

EDIBLE FLOWERS

Introduction

- I. "Yes, flowers can be eaten!" writes Kathy's Herb page. "They can be frozen into ice rings, made into jelly, or crystallized." How many of you have ever eaten a flower? (attention getting statement)
 - A. While at a formal dinner party last year, I had roses in my salad for the first time. I was so impressed and surprised, that I wanted to find out more about edible flowers and began researching the topic. (establish your qualification/credibility)
 - B. Who in here has eaten a flower? Who in here would like to try? You may think that this speech doesn't apply to you but I challenge you to try something new, the outcome may be better than you'd expect. (identifying with the audience, telling audience why they should care)
 - C. Today I am going to talk to you about the types of flowers that can be eaten. I will demonstrate how to crystallize flowers and then allow each of you to try this unusual treat. (thesis/preview)

The Speech that your teacher assigns may be a little different but the outline format is the same. Always check your assignment for details.

Every statement must be a full sentence

Body

- II. The first step is to select the type of flowers you will use.
 - A. According to *Edible Plants and Flowers*, written by Traci Vandermark, the following are safe flowers to eat: Begonia, Calendula, Pink carnation, Dandelion, Freesia, Fuchsia, Dianthus, Gardenia, Geraniums, Gladiola, Hibiscus, Honeysuckle, Violet, Viola, Nasturtium, Pansy, Rosemary, Sunflower, Tulip.
 - B. Many flowers are poisonous so be sure to avoid those: Anemone, Azalea, Buttercup, Caladium, Calla, Daffodil, Narcissus, Hydrangea, Iris, Ivy, Lily of the valley, Marsh marigold, May apple, Mistletoe, Morning glory, Mountain laurel, Rhododendron, Star of Bethlehem, Wisteria.
 - C. I have prepared a handout for you to take home with you to refer to all the edible and dangerous flowers. Never eat a flower if in doubt.

Be sure to cite your research in your speech
Never cite a web address.
Never use a wiki

Transition: After you have selected the type of flower, the flowers must be prepared. (be sure to include transitions between main points)

- III. Martha Stewart suggests that preparing your flowers properly assures a better result.
 - A. Be sure what you are using is free of pesticides or chemical sprays.
 - B. Pick them early in the morning while they are still moist.
 - C. The stem should be removed and in some cases, such as carnations, so should the pistil, stamen, and white part at the bottom of petals.
 - D. Flowers should be washed in a gentle, salt water bath.

Prepare a handout if there is a recipe or many items to remember

- E. Dip them in cold water for one minute and then put them whole in a glass of cold water in the fridge until they are needed.

Transition: Once they are properly prepared you are ready to create

- III. Crystallizing is one of the most popular ways to use edible flowers
 - A. Martha Stewart says in her column that crystallized edible flowers are an easy way to make any cake elegant.
 - B. Many people use them to set on o'derve trays as an eye-catching decoration.
 - C. They can be used in salads either whole or you can use just the petals.

Transition: For those who want to make food look elegant, they will be pleased to find the process is simple.

- IV. There are only four easy steps to crystallizing the perfect flower.
 - A. Select and prepare the flower; I prefer to use pansies and violets.
 - B. Cover flower in paste made from meringue powder.
 - 1. You can buy this at Hobby Lobby or Wal-Mart.
 - 2. It is in the cake decorating section.
 - 3. It costs between 4 to 7 dollars.
 - C. Coat the flower with extra fine sugar.
 - D. Shape petals in the form you want them.
 - E. Allow the flowers to air dry.

You should never have an "A" without a "B" or a "1" without a "2"

Transition: Once the flowers are dried they can be stored or used to create masterpieces right away.

- V. Flowers can be stored for future use.
 - A. In an airtight container, flowers will keep for up to a month.
 - B. For longer storage, you can freeze them up to six months.
 - C. If you use crystallized flowers on a cake be sure to put them on last minute or they will draw moisture and become soggy.

Conclusion

- VI. As you can see, decorating with flowers is a creative and easy way to make an elegant cake or salad.
 - A. In just four easy steps—select, cover, coat, shape-- you can have a masterpiece that can impress your friends and family. (Review, restate thesis)
 - B. For your next special occasion, remember, don't give your loved one a vase of flowers, but remember the way to the heart is through the stomach--give them flowers to eat! (Closing statement)

When you speak you WILL NOT use full sentences on your note cards but only brief points to remind yourself what to say.

End strong so we know when to clap