



HOME and GARDEN

The ancient Egyptians were one of the first civilizations to discover the secret of edible flowers. The Romans and Japanese also used petals in their recipes. Today, edible blooms take second place to vegetables and climbing roses. Surprisingly, many of the foods we eat are actually derived from flowers: from cloves and saffron to broccoli, artichokes and rose water. Unfortunately, with the dawn of the refrigerator, a wider variety of foods suddenly became available year-round,

and edible flowers started losing their popularity. But today, blooms are reclaiming their place on our plates.

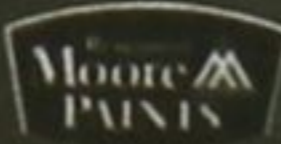
That doesn't mean all flowers are edible, however. Before taking a bite out of any bloom, be sure it's truly edible. Despite their attractive appearance and delicious scent, many flowers are actually quite toxic and can cause serious illnesses. Whether picking them yourself or buying them in a store, it's always best to select flowers that are specifically identified as edible.

Some flowers are good enough to eat

The best time to pick edible blooms is in dry weather-at sunset or in the morning when the dew has evaporated. To best preserve their flavour and freshness, pick them just before serving. If you're growing your own edible flowers, avoid using pesticides or chemical fertilizers-unless you want to dine on poisonous substances.

A few edible flowers: Begonia, Nasturtium, Chrysanthemum, Stocks, Hosta, Daisy, Hollyhock, Marigold, SunflowerTulip and Violets

Benjamin Moore
The Colour Experts



Experience the Ultimate in Style during our

French Country Event

French Country starts with colours inspired by the earth, sea and sky. It's the essence of natural comfort with a little savoir faire.



Custom Windows Consultant
Sandra Sealey

In Home Color Consultant
Kerry Turner

Inside Out Decorating

UNDER NEW OWNERSHIP SAME GREAT STAFF
6296 MAIN ST. STOUFFVILLE 905-642-5883

In-Home Decorating Consulting Service

Hours:
Mon-Fri: 9am-6pm
Sat: 9:00-5:00
Closed Sunday

In store draw at the end of promotion for A Gift Basket. Value \$300

ADVERTORIAL

YORK BLOOMS

3472 STOUFFVILLE ROAD
STOUFFVILLE, ONTARIO
905-927-2076

By Bridget Hijazi

It's time to start thinking about your garden and here at York Blooms, a new gardening experience in your area, we're ready.

It's been a long cold winter but spring is finally here at last and I'm sure you're all ready to get busy in the garden.

Here at York Blooms we have a wide range of plants from Pansies to Geraniums, many types of vegetables and 100's of perennials to choose from. We have many hanging baskets full of wonderful flowering plants.

We also carry a large supply of garden products from fertilizer to soil and a large selection of garden pots.

It's time to start thinking about your grass. Drop by and pick up some grass seed to correct all your problem areas.

If you like to bring the garden indoors we have a wide selection of indoor tropical houseplants.

Don't have the time it takes to plant your garden this year? Drop by and talk to Suzi about her landscaping ideas. She'll drop by your home and do it for you. Ever thought about a pond in your back yard? Well, drop by and look at ours. You'll be amazed at what you can do.

Mother's Day is just around the corner, so why not pop in and talk to Anja, our florist. She has some amazing Mother's Day ideas and, for a small charge, we are able to deliver that special gift to your mother.

So why not drop in now for a tray of pansies and see what else we have to offer. You will not be disappointed. Talk to our friendly staff. We are only too willing to answer your gardening questions.

Ibrahim and Bridget and staff look forward to serving you this season.

Home Elements &

ADDISON CUSTOM IRON

For all your spring decorating ideas, we have a large selection of ironware, glassware, candles, baskets, furniture, and much more!

Come in, see what's new and save

Up to **40%**
on selected items

(905) 642-7072
86 Ringwood Dr., Unit 29
Stouffville