

BORAGE

- TYPE:** Annual
- SUN:** Full Sun
- HEIGHT:** 3 to 4 ft.
- GROWING IT:** Plant is easily grown in any soil, plant only needs moderate amount of water.
- PARTS USED:** Leaves and flowers.
- HARVEST:** Pinch leaves May to October, use fresh or frozen. Pick flowers when open.
- CULINARY:** Use chopped young leaves and flowers in salads or summer drinks. Young leaves taste like cucumbers. Flowers are edible and make an excellent garnish. Plant is rich in potassium, calcium, and other mineral acids.

TRY IT!

BORAGE AND CUCUMBER IN SOUR CREAM DRESSING

- 3 long cucumbers
- Salt
- ½ pint sour cream or plain yogurt
- 2 Tbs. rice vinegar
- ½ tsp. celery seed
- ¼ c. chopped scallions
- 1 tsp. sugar
- Salt and freshly ground pepper
- ¼ c. young borage leaves, finely chopped

Wash, score and very thinly slice the cucumbers. Salt lightly and let stand in a colander for 30 minutes to drain. Rinse off the salt and pat dry with paper towels. In a bowl, mix the remaining ingredients, adding salt and pepper to taste. Add cucumbers and toss lightly. Refrigerate 1 hour before serving. Garnish with borage or chive blossoms just before serving.

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