



Tea Times

In this session we are giving you four recipes for our hospitality tea: Glazed Lemon Lavender Scones, Edible Flower Cookies, Viola Tea Sandwiches, and Flower Garden Fruit Cups, with bonus floral tea ideas!

We will also have three Storytime teas and a Fairy Tale Tea:

Storytime Tea 1: *Through the Looking Glass*, Chapter II: "The Garden of Live Flowers" by Lewis Carroll

Storytime Tea 2: *Anne of Green Gables*, Chapter XX: "A Good Imagination Gone Wrong" by L.M. Montgomery

Storytime Tea 3: *Heidi*, Chapter III: "Little Bear and Little Swan" by Johanna Spyri

Fairy Tale Tea: *The Yellow Fairy Book*, "The Flower Queen's Daughter" by Andrew Lang

"A truly good book is something as natural, and as unexpectedly and unaccountably fair and perfect, as a wildflower discovered on the prairies of the West or in the jungles of the East."

~ Henry David Thoreau

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Glazed Lemon Lavender Scones



Ingredients

2 c all-purpose flour
5 T granulated sugar, plus 1 tsp
1 T baking powder
1 tsp salt
Zest of 1 lemon
1 ½ tsp dried culinary lavender
1 tsp vanilla extract
6 T cold butter, cut into small pieces
⅔ cup and 1 T Half-and-half

Vanilla Glaze

1 tsp vanilla extract
¾ c powdered sugar
3-4 T heavy cream

Directions

Preheat the oven to 425°. In a bowl, whisk together flour, baking powder, sugar, and salt. Add lemon zest and dried lavender. Stir. Add butter and cut in with a pastry blender or two knives until it resembles coarse crumbs. Stir in ⅔ c half-and-half and vanilla extract until just moistened.

On floured surface, knead dough gently 5 to 10 times, then pat into a 1-inch-thick round. Cut into 8 wedges; place on a parchment-lined baking sheet, 2" apart. Brush tops with 1 T half-and-half, then sprinkle each scone with sugar and a few lavender buds.

Bake until golden brown, 12-15 minutes. Cool on wire rack. Let the scones cool completely and then pour glaze onto scones.

Vanilla Glaze

Combine powdered sugar, vanilla, and 3 T of heavy cream in a small bowl and whisk together. If glaze is too stiff, add additional T of heavy cream. It should be about the consistency of glue.

Edible Flower Cookies



Ingredients

Dough

- ½ c sugar
- 2 T orange zest
- 1 T lime zest
- 1 c butter, softened at room temperature
- 1 T pure vanilla extract
- 2 ½ c all-purpose flour
- ⅛ tsp fine salt
- 1 T minced mint leaves (optional)

Flower Topping

- Fresh pansy blossoms or other edible flower of choice
- Mint leaves (optional)
- Sugar for sprinkling
- 1 large egg white, lightly beaten

Directions

Preheat oven to 325°F and line two baking sheets with parchment paper or silicone baking mats. In a medium bowl, stir together the sugar, orange zest, and lime zest to make a citrus sugar mixture. Transfer the citrus sugar to the bowl of a stand mixer fitted with the paddle attachment. Add the softened butter and vanilla, then beat together on medium for 3-5 minutes until light and fluffy.

Add the flour mixture and continue mixing on medium-low until a cookie dough consistency is formed. Dough should be moist but firm. (If you feel it is dry add 1 T of milk. Dough should NOT be sticky.) Remove the dough from the bowl and divide into two halves. Shape each half into a disc and wrap in plastic wrap. Chill the dough in the fridge for 30 minutes.

Place one half on a gently floured surface and roll out to ¼ inch thickness. Use a 2.5-3 inch cookie cutter to cut out as many cookies as you can. Transfer cookies to baking trays, spacing 1-2 inches apart. Brush a thin layer of beaten egg onto the center of each cookie, then gently press a flower blossom slightly onto the surface. The back of the blossom may need to sink into the dough for petals to lay flat. Sprinkle lightly with sugar.

Place the entire tray into the fridge for 10-15 minutes to make sure cookie dough is cold before baking. Bake for 14-16 minutes or until edges start to become slightly golden in color. Place cookie sheet on a wire rack and let cool for 5 minutes. Then, using a spatula, transfer cookies off the pan and directly onto the wire rack to cool completely.



Viola Tea Sandwiches

Ingredients

½ cup cream cheese, softened
1 tsp fresh lemon thyme or chives
¼ tsp cracked black pepper
¼ c violas, chopped
4 slices bread, crusts trimmed and cut into quarters
Toppers: radish slices, cucumber slices, whole viola flowers
Flaked sea salt (optional)

Directions

In a small bowl, stir together the cream cheese, lemon thyme, and black pepper. Stir in chopped violas. Spread over bread slices. Add toppers. Sprinkle with flaked sea salt.

Flower Garden Fruit Cups

Ingredients

Cantaloupe
Watermelon
Red grapes
Green grapes

Materials

Small clear cups
Toothpicks
Small flower-shaped cookie cutter



Floral Teas

For your teatime session, consider including some delicious floral teas! We have included a list of simple floral teas that can be found at a local grocery store, as well as some recipes to make your own floral tea at home!

Lavender Tea

1 tsp dried lavender flowers
6 oz water

Directions

Steep 1 tsp of dried lavender flowers in 6 oz of hot water for five minutes. Sweeten with honey and enjoy!

Chrysanthemum Green Tea

6 dried chrysanthemums
1 bag green tea
8 oz water

Rosebud White Tea

6 dried rosebuds
1 bag white tea
8 oz water

Osmanthus Black Tea

1/2 T dried osmanthus flowers
1 bag organic black tea
8 oz water

Bring water to a boil, then let it cool for a couple of minutes. Steep 1 tea bag and the dried flowers in hot water for 2 to 3 minutes. (If you want a stronger floral note, remove the tea bag and continue steeping the flowers for another 1-2 minutes.) Sweeten with honey.



Easy store-bought floral teas include:

- Jasmine
- Dandelion
- Hibiscus
- Rose
- Chamomile