

---

## Living Homegrown Podcast – Episode 161 Create An Extraordinary Ornamental & Edible Landscape

Show Notes are at: [www.LivingHomegrown.com/161](http://www.LivingHomegrown.com/161)

Theresa: This is the Living Homegrown Podcast episode 161.

Announcer: Welcome to the Living Homegrown Podcast where it's all about how to live farm fresh without the farm. To help guide the way to a more flavorful and sustainable lifestyle is your host, national PBS TV producer and canning expert, Theresa Loe.

Theresa: Hey there, everybody. Welcome to the podcast. I'm your host, Theresa Loe, and this podcast is where we talk about living farm fresh without a farm. Now, that includes organic small space food gardening and artisan food crafts like canning, fermenting, and baking homemade bread. It's all about the different ways that we can live closer to our food and take small, delicious steps towards living a more sustainable lifestyle. If you would like to learn more about any of these topics or my farm fresh courses, my online business coaching, or my Living Homegrown membership, just visit my website, [livinghomegrown.com](http://livinghomegrown.com).

Today's episode is all about extraordinary ornamental edibles. We're going to chat about some of the different plants that we can put into our gardens that are beautiful landscape plants that also happen to be edible. Now, many of us already grow vegetables and maybe some fruit in our backyards, but the thing is is that you can get really stuck with rows of vegetables or just having an apple tree or something like that and there are so many other plants that we can add to our landscape and make our backyards and our front yards absolutely gorgeous and they just happen to also have maybe some fruiting berries, or edible leaves, or edible pods. You get the idea.

So I wanted to have us kind of look outside the box of just growing rows of vegetables. I personally do not have rows of anything in my front or my backyard. I have a very tiny space. I grow on 1/10th of an acre in Los Angeles, my Los Angeles property, and so I do not have rows of vegetables. I plant in drifts and in groupings, but I also mix in perennial plants. You know, things like blueberries that would be considered a perennial edible. Things like that I mix into my landscape so that I have a beautiful landscape, but there are things in there all over the place that are edible. You might find celery growing right next to scented geraniums, things like that.

Now, I didn't want to just talk about herbs or some of the typical edibles that you might be familiar with. I wanted to talk to you about some of the things that

you may never have heard of or that you never realized were edible. In fact, I brought on author Mike Lascelle because he has a brand new book on this topic and as I was thumbing through his book, I discovered that there was a tree I just planted in my yard that happens to be edible and I didn't even know it. Now, Mike's book is called *Extraordinary Ornamental Edibles*, 100 Perennials, Trees, Shrubs, Vines for Canadian Gardens, but we are not just talking about Canadian gardens here. Any of the plants that we discuss and all of the plants that he has in the book can really be grown anywhere. It's a matter of just picking the right plant for your particular growing conditions and we'll talk about that in today's episode.

Now, as Mike and I chat, he does rattle off some of the botanical names and I will make sure that all those botanical names are written out properly in the transcript for today's episode. So to get the transcript and information about Mike's book, you can go to [livinghomegrown.com/161](http://livinghomegrown.com/161) and everything will be there for you in the show notes.

Now, let me tell you a little bit about Mike. Mike is the nursery manager at Amsterdam Garden Center in Pitt Meadows in western Canada. He is also the author of two books, *A Place in the Rain: Designing the West Coast Garden* and his new book, *Extraordinary Ornamental Edibles*. He is also a garden columnist for *Maple Ridge News* and has written numerous garden articles in *Canadian Gardening*, *Garden Wise*, and *Gardens West*. He is also an ISA certified arborist, has a diploma in horticulture in urban forestry, is a BC Red Seal landscape horticulturalist and has over 35 years of experience. So in other words, he knows plants really, really well and he can answer all of our questions. So I wanted Mike to come on here and just kind of share what some of these plants are and how we can grow them just to kind of open your eyes to some of the possibilities of what we can put into our garden.

Now before we dive into the interview, I just want you to know that today's podcast episode is brought to you by my Living Homegrown Institute, which is my monthly membership site where you can have access to an entire library of monthly masterclasses. Now these classes will help you live farm fresh without the farm and they cover everything from how to grow heirloom tomatoes and raise chickens to how to make your own cheese, yogurt, or even ferment vegetables. Now, I believe that living an organic farm fresh lifestyle is really just a journey in learning and as we learn these different skills, there are three distinct stages for our learning growth.

We start out being curious. We move into experimentation and eventually we grow into mastery of these different skills. If you're looking to create your own farm fresh lifestyle for yourself and you're curious where you may fall on the growth scale of these different skills, I have a free resource for you. It's my farm fresh success path that my students use inside my learning institute and it will help you decide where you are on your own journey, the characteristics of that

---

stage, and some action steps that you can take to get to the next level. To get the success path PDF, just go to [livinghomegrown.com/path](http://livinghomegrown.com/path). That's P-A-T-H, and you can download it there for free.

Okay, so let's dive into looking at some of the different plants that we can add to our own backyards that are edible and ornamental at the same time. Here's my interview with Mike Lascelle, the author of *Extraordinary Ornamental Edibles*.

Hey Mike. Thanks so much for coming on the show today.

Mike: Well, thank you for having me, Theresa.

Theresa: I was really excited about your book because I think, and you even say this in the book, I think it's so important that people remember that there are other plants other than vegetables that they can grow in their backyard. So many of my listeners grow a lot of vegetables, but there's a whole slew of perennial plants that they can put in their garden and so many of them are beautiful as well as edible and they can mix them in with their landscape. So I'm very, very excited to have you come on and talk about this. Where I'd love to start is what made you decide to write a book about perennial edibles?

Mike: Well, I live in the Vancouver area, the most expensive real estate in all of North America and I am married with three daughters. Our three daughters just moved out and my wife and I just downsized to a townhouse. So I have limited space so I have to combine anything I wanted to eat with the ornamental garden. So we grow fruit trees and plants and we have edible ornamentals throughout the garden. Plus I work as a nursery manager and I have a lot of young couples in the same sort of fix. They can only afford a townhouse or a condominium and they have very limited space to grow their edibles. So the edible ornamentals really in high demand right now.

Theresa: Makes sense on so many levels. I know I live at the beach in Los Angeles and so we have a very small footprint and I've done this myself. There's so many plants that I've put in because they're beautiful, but they also have that edible aspect and it's kind of fun when you have people over and you're like, oh, taste this. They had no idea. In fact, one of the plants I'm going to ask you about today is a small tree that we just added to our landscape that I had no idea was edible until I saw it listed in your book. So we'll talk about that as well, but yeah, I think that's a common problem for a lot of people in urban areas and this gives them a way to have something beautiful and still be able to have it be part of their edible landscape as well. So that's really, really fun.

Now we're going to be diving into some different edibles. Some of them may be things that are familiar to some people in certain parts of the country. I know

you're in Canada and we're here in the United States, but I have people from all over the world who are listening and I first wanted to pointed out that with your book, even though it's really focused on Canadian gardens, you give all of the zones and the growing conditions. So really anybody can use this book. They just need to pick for their zone, correct?

- Mike: Yeah. It's USDA zones actually, because I like the zoning better from the Agriculture Department in the US. It's zones three to eight, so this applies throughout North America and Europe also.
- Theresa: Fantastic. Yes and so some of the plants might be familiar with people. They might go, oh, that's very common in my area, but the ones I wanted to ask you about, I tried to pick ones that maybe are not real common to people. So whenever someone is starting to taste or eat something that they're not familiar with, I know you have some tips for people trying something new for the first time. What do you suggest for people, you know, when they're first starting to try eating something that maybe is not a normal thing that they would buy at the grocery store?
- Mike: Yeah. You always want to start out with small amounts because you never know if you're allergic to something. If you already have preexisting food allergies you want to be doubly cautious and then well just with the natural chemicals that we have in plants, children under, say 12 or under, pregnant women need to be doubly cautious and you need to positively ID the plant. There are a lot of plants with several common names, you know, jasmine officinale or common jasmine, that name applies to many plants, but only the flowers from the common jasmine are edible and other like Carolina jasmine flowers are poisonous. So a positive ID is really important and you've got to stick to that Latin or scientific name.
- Theresa: Really good point. Yes and I know people will sometimes get intimidated by the Latin names but, you know, they don't have to be able to pronounce it, but they that they definitely need to be able to ID it. That's a really good point and I know there are some plants, certain parts are edible like the flower or the berry might be edible, but the leaves can be toxic or poisonous. Isn't that true too?
- Mike: Yeah. You just take your common rhubarb. There's so much oxalic acid in the leaves, but we're eating the stalks all the time and that. So that can apply to even very common foods that we're familiar with.
- Theresa: Yeah, and I noticed in your book you also pointed out something which I don't normally think of, but is a really good point and that is that some things need to be cooked to be safe.

---

Mike: Yeah. Well, you mentioned the red bud earlier, the seed pods, they have natural saponins which are a bit of a toxin, but when they're lightly cooked and eaten in moderation, they're perfectly safe.

Theresa: Yeah, very good point. Yeah. So whenever you're looking to start any of the plants that we might talk about here or if you are doing research online, you want to make sure that you understand all the plant and that you are identifying the proper plant. So, you know, going out in the wild, you really need to know what you're doing, but even if you're buying something at a nursery you want to make sure that you have the exact plant that you're really looking for when it comes to being edible and also being organic. You know, most of my listeners are organic. They don't spray with any chemical sprays that are non organic. So you want to make sure if you're putting something on your plate that you know where it came from and what's on it. So really good points.

I also wanted to point out something else that I think is really important and that is that some plants that we might talk about or that you have in your book might be invasive in certain areas. So you always want to check with that too, you know, someone might be ordering something on the internet and not realize that in their particular climate that plant can become invasive.

Mike: Yeah. A lot of the plants, Japanese silverberry, *Elaeagnus umbellata*, is a terrible invasive in dry parts of the United States, it's banned in many states and in Alberta up here in Canada, but here in coastal British Columbia, it's not a problem for self seeding. So you want to check your local agricultural regulations in regards to planting.

Theresa: Absolutely, yes, because especially where, you know, you might be picking something that's very unusual for you and there might be a reason behind that. You just want to be really smart with all your choices. So awesome. Okay, so now we got all the safety thing out of the way. I would love for you to, I just want to like rattle off some different plants and chat about them. One that you had in your book was called clove currant and this was not something that was familiar with me. Could you tell us about that plant?

Mike: Yeah. The clove currant or *ribes odoratum*, even five, six years ago, I wasn't too familiar with it. It was shipped to me by mistake or as a substitution. I work as a nursery manager and I had ordered *ribes nigrum* or blackcurrant for my spring booking. What came was the *odoratum*, so I kept it because it did have black fruit, but it's very distinct from *nigrum*, it has beautifully incised leaves. The flowers are an amazing bright yellow instead of that dull, sort of pinkish white of the regular blackcurrant and the fruit is huge. It's probably three quarters of an inch and it's got a blackcurrant taste, but it's much, much spicier. Much better tasting and on top of that all, in the fall it turns this gorgeous burgundy. So I had

a hard time selling these to my customers until they actually were able to taste the fruit and then they were just out of the nursery really quick.

Theresa: Yeah and I think the foliage would definitely turn someone on because it would be so striking all year long.

Mike: Yeah. Well, in early spring you've got these bright yellow flowers and then come fall, burgundy foliage. There's something going on for at least three seasons of the year.

Theresa: Yeah. Fantastic. Now what type of growing conditions does it need? Does it grow like a regular currant?

Mike: Yeah, pretty well the same conditions. So you want to at least part to full sun, good air circulation because there are always rust concerns. The species will get about six feet. What you're most likely to come across is a variety called Crandall, which can be maintained between three and five feet, but the sun factor and good air circulation those are important.

Theresa: Fantastic. I love that. Yeah. I had never heard of that one, so I'm going to have to look that one up. Now another plant might be very common to people. It's hops. I wanted to ask you about hops. Now a lot of people know that hops is used for beer making, but I don't think people realize how strikingly beautiful it is in the garden. Even in my tiny garden here in Los Angeles, I grow hops and I also love to grow hops along fence lines up in our property up in northern California because it's absolutely gorgeous. Even if you're not going to make any beer with it or do any sort of fermentation, it's beautiful in flower arrangements and things like that. Like I pick the hops, I dry the hops, they hold up really well. So what about hops? Do you find that most people are pretty excited about growing that or do they not know what to do with it?

Mike: No, golden hops have been really popular for at least 20 years here. I mean you get those bright chartreuse foliage year round, but with the beer locally, we have a lot of microbreweries, so there's a lot of interest in growing hops for beer, but as an edible, if you pick an ordinary variety, say an aroma hops, maybe not a bittering hops like cascade, you can actually eat the shoots. The cones can be brewed fresh into a really nice calming tea.

Theresa: Ah, I did not even know that. That's fantastic. Well, yes, and I encourage people to grow it because it's absolutely beautiful but it's also fairly easy to grow. Mine does die back even though I don't get snow, but it always comes back. What type of growing zone does it need?

Mike: Yeah, it's hardy to zoned four, even zone three. I'm an army brat, I grew up across the prairies and everywhere I lived, every clothesline pole had a hop

---

growing on it for some reason or another. Then we moved to Chilliwack in the Fraser Valley, at that time in the early seventies, it was a major hop production area. There were acres and acres of hops. So really what you need, you need, again, sun, you need some sort of stringer to grow it on. Hop vines are, up here in Canada they're herbaceous, they die down, but they'll put on 20 feet a year once they're established. So most people here in a home garden scenario or running a string to a second story roof and growing them up there and then cutting them down when the hops are ready for harvesting in late summer or September.

Theresa: Fantastic. Yeah, so I grow mine along fence lines because I don't have a second floor, but so I grow it along the fence, but it is very easy. Like I don't want people to get turned off. It's very easy to control and like you said, you can chop it down every year and it'll just come back. So it's very easy to grow.

Mike: Yeah, those new shoots can be a pain as you know, they like to spread, but they're quite edible. Hop shoots tastes like asparagus and bean sprouts, but you have to pick them say at three to four inches before they get too terribly hairy, and then they cook up really well with a little butter or in a stir fry.

Theresa: Fantastic. Love it. Okay. Well now the next plant I wanted to ask you about was redbud. Like we mentioned before, I just planted a forest pansy redbud in my front yard because it's absolutely gorgeous and it just looked really stunning against my gray house. Then I am flipping through your book and there it was listed as an edible. So tell me about that because I had no idea.

Mike: Well, you picked the best variety. I love forest pansy. I've been planting it as a landscaper for over 30 years. So you get that beautiful shellacked burgundy new growth on it, heart-shaped, but not only are they beautiful ornamental trees, they're quite edible. The young flowers that come before the leaves emerge taste like English pea and honey combined. So you can just pick them right off the tree, throw them in a salad. My daughter makes fritters out of them or throws them in pancakes and they're absolutely delicious. Afterwards, the seed pods, which depending on the year, there are not always as many as you might like can be picked when they're about three to four inches long. You don't want to get them when they get too too woody. Again, they do need to be cooked and eaten in moderation because there are natural saponins in this tree.

Theresa: Wow and so the flowers, if anyone has never seen a redbud, what it does is the tree itself is just sticks in the winter and the first thing that comes out is not the leaves but the flowers. So you immediately see little bits of red or pink coming through and then the leaves follow and the leaves are just absolutely stunning. A most beautiful burgundy that is very hard to find anywhere else and I have a burgundy front door so that's why I was attracted to it, but they absolutely are so lovely and they're one of the first things here in Los Angeles that really

---

flowers. They come out, I guess it's like April is when we start seeing the flowers all over the neighborhood, but absolutely gorgeous tree and to know that I can actually eat the flowers. I don't even know if I would do anything with the seed pods because they look quite ornamental on the tree, but the flowers, that would be really fun to do.

Mike: Yeah, there's nothing quite like that display of that deep magenta pink encrusting the branches. Almost silhouetting the branches, but there's lots of other good varieties, ornamental varieties, Hearts of Gold has bright chartreuse foliage. Silver Cloud, it's white and green variegation and then Ruby Falls is think of forest pansy, but with a weeping form.

Theresa: Oh, wow. That sounds beautiful. So it would be like a weeping forest pansy.

Mike: Correct.

Theresa: Wow. Okay. So gorgeous. Yeah, so I really encourage people to check that out if you have a little area that you would like to have a tree. We did not have a tree in our front yard and it took me a long time to pick something that I thought would really look stunning. I'd watched other people's trees in their front yard and now to know that it fits right in with my edible garden is even more exciting, so fantastic. Very, very good and mine grows in full sun here in Los Angeles. So it's a fairly easy tree to grow.

Mike: In our complex here, it's one of the street trees in the townhouse complex. So I literally forage the townhouse complex when I want something to eat.

Theresa: That's great. That's fantastic. Well, since we're on the subject of trees, there was another tree that you listed that I was not familiar with and that was the Yuzu tree. Can you tell us about that?

Mike: Yeah, it's a bit rare up here. So I'm involved with the tropical plants societies and you hear rumors about hardy lemons and of course in California that's reality, but up here in Canada we consider it a fantasy. So finally I tracked this gentleman down. He's a professor at the University of British Columbia named Michael Bostock. So this is a Citrus junos, so it's a hardy hybrid lemon. I visited him in his Point Gray home, his tree at that time was probably eight years old and maybe 10 feet tall. So what he gets is three inch diameter warty lemon fruits. There are a lot of seeds, but they have a lovely zesty lemon tangerine flavor. He doesn't protect it in winter. It's fine. I'll qualify that by saying he does live very close to the ocean so that mitigates temperature fluctuations. So it's about zone seven hardy. So up here in Canada, you know, lower levels in the south, it's practical.

- 
- Theresa: Fantastic. Yes, and I'm imagining that even though it has a lot of seeds, I know you said you can still squeeze it and get some juice from it, but also just the rind could be used in marmalade making.
- Mike: Yeah, he sells a lot of them to sushi restaurants. They use them in Japanese cuisine where it has a long history, but it makes a great marmalade, zest in drinks, but here it's not ready till late October or early November and his tree crops biannually, meaning it has two distinct forks. One fork will produce fruit one year and then the following year the other fork produces fruit. It's called alternates but I've never seen that before in a tree.
- Theresa: Wow. I love that. That's fantastic. Yes and so if you were to put it in a pot, let's say if you weren't quite zone seven, you could probably pot this up and if you kept it fairly small you could still bring it inside, but it would be hardier than a regular lemon, which is a little more difficult.
- Mike: Yeah. I know several gardeners that do grow them in containers. You don't quite get the same production, but they don't even have to bring them inside. They just pull them under the eave of the home and then the residual heat from the house is usually enough to buffer the winter.
- Theresa: Fantastic. Yeah. Especially if you had a brick or a cement wall where it would retain the heat. That would probably help keep it warm too. Oh, that's really good to know. Okay, cool. Well another plant that you had, which I have tried growing myself once and it's a lot of fun and that is growing your own tea. I thought this would be a fun one to talk about, even though I think you need zone seven for this plant, but I would love to have you talk about growing a tea plant.
- Mike: Yeah. Well first of all, you've got to get the hardier variety. So up here in Canada we have four varieties that I'm selling that are a solid zone seven. A few of them I think will even go down to zone six, so Tea Breeze, Blushing Maiden, which is a pink flowered variety. Korean Seedling, which is the variety that I grow and Sochi Seedling which comes from Russia. They're all great. They're all readily available so it gets down to sighting the plant properly. I grow mine in a container. It's got a western exposure so it gets a full day of sun and I do have a custom made sleeve for it for winter so that when things get below freezing for, say more than two to three days, I just cover it up and then when we get back to above freezing temperatures it comes off.
- Theresa: Fantastic. So this is the actual, the same plant that people grow for growing tea, but you would then use it to make green tea because black tea is I think fermented. So you wouldn't ferment the tea leaves, but you dry the tea leaves and then you can make green tea from that.

---

Mike: Yeah, it's a *Camellia sinensis* and then the variety is *sinensis*, so we don't get the assamica tea, the large leaf tea. That's more of a tropical species. What we're growing here has the smaller leaves, but it's been growing outdoors in say the local Vancouver VanDusen botanical Garden for decades since the mid seventies. It really isn't as hard to grow as some people perceive it to be, but yeah, it's very easy to make your own green tea. Traditionally you're picking the top three leaves, although I'll take up to the top five and you get three flushes in spring, summer and early fall. Tea aficionados will tell you, you can only drink the one from spring, but I'm not quite that fussy.

The next part of the process is you just want to wilt it. So you want to put those leaves on a straw mat or somewhere in the shade to just wilt and lose a bit of moisture for about two to three hours. Then this next process, shocking, which is just like a dry roasting, it's more difficult. I'll admit I have a gas range, so it's a little harder to, what you want to do is remove about 30 to 40% of the moisture. So you're taking those wilted leaves, putting them in a Teflon pan and heating them. There isn't a set time, it depends on the heat, but you're dry roasting, not to the point where you're actually causing the edge of the leaf to turn brown, but you're just reducing the moisture. It took me several tries to get that right, but yeah, it's doable.

After that, you just want to hand roll. So just think of rolling a cigar back and forth. You're taking a leaf and rolling it into a little bit of a cylinder and that breaks it down and makes it much easier for brewing. After that, you're ready to brew your own green tea and if you want to preserve that further, for say drinking in winter, you'd take that, bake it for 20 minutes on a cookie sheet at 250 degrees Fahrenheit and then you'd keep it in a jar. You know, a dark jar that's properly sealed.

Theresa: Okay. So after you've hand rolled it, that would be where you would make tea immediately.

Mike: Yes. That's when you'd make fresh tea or you want to use it up in the next couple of week sort of thing.

Theresa: Got it, got it. Okay but if we wanted to, like you said, save it for winter time, then we just need to dry it out further. We could do that in our oven and just watch it really closely so we don't end up burning it.

Mike: Yeah. The burning is more of the shocking, the dry roasting. I can truly attest to that. I think I burned two or three batches before I got the knack.

Theresa: Yeah, I'm sure it's very tricky. Like you have to learn as we have a gas stove, just how much of a flame and getting your timing just right, but that would be a fun project to do. Absolutely and then you could save this in a jar and then impress

---

your friends that you grew your own green tea when you serve it when they come over. I think that's really fun. Okay. So it's hardy to zone seven and you grow it in a pot and someone could absolutely do this even if they were in maybe zone six or five.

Mike: I wouldn't go down five. I might go for, you know, a microclimate in zone six. Yeah. Say a foundation planting sort of thing.

Theresa: Okay. Fantastic. Fantastic. Okay. Now let's talk about, there's another plant that you had in here and it's fairly common. Everyone knows ginger, but I wanted to bring it up because I know a lot of people want to grow ginger, but maybe they don't have the climate for it and you talk about two different gingers in your book. Could we talk about that?

Mike: Yeah. Well the hardy one, the Zingiber mioga is a common, well, not a common, it's a rare shade plant here, primarily ornamental. What's delicious about that particular plant is the flowers which are born at the base, which are a pale yellow, have a beautiful light ginger taste and you can also cut, and cook, and eat the stocks. The ginger we know, Zingiber Officinale, there are a few people growing it here. It's a little more difficult. We don't quite have the long hot summers that are required, but what's nice about it is, it is a shade plant. So, you know, we don't often have ornamental plants or edible plants for the shade.

So the ginger we know is a good crop, but you've just got to buy, so some people say they don't use store bought rhizomes because they've been treated with chemicals or growth retardants. I know people that do both. They import in organic and they grow from the store, and to be honest, once it's grown out in a cold frame, there isn't a lot of difference in the taste, but you need a lot of heat to break dormancy here. That's the tricky part here in coastal British Columbia.

Theresa: Ah, so you need the temperatures. How much heat do you need?

Mike: Yeah, yeah. The soil temperature really has to start warming up. So, I know people that just keep their rhizomes in shallow trays and they don't even bother planting them until they start breaking dormancy. So they actually have them in the cold frame where they're getting, you know, sort of ambient light that warm them up a little bit more just to kickstart them.

Theresa: Sure. Yeah because the warmth would just go down a few inches. So if they're shallow they would feel it.

Mike: Yes.

Theresa: Yes, absolutely. Well, it's a beautiful plant. So if you're able to grow it, it's beautiful, but then to be able to eat it as well would be really fun. Fantastic.

---

There is another plant that I wanted to mention and that was a linden. I am not familiar with linden.

Mike: Yeah, totally. Again, I'm foraging, I have a little cycling road not far from my house, so Tilia Cordata, or little leaf linden is a common street tree here. So I cycle by it, actually I learned linden from an old German customer of mine. I was asking him about elderflower cordial and he just kinda guffawed that off and said, "Oh, you want linden flowers, not elderflower." So I took his advice and went and picked them.

So the cordial is made from the fresh flowers and it's important that you get the flowers that are not faded, that are just opening and then you make sort of a sugar syrup, water and white sugar. You put the fresh shaken linden flowers, you really can't wash them because you lose some of the flavor. The zest of one or two lemons and then you slice what's left of the lemon and that would go into about two quart jars. That all goes in the fridge for about two days and then the flavor from the flowers infuses and then you take it out, you run it through a little bit of cheese cloth, and then you have your base cordial that you can add to sparkling water, champagne, white wine, what have you.

Theresa: Oh, that's really fun. So it sounds like it would be very refreshing with the lemon as well.

Mike: Yeah, it's an amazing taste actually. It makes a really good herbal tea too, again, with some qualifications because there are some natural chemicals in there, but the cordial I think is probably the best option of the two.

Theresa: Fantastic. Well Mike, I really appreciate you coming on today and sharing all of this because there's such a world of plants out there that unless we see it growing in someone else's garden, we wouldn't realize the value of it. That's what I loved about your book was that you had photos and really detailed information on how we can grow it and no matter what zone we were in, we could see if it would fit in our area no matter where we lived. So I really appreciate you coming on and sharing some of your knowledge with everyone today. Thank you.

Mike: No. Thank you for having me, Theresa.

Theresa: Well, I hope you enjoyed that interview with Mike Lascelle, the author of Extraordinary Ornamental Edibles. I'm going to have all of the Latin names that Mike mentioned in the transcript for today's episode and to get to the transcript, just go to the show notes at [livinghomegrown.com/161](http://livinghomegrown.com/161). You can get everything there including links and information about Mike and his books, and as a reminder, today's podcast episode was brought to you by my Living Homegrown Institute. If you'd like to get the free PDF success path that my



*Live farm fresh without the farm®*

---

students use inside my membership, then just go to [livinghomegrown.com/path](http://livinghomegrown.com/path) and I'll have it there for you for free.

So that's it for today's episode. I hope that gave you some new ideas and inspiration of things that you can plant in your own garden that are both ornamental and edible at the same time. Until next time, just try to live a little more local, seasonal, and homegrown. Take care everybody.

Announcer: That's all for this episode of the Living Homegrown Podcast. Visit [livinghomegrown.com](http://livinghomegrown.com) to download Theresa's free canning resource guide and find more tips on how to live farm fresh without the farm. Be sure to join Theresa Loe next time on the Living homegrown Podcast.