

Culinary Delights of Daylilies

For centuries daylilies have been used by the Chinese. They are, in fact, major ingredients in such famous Oriental dishes as Mu-Shu Pork and Hot and Sour Soup. The flavor the daylily buds and flowers varies with the variety. Generally, however, the buds have been compared in taste to something between green beans and asparagus.

Nutritionally daylily buds and blossoms have almost as much protein as spinach (3.1 grams compared with 3.2 grams), more Vitamin A than string beans and about the same amount of Vitamin C as orange juice.

If you are going to eat daylilies as part of your regular diet, there are precautions to take; please contact the American Hemerocallis Society for additional information. Do not eat any daylilies that have been sprayed.

GARNISH

Daylily blooms can float on top of punch.

Daylily blooms enhance the appearance of fresh food displays.

FREEZING

Daylilies freeze as well as any other standard garden vegetable and may be enjoyed throughout the year. When daylilies are dropped into hot water they have a tendency to open, so if you wish the buds to remain closed, pick them about two days before their normal time to open. To Freeze, bring blanching kettle to a rolling boil. Drop in only enough daylilies to be covered. After the water returns to a boil, blanch for 3 minutes. Remove and chill in cold water. Drain well and pack in freezer bags.

SAUTEED DAYLILY BUDS

2 Qts daylily buds

3 Tbsp. Butter

2 Tbsp. Scallions, chopped

Minced garlic to taste

1 tsp. Tarragon

1 tsp. Parsley

½ tsp. Salt

¼ tsp. Pepper

Wash and drain the daylily buds. Dry them and fry in a skillet with scallions and garlic. Sauté for 5 minutes. Add the tarragon, parsley, salt and pepper. Sauté further, shaking the pan for another 5 minutes. Serve hot. They make an excellent vegetable side dish. Makes 4 servings.