

Floral Water

In a pot, invert a small bowl or a small plate. Place an empty bowl on top of the inverted bowl or plate. Place flowers/petals all around the bowl, making sure not to put any flowers/petals in the bowl, and pour distilled water over the flowers/petals, enough to keep the plant material from burning, but not so much that you dilute the flowers too much. Place the pot on the stove and turn the heat on high. Place the lid for the pot on the pot upside down. As soon as the water boils, reduce the heat to a simmer. Place ice cubes in the inverted lid. As the ice cubes melt, ladle out the melted water and add more ice cubes. This will create a distiller effect and the floral water will drip into the empty bowl that is in the middle of the pot. Allow the flowers/petals to simmer for 30 minutes to 1 hour. Turn the heat off, take your bowl of floral water out of the pot and allow it to cool. Once the floral water is cool, place in a bottle and label. This can be used in a mister bottle for misting the skin or spray it on your pillow before going to bed. You can also use floral water in recipes as long as the flowers you are using are edible. Some great flowers to use are rose petals, lilacs, peonies, lavender and orange blossoms. Enjoy!



Recipe by Tonya Judd