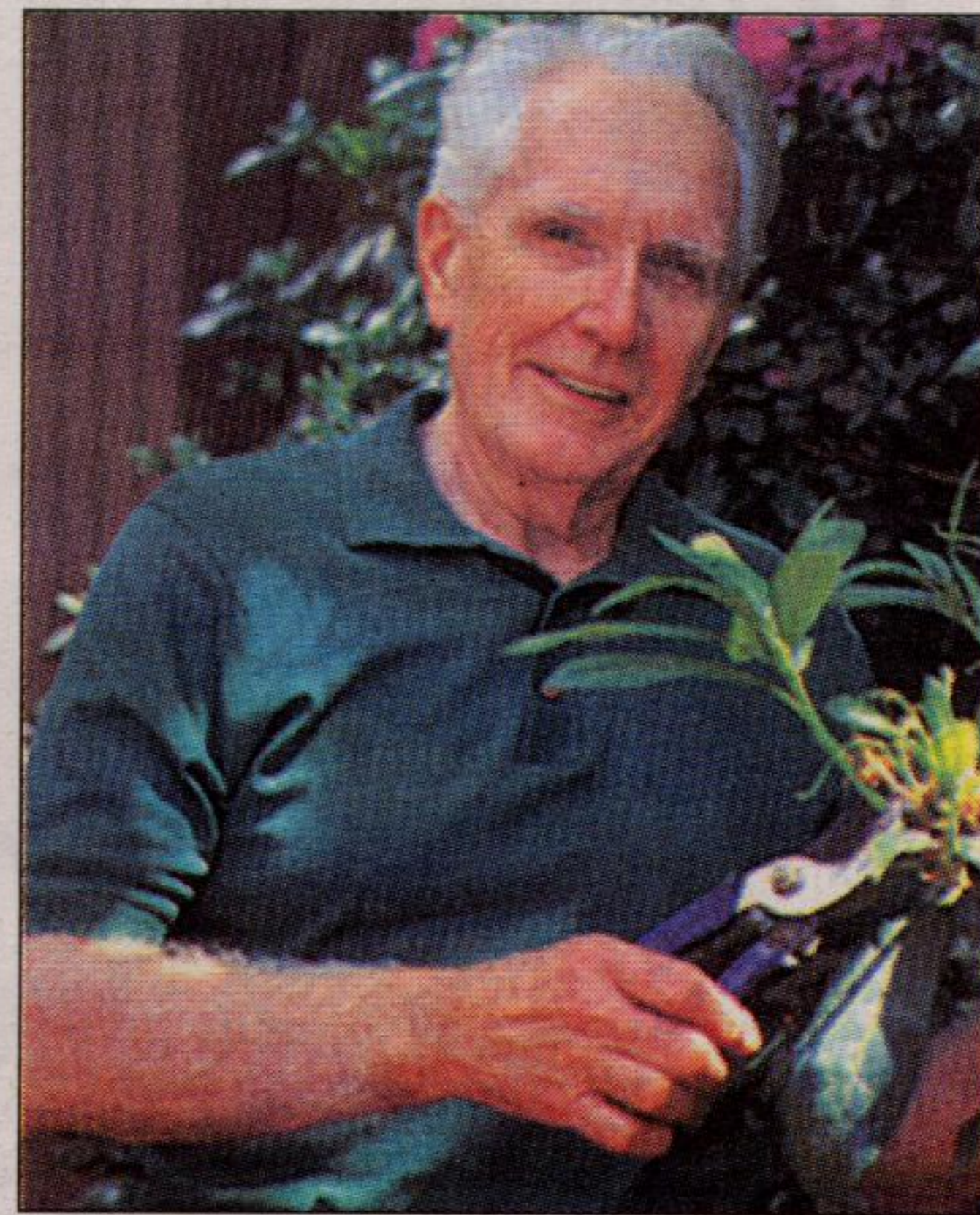
Tip: When nasturtiums are finished flowering, the buds can be marinated in flavored vinegar and used as capers!

Favorites

Many flowers are especially treasured for their scent: aniseed, arugula, basil (the whole family) beebalm, borage, calendula, chives, fennel, scented geranium, lavender, marjoram, mint (the whole family), oregano (the whole family), edible pansy, purple perilla, rosemary, sage (the whole family) and thyme.

Besides their contribution to the beauty of your garden, scented and flavorful flowers and plants can add spice and variety to your menu. Here is a brief list of some edible plants and flowers and ways you can use them:

Begonia (flower) in fruit salad; Nasturtium (bud, seed and leaves) in salad and butter, stuffed, candied; Corn poppy (petals) as garnish and in syrup; Fuchsia, candied, marinated and as garnish; English wallflower, in salad and candied; Gladiolus in salad, stuffed and as garnish; Impatiens (flower) as garnish; Mallow in salad and candied; Pink, in salad and butter, candied; Geranium,

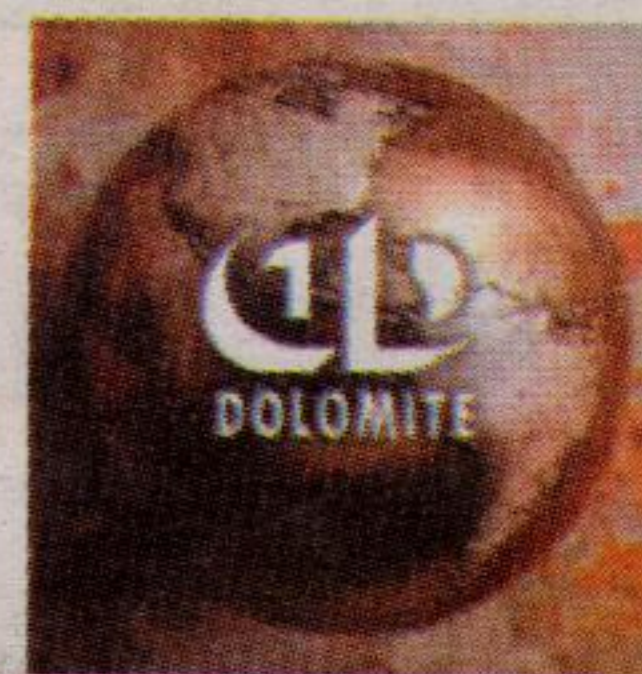
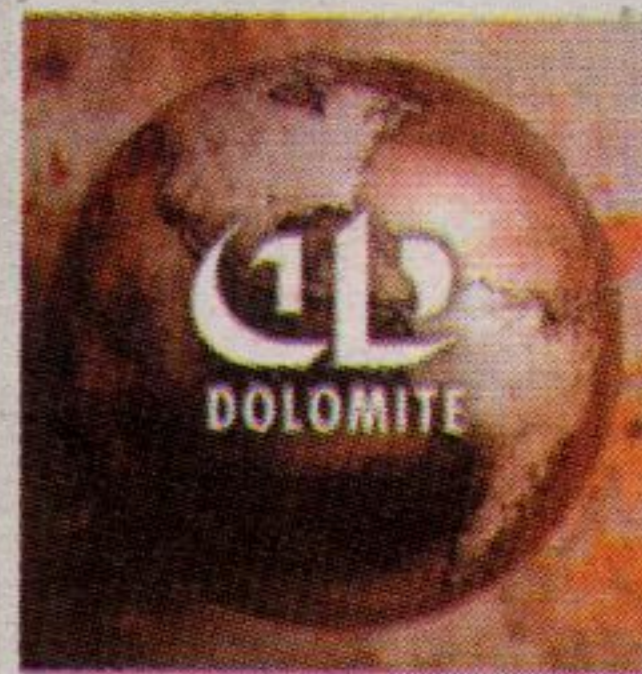


in salad, candied, blossom water (the leaves of scented geranium can be made into tea); Pansy (without the stalk) in salad and butter, candied; Dandelion (young leaves and buds) in salad and candied; Marigold (bud) in salad, soup, butter, sauces, drinks and biscuits, as a substitute for saffron; Marigold in salad, tea and as garnish, as a substitute for saffron; Sunflower (seeds) in salad and soup; and Violet (leaves) in salad, vinegar, tea, butter, jelly and syrup.

Note: Decorative flowers bought at florist shops are not edible because they have been sprayed with pesticides. Some flowers, such as petunias, are also toxic.

Fine herbs, packed with vitamins!

See EXPAND, pg. 9



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