Violet Syrup

By OSGF Chef and Organic Farm Assistant Saskia Poulos

Directions:

Cover the violets with the water, pressing down with a utensil to encourage all the flowers to be submerged by the water. Let sit at room temperature 8 hours or overnight, using a weight if necessary to ensure the flowers stay submerged. Strain the violets through a fine sieve, pressing on the flowers to extract all the beautiful blue-ish/purple liquid. Measure the liquid yielded with a measuring cup, and match the volume with sugar (basically, a 50:50 ratio of violet water:sugar). Put in a small pot, and heat to dissolve the sugar. If you would like the violet syrup more purple in hue, add freshly squeezed lemon juice.

Ingredients:

- 2 c lightly packed violet flowers, no stem
- 1/2 c boiling water
- White sugar (amount depends on violet liquid yielded)
- Freshly squeezed lemon juice, optional