

# HERBALPEDIA

## SCENTED GERANIUMS

*Pelargonium spp.*

[pe-lar-GO-nee-um]

**Family:** Geraniaceae (Geranium)

**Description:** In their native habitat of the Cape of Good Hope, the scented geraniums are perennial. In most of the US, they are treated as annuals or tender perennials. The leaf form is highly variable and the leaf texture can be smooth, velvety or even sticky. It is the back of the leaf that releases the scent for which each geranium is known and named.

There are over fifty different geraniums with a rose odor. Some can reach a height of four feet in mild areas. They bloom in June and July in hues of lavender and pink. These are usually variations of *Pelargonium graveolens*.

Lemon geranium leaves are usually flatter, with edges more toothed than rose geraniums. They also bloom in June and July, often with pink flowers.

*Varieties:*



*P. betulinum* (camphor, birch-leaf):  
decongestant and digestive



*P. citronellum*: an upright, bushy species with strongly lemon-scented leaves about 3 ½ inches wide. Clusters of 5-8 purple-pink flowers with dark purple markings appear in summer. Height: 4-6 feet; 3 foot spread.



*P. 'Clorinda'*: early 20<sup>th</sup> century hybrid with a cedar-rose scent, bright green, round-lobed leaves about 2 ½ inches long, and bright rose-pink flowers, 1 ½ inch across. Height and spread 4 feet.



*P. denticulatum* (Balsam); lacy, fine-cut leaf. Height 2 feet. Light pine odor.



*P. odoratissimum* (apple): low-growing perennial with trailing flower stems and rounded, wavy-edged leaves which have a pronounced apple aroma. Small, white, red-veined flowers appear in spring and summer. Height 12 inches, spread 2 feet. It has astringent, tonic, and antiseptic effects, controls bleeding, promotes healing, and repels insects. Internally used for debility, gastroenteritis and hemorrhage Externally for skin complaints, injuries, neuralgia, and throat infections. Oil used in aromatherapy for burns, sores and shingles.



*P. crispum* (lemon): stiffly upright subshrub with numerous rough and crinkled, kidney-shaped leaves, ½ inch long, which are strongly lemon-scented. Pink flowers, ¾ in across, are borne in spring and summer. Height 24-28 inches; spread 12-18 inches. Leaves may be infused to make tea and used fresh to give a lemon flavor to sauces, sorbets, ice cream, cakes, fruit punch, and vinegar.



*P. crispum* 'Peach Cream': unusual fruit-scented cultivar with irregular creamy white

variegation; Height 24-28 inches; spread 12-18 inches

*P. crispum* 'Major': this differs from the species in having larger leaves, up to 1 inch long. The miniature version, *P. c* 'Minor', has a stiff, compact habit. Height 24-28 inches; spread 12-18 inches



*P. crispum* 'Variegatum': a cultivar with crinkled, cream-edged leaves and the same lemon scent as the species. Can be trained as a standard, reaching 3 feet. Height 24-28 inches; spread 12-18 inches



*P. 'Fair Ellen'*: Compact, elegant hybrid with divided balsam-scented leaves, which have a dark mark along the midrib. Pale mauve-pink flowers with deep pink markings appear in summer. Height 12-24 inches; spread: 24-36 inches.

*P. 'Fragrans Variegatum'*: Attractive silky leaves have irregular cream margins, which age ot

pale green; they have the same nutmeg-pine aroma as 'Fragrans'. Height and spread 12-16 inches.

*P. 'Graveolens'* (rose geranium): Upright subshrub with gray-green, rose-scented, triangular, toothed leaves up to 2 ½ in long. Pale pink flowers with two purple spots are borne in spring and summer. Dates back to the 1790s. Spread 2-5 feet; height 3-5 feet.



*P. 'Atomic Snowflake'*: sport with a gold variegation and a slightly distorted leaf edge. Lavender flower and lemon-rose scent. It will revert to 'Round-leaf Rose'

*P. 'Attar of Rose'*: fairly large plant with three-lobed leaves and a nice, strong rose scent with small lavender flowers.

*P. 'Both's Snowflake'*: also called 'Ice Crystal Rose': leaves are gray-green and deeply divided with irregular splashes of cream and white. Strong lemon-rose scent and small, lavender flowers.

*P. 'Candy Dancer'*: lemon-rose scented leaves that are deeply divided and fernlike. Single lavender flower and habit similar to 'Dr. Livingston', but more dense and compact.

*P. 'Charity'*: sport an old-fashioned-rose type that has large green incised leaves with a wide, gold edging. A robust plant with a rose

scent overlaid with lemon and small lavender flowers.

*P.* 'Crowfoot Rose': deeply cut leaves have a velvety texture and a scent between rose and lemon-rose. The small lavender flowers are borne in such profusion that they can exhaust the plant; helpful to debud if plant looks unhealthy.

*P.* 'Peacock': cultivar nearly identical to 'Both's Snowflake' but has whiter stems and petioles and grows more upright. It has a deeply incised leaf with a cream to white sporadic variegation, rose to lemon-rose scent, and small lavender flowers.

*P.* 'Round-leaf Rose': large, soft, slightly fuzzy leaves have shallow lobes and a good lemon-rose scent. Sometimes sold as 'Round-Leaf Orange', though there is no orange scent. A large and trailing plant with single lavender flowers.

*P. capitatum* (wild rose): low, spreading, evergreen, perennial with velvety, crinkled, rose-scented leaves up to 3 inches long. Mauve-pink flowers,  $\frac{3}{4}$  in across, are borne in clusters in summer. Height 1-3 feet, spread 1.5-5 feet. Internally used as a traditional Cape remedy for minor digestive ailments and kidney and bladder disorders. Externally for rashes and calloused and cracked skin. Oil is a major component of geranium oil, used in aromatherapy and skin care

*P.* 'Fragrans' (nutmeg): Erect subshrub with gray-green, silky, rounded leaves, which have a spicy, pinelike aroma. White flowers, about  $\frac{1}{2}$  in across marked with 2 red lines, are borne in spring and summer. Height and spread 18 inches. Externally used as a rub for aching feet or legs. Leaves give flavor to paté and a spicy flavor to coffee.



*P.* 'Galway Star': Outstandingly attractive, with small cream-edged, toothed leaves, deeply cut and with a strong lemon scent. Flowers are pale pink, with cerise and purple markings. Height 18-24in; spread 12-18 in.



*P.* 'Lady Plymouth': First recorded about 1800, this hybrid's triangular leaves have irregular cream margins and a minty rose-lemon scent. Grey Lady Plymouth has mainly gray-green foliage. Height 3-5 ft; spread 2-5 feet

*P.* 'Mabel Grey': Tender, erect hybrid, height of 3-5 feet, spread 3 feet, with a strong lemon scent similar to *P. citronellum*. It has small mauve flowers and rough-textured leaves up to 3 inches long.

*P.* 'Old Spice': a cultivar derived from *P.* 'Fragrans', with a compact habit and crinkled leaves. Height and spread 1.5-2 feet.



*P.* "Prince of Orange: derived from *P. crispum* before 1880, this has a compact habit, deep green, fan-shaped leaves, and pale mauve-ink, purple-veined flowers reaching 1 ¼ inch. Height and spread 24 inches.

*P. quercifolium* (oak-leaved): Tender, erect subshrub, height 1.5-5 feet, spread of 12-36 inches with rough-textured, balsam-scented leaves, 2-4 inches long, which are triangular in outline and deeply divided. Purple-pink flowers with darker markings appear in spring and summer. An aromatic, stimulant herb with a resinous scent. Internally used as a Cape remedy for rheumatism, hypertension, and heart disease. Dried leaves are added to insect-repellent sachets.

*P. radens* (rasp leaved): Tall, bushy subshrub introduced to the UK in 1774. It has a pungent lemon aroma and rough, finely divided leaves. Pale purple-pink flowers appear in summer. Height and spread 3-5 feet. The fresh leaves are used externally as a rub for aching feet or legs.

*P.* 'Radula Rosea': Similar to *P.* 'Graveolens' but with more deeply cut leaves, 4 in across. Scent if a camphoraceous rose-lemon. Small pink-purple flowers are borne in summer. Height 2-4 feet; spread 2-5 feet

*P.* 'Rober's Lemon Rose': tall, vigorous variant of *P.* 'Graveolens' with soft, gray-green, irregularly lobed leaves about 2 inches long. It has a lemon-rose scent and small pink flowers. Height 5 feet; spread 4 feet. Fresh leaves may be used in cooking. Oil is a flavoring in the food industry.



*P.* 'Royal Oak': a shrubby, balsam-scented hybrid with slightly sticky leaves, 2-3 inches long, which resemble an oak leaf in shape. The relatively large pink-purple flowers have darker spots. Height 2-5 feet; spread 2-4 feet

*P.* 'Sweet Mimosa': a sweetly scented hybrid with bright green, round-lobed leaves about 3.5 inches across and bright shell pink flowers. Height and spread 3-4 feet. Fresh leaves may be used in cooking.



*P. tomentosum* (peppermint): large, semiprostrate, shrubby perennial with soft, velvety leaves, 4-5 inches across, which are strongly peppermint-scented. Small white flowers appear in spring and summer. Height: 12-20 inches; spread 3-4 feet. Fresh leaves are infused for tea, fruit punches and jellies. Dried leaves are added to

potpourris. Used as a poultice for bruises and sprains.



*P. torento* (Ginger): very glossy leaf. Bushy habit to 2 feet. Flowers freely-lavender with dark markings on upper petals. Scent of ginger ale.

#### Language of Flowers

Apple—honor

Almond – present preference

Apricot – Loyalty

Filbert – mystery

Coconut – Joy

Gooseberry - Trustworthiness

Silver leaf—recall

Lemon—tranquility of mind; unexpected meeting, good tidings

Lemon Rose – Bittersweet remembrance

Nutmeg: an expected meeting

Oak Leaf—true friendship; “Lady, deign to smile”

Peppermint—cordial feelings, good health

Rose—preference, love

Southernwood – lasting affection

Strawberry - gladness

**History:** These geraniums are grown for the scent of their leaves as opposed to their flowers. Native to the Cape of Good Hope, they were first introduced into Europe in the early 1600s. And by the late 1800s there were over 150 varieties described in American catalogs. In their native

habitat and parts of the south, these geraniums are perennials. In most of the country, they are treated as annuals or tender perennials. Some can reach a height of four feet and the scents range from rose, pine, mint, fruity and spicy. Flowers are small. Other uses are potpourri, paper making and body care products.

**Cultivation:** Scented geraniums are well suited for growing in containers, but can also be planted in the ground. They thrive in sunny location in evenly moist soil. They are occasionally grown from seed but do better from rooted cuttings. Water them well several hours before taking cuttings. Cut “slips” 3 to 5 inches long with a very sharp knife or nurseryman’s clippers, sterilized with alcohol. The best cuttings are from a stem that “snaps.” Cut below an internode at an angle and remove lower leaves and stipules. Lay the cuttings out for 24 hours to “callus.” This stimulates the growth of new cells on the wound. Filtered light, a dry atmosphere, and no more than 70°F assures the best callusing. Placing cuttings in a frost-free refrigerator for 12-to 36 hours assures good callusing. It is not necessary to use a rooting hormone on geraniums. However, if you are going to root them in sand or soil, the fungicide contained in rooting compound may prove helpful. Stick the callused cuttings upright into the soil medium. Put this in a warm place in filtered light. In two weeks or so the cuttings will develop roots. Certain varieties do better in a rich loam as opposed to ordinary potting soil: Mint (*Tomentosum*), apple, apricot, strawberry, Mabel Grey. Transplant to garden if desired, adding soil amendments if necessary. Remove any leaves as they yellow. They make excellent standards.

#### Aromatherapy Uses:

The essential oil accumulates in small glands found in the foliage and flowers. Harvesting, usually done by hand two or three times annually, begins as the plant starts flowering. The herb is cut in the morning in sunny, dry weather. Distillation begins after a few hours of field drying.

There are several types of geranium oil, the main ones being Reunion or Bourbon, Algerian, Moroccan, and French. The oils are composed chiefly of geraniol, citronellol, linalool, citronellyl formate, and several other compounds. Reunion oil is very rich in citronellol and has a heavy rose and minty odor. Algerian oil has a delicate odor. Moroccan oil is similar to Algerian oil. French oil is thought to possess the finest rose-like odor. The concrete and absolute of geranium are also available commercially.

### ***P. graveolens* is normally used**

*Extraction:* essential oil by steam distillation from the leaves, stalks and flowers of rose geranium. An absolute and concrete are also produced in Morocco

*Characteristics:* The Bourbon oil is a greenish-olive liquid with a rosy-sweet, minty scent, preferred in perfumery work; middle note.

*Blends with:* lavender, patchouli, clove, rose, neroli, sandalwood, jasmine, juniper, angelica, basil, bay, carrot seed, cedarwood, citronella, clary sage, grapefruit, lime, orange, petitgrain, rose, rosemary, bergamot and other citrus oils.

*Actions:* antidepressant, anti-hemorrhagic, anti-inflammatory, antiseptic, astringent, cicatrizing, deodorant, diuretic, fungicidal, hemostatic, stimulant (adrenal cortex), styptic, tonic, vermifuge, vulnerary

*Constituents:* citronellol, geraniol, linalol, isomenthone, menthone, phellandrene, sabinene, limonene

*Uses:*

*Skin Care:* acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema, hemorrhoids, lice, mature skin, mosquito repellent, oily complexion, ringworm, ulcers, wounds

*Circulation:* cellulitis, engorgement of breasts, edema, poor circulation

*Respiratory System:* sore throat, tonsillitis

*Genito-urinary and endocrine systems:* adrenocortical glands and menopausal problems, PMS, tonic effect on the kidneys and a mild

diuretic; balances the secretion of hormones and stimulates the lymphatic system and the pancreas

*Nervous System:* nervous tension, neuralgia and stress-related conditions

*Other Uses:* fragrance component in cosmetic products including soaps, creams, perfumes. Used as a flavoring agent in most food categories, alcoholic and soft drinks

*Safety:* non-toxic, non-irritant, generally non-sensitizing. Possibly contact dermatitis in hypersensitive individuals.

*Blends:*

*Urinary:* 6 drops geranium, 4 drops juniper, 3 drops rosemary

*Reproductive:* 6 drops geranium, 3 drops neroli, 2 drops lavender

*Skin:* 4 drops geranium, 3 drops rose, 2 drops bergamot

*Emotion:* 5 drops geranium, 4 drops grapefruit, 2 drops ylang-ylang

**Medicinal Uses:** As a medicinal plant, geranium has traditionally been considered an astringent and used as a folk remedy in the treatment of ulcers. A terpine hydrate synthesized from geraniol is known to be, an effective expectorant. Leaves are reported to have antifungal activity.

### **Cosmetic Uses:**

**Vinegar for the bath:** 2 oz rosemary, 2 oz rose petals, 2 oz lavender, 2 oz mint, 2 oz rose geranium leaves, 6 cups apple cider or white vinegar, 1 cup rose water. Mix herbs and flowers together; add vinegar. Bottle and steep in refrigerator for 3-6 weeks. Strain and rebottle. Add a few fresh herb sprigs and the rose water.

### **Scented Geranium Face Cream:**

1 cup almond oil

¼ cup lanolin

1 cup lemon- or rose-scented geranium leaves

Place the almond oil and lanolin in the saucepan and heat gently, stirring. Add the leaves, stir, and steep for 30 minutes, over very low heat.

Pressing down on the leaves, strain the mixture and pour into small, wide-mouthed jars.

### **Geranium Bath Oil**

1 cup rose- or lemon-scented geranium leaves  
1 ¼ cups baby oil  
2 drops oil of geranium

Place all the ingredients in a jar and leave to steep. Use 1 Tbsp of this oil in bathwater as a treat for your skin.

**Facial Scrub:** Grate a bar of moisturizing soap into a bowl. Add 1 cup oatmeal, ¼ cup almond meal and 2 cups finely crushed scented geranium leaves. Mix thoroughly. Place a heaping tablespoon of facial scrub in a muslin square. Tie up ends. To use: wet muslin and moisten your face. Gently scrub your face using a circular motion. Rinse face.

### **Sweet Herb Dusting Powder:**

1 cup arrowroot  
¼ cup cornstarch  
¼ cup baking soda  
1 cup dried scented geranium leaves  
¼ cup lavender flowers

Finely crush scented geranium leaves between fingers. Blend all ingredients thoroughly and place in a covered container with a purchased powder puff.

**Culinary Uses:** Not all scented geraniums have tastes that complement cooking. Recipes call for either rose, lemon, or mint. Most often their flavors are infused into the dish and they are removed and discarded before serving, although fresh leaves can be used as a decorative garnish. The leaves are used fresh. Scenteds are typically used in sweet dishes. Rose varieties add a delicate but stimulating flavor to sugar which is then used in baked goods or to sweeten teas. Stack clean, dry leaves in a large canister between 1 inch layers of sugar. Place the canister in a warm spot for two to four weeks, and then sift out the leaves. Some cooks recommend first bruising the leaves to

impart more flavor. The sugar can be substituted for all or part of the plain sugar called for in recipes for white cakes or icings. Small rose- or lemon-scented leaves can also be candied by dipping them in egg white and coating them with sugar to create impressive cake decorations. Dry them on a rack before using.

The leaves can be arranged in the bottom of a lined or buttered baking pan and pouring cake batter over them. Jellies flavored with rose-scenteds can be used as a filling for sponge- or angel-food cake layers. Apple and crab-apple jellies are most commonly used for this purpose. Other uses include fruit punches, wine cups, ice cream and sorbets. Use lemon and rose scented geraniums in sweet vinegar recipes, they combine especially well with lemon verbena, lemon basil and mints.

### **Recipes:**

#### **Herb Geranium Butter**

1 tsp freshly snipped chives  
1 tsp freshly chopped parsley  
1 tsp fresh thyme  
1/2 tsp freshly chopped lemon-scented geranium leaves  
6 oz salted butter, slightly softened.

Work the herbs into the butter, mixing until they are evenly distributed. Chill for a few minutes. Turn onto aluminum foil and pat into shape, forming the butter into a long roll about 1½ in wide. Wrap and chill. Before serving, cut into slices ¼ — 1/3 in thick. (The Complete Geranium)

#### **Lime Potted Prawns**

6 medium-sized, lime (or lemon) scented geranium leaves  
6 oz butter  
8 oz peeled, fresh or defrosted frozen prawns, plus extra for garnishing  
1/2 tsp mace  
1/2 tsp cayenne pepper  
1/2 tsp crushed green peppercorns  
Pinch of salt

Crush 2 leaves with your fingers and place the leaves and butter in a small saucepan over a low heat. When the butter is frothing but before it starts to brown, remove from the heat, skim and leave for 30 minutes for the mixture to steep. Remove the leaves, add the prawns and seasoning and cook over a low heat, stirring for 3-4 minutes, until the prawns are cooked, if fresh, and the mixture is very hot but not coloring. Spoon into 4 ramekins, pressing the shrimps lightly, to make sure they are covered by the butter. Cook, then chill. Before serving, garnish each with a few prawns and a geranium leaf. Serves 4 (The Complete Geranium)

### **Sweet 'N' Tangy Barbecue Sauce**

2 garlic cloves  
4 medium-sized lemon-scented geranium leaves  
1/2 cup runny honey  
1/2 cup dark soy sauce  
1/2 cup olive oil  
1 Tbs vinegar  
1/2 tsp ground ginger  
pinch of salt

Crush the garlic and finely chop the scented geranium leaves. Mix all the ingredients and use as a marinade or for basting. (The Complete Geranium)

### **Scented Geranium Jelly**

4 lbs cooking apples  
3 1/2 cups water  
White or preserving sugar  
Juice of 2 lemons  
15 scented geranium leaves

Chop the apples roughly, leaving the skin, stalk and pips. Put in a large pan with the water and simmer until soft. Strain for several hours through a jelly bag or muslin; do not squeeze the fruit pulp through or the jelly will be cloudy. Measure the juice into a preserving pan and for every 2 cups of juice add 1 pound of sugar. Add the lemon juice and the geranium leaves. Stir over a low heat to dissolve the sugar, then boil rapidly until set, for about 10 minutes. Quickly remove the

leaves and pour into clean, warm jars. Cover the jars while the mixture is still hot.

### **Rose Geranium Raspberry Liqueur**

4 half pints raspberries  
1 cup rose geranium leaves  
4 cups vodka  
1/2 cup white wine  
1 cup sugar  
1/2 cup water

Combine the berries, geranium leaves, vodka, and wine in a large jar with a tight-fitting cover. Place in a cool, dark place to steep for 1 month. Crush the berries slightly with a wooden spoon or potato masher and steep for another 4 days. Strain the liquid, pressing as much juice as possible from the berries, then filter. Boil the sugar and water together in a small saucepan until the sugar is dissolved; cool, then gradually stir into the liqueur, tasting as you go. When the liqueur has reached the desired level of sweetness, bottle and age for an additional 3 weeks in a cool, dark place.

### **Scented Geranium Dressing**

1 large leaf apple-scented geranium  
1 large leaf rose-scented geranium  
4 large leaves lemon-scented geraniums  
1 small leaf mint-scented geranium  
3 T red raspberry vinegar (or use white wine vinegar)  
1 T granulated sugar  
1/2 cup light fresh olive oil

Wash and dry geranium leaves. Cut out the large center leaf veins. Place all ingredients, except olive oil, in blender. Use high speed to puree. With machine running, slowly add olive oil until emulsified. Let stand 30 minutes before using. Plan to use this dressing the same day as prepared.

### **Rose Geranium Punch**

4 cups apple juice  
1 cup sugar  
6 rose geranium leaves  
4 limes, sliced

5 drops yellow or pink food coloring  
6 apple leaves (garnish)  
geranium petals (garnish)

Simmer the apple juice, sugar, and geranium leaves for 5 minutes. Add the limes; cool. Strain. Mix in food coloring. Serve over ice. Garnish with apple leaves and geranium petals. (A Kitchen Witch's Cookbook)

### **Rhubarb Pear Crunch Scented with Rose Geranium**

2 tsp orange zest  
¼ cup orange juice  
2 Tbsp finely chopped rose scented geranium leaves  
1 ½ lbs fresh rhubarb, cut into 1-inch pieces  
3 firm, ripe pears, peeled, cored, and cut into 1-inch chunks  
½ cup sugar  
2 Tbsp cornstarch  
¼ tsp cinnamon

#### **TOPPING**

½ cup flour  
½ cup firmly packed brown sugar  
¼ tsp allspice  
¾ cup rolled oats (not quick-cooking)  
¼ cup butter, at room temperature  
½ cup chopped toasted walnuts

Set orange zest aside. In a saucepan, heat orange juice with geranium leaves just until warm. Cover and set aside to steep for 15 minutes. Preheat oven to 350F. Lightly grease 1 9-inch square baking pan or a 1 ½-to 2-quart baking dish. Place rhubarb and pears in a bowl. Toss with orange zest and geranium-steeped orange juice. In a small bowl, combine sugar, cornstarch, and cinnamon. Add to fruit, tossing well to combine. Spoon into baking dish. Combine flour, brown sugar, allspice and rolled oats. With your fingertips, rub butter into dry ingredients until the mixture resembles a coarse meal. Stir in walnuts. Spread topping over fruit, patting it down gently. Bake 50-60 minutes, or until bubbly and brown. (More Recipes from a Kitchen Garden)

### **Teatime Rose Geranium Biscuits**

Preheat oven to 400. Use an 8 or 9" cake pan  
12 fresh rose geranium leaves  
2 T butter  
2 T brown sugar  
1 tube ready-mix buttermilk biscuits.

Wash and dry rose geranium leaves. With scissors cut out heavy center vein of each leaf. Finely mince tender leaf portions. Place butter in baking pan and let melt in oven, while preheating. Remove pan from oven and stir in brown sugar. Return pan to oven to melt brown sugar until it just begins to bubble. Watch carefully. Remove from oven and sprinkle the minced rose geranium leaves over sugar mixture. Separate biscuits and place on top of mixture. Bake for 10 minutes or until lightly browned. Remove pan from oven and invert over serving platter, sugary side up. Serve warm.

### **Geranium Cake**

1 cup water  
2 cups scented geranium leaves (fresh or dried)  
8 eggs  
1 cup sugar  
1 cup flour  
2 teaspoons baking powder  
butter or shortening  
12 oz cream cheese, at room temperature  
½ cup butter, at room temperature  
1 16-oz box powdered sugar  
grated zest of 1 lemon  
Petals from 2 to 3 dozen geranium flowers (dwarf Martha Washington suggested)  
whole flowers, for garnish  
mint leaves, for garnish

First, either the day before or a few hours ahead of time, make some geranium tea. In a small saucepan, bring the water to a boil and add the geranium leaves (dried leaves yield a stronger aroma). Cover tightly, remove from heat, and let steep for 1 to 2 hours. Drain well through cheesecloth or very fine meshed sieve. Set tea aside, or keep refrigerated overnight.

To make the log, preheat oven to 400°F. In a large mixing bowl, preferably using an electric

mixer at high speed, mix the eggs, 1 tablespoon prepared geranium tea, sugar, flour, and baking powder for 5 minutes. Using butter or shortening, generously grease an 11-by-15-inch baking sheet (nonstick preferred). Pour the batter evenly on the sheet, and bake on middle rack until top is golden brown, 8 to 10 minutes. Remove from oven. Cake will deflate as it cools. Wait until the thin skin covering the cake deflates, and then carefully flip baked cake onto a clean kitchen towel. Set aside to cool.

To make the icing, in a large bowl combine the cream cheese, butter, sugar, and 1 tablespoon geranium tea. Mix, preferably with an electric beater, until smooth. Stir in lemon zest. To assemble the log, with a spatula spread a thin layer of cream cheese mixture on the flat cake. Sprinkle with geranium petals. Using both hands, with the long side facing you, gently roll up the cake like a jellyroll. Transfer to a serving platter. With a knife or spatula, frost the outside of the log with the remaining icing. Decorate with additional petals, whole flowers, and mint leaves. Chill for 2 hours before serving for easier slicing. (Edible Flowers: A Kitchen Companion)

### **Geranium-date Cookies**

Filling:

- ¼ cup finely snipped geranium leaf
- ½ lb dates, chopped
- 2 ⅔ cup water
- ¼ cup sugar
- ¼ cup nuts, chopped

Dough:

- ½ cup shortening
- ½ cup brown sugar
- ½ cup white sugar
- 2 cup flour, sifted
- ½ tsp baking soda
- ¼ tsp salt
- 1 egg, beaten
- 1 Tbsp milk
- 1 tsp vanilla

Filling: Combine all ingredients (except nuts). Boil together for 5 minutes. When cool, add nuts. Should be of spreading consistency. If necessary, add a few drops of water.

Dough: Mix the ingredients in given order. Roll out on a well floured surface into a large circle. Spread with filling. Roll up as for a jelly roll, sealing well. Refrigerate overnight. Slice thin and bake at 325° for about 12 minutes. (Edible Flowers: a Recipe Collection)

### **Rose Geranium Muffins**

- 2 cups all-purpose flour
- 4 tsp baking powder
- ½ tsp salt
- 1 orange peel, grated
- 12 sugar cubes
- 3 Tbsp melted butter
- 3 Tbsp chopped rose geranium leaves
- 1 egg, lightly beaten
- ¾ cup milk

Preheat oven to 375F. Sift the flour, baking powder and salt into a bowl. Mix together egg, milk and butter, stir into flour mixture just until moistened. Chop geranium leaves very fine, mix with grated orange peel and a squirt of orange juice. Spoon muffin batter into greased muffin tins, filling 2/3 full, no more. Roll each sugar cube in the herb and orange peel mixture to coat. Press a coated sugar cube into center of each muffin as if planting a seed. Brush top of muffins with melted butter. Bake about 20 minutes or until lightly browned. (The Culinary Gardener)

### **Scented-leaved Geranium Ice Cream**

- 1¼ cups light cream
- 6 sweet-scented geranium leaves, bruised
- 1 tablespoon sweet-scented geranium petals
- 4 egg yolks
- ½ cup caster sugar
- 1¼ cup heavy cream
- sweet-scented geranium leaves and petals, to decorate

Pour the light cream into a heavy pan, add the bruised geranium leaves and a few petals and

slowly bring to the boil. Remove from the heat, cover the pan and leave in a warm place to infuse for about 30 minutes. Whisk together the egg yolks and sugar, then whisk in the infused cream. Pour the mixture into the pan and cook over low heat, stirring continuously, until the custard is thick enough to coat the back of a wooden spoon. Remove the leaves and petals and leave the custard to cool. Beat the heavy cream until fairly stiff. Add the cooled custard and mix gently. Pour the mixture into an ice tray and freeze until the edges are just firm. Stir well with a fork, turning the edges into the middle and freeze until the ice cream is all one consistency, but not completely hard. Turn it out into a bowl and whisk well. Return it to the ice tray and freeze until quite firm. Remove the ice cream from the freezer about 1 hour before serving. Serve attractive scoops in pretty glass dishes and scatter over tiny scented geranium petals. Tuck a fresh leaf into each dish and serve with shortcake biscuits. (Cooking with Flowers)

### **Fresh Peaches Gratin with Rose Geranium and Cardamom**

2 cups whole milk or light cream  
2 eggs  
2/3 cup sugar  
2 Tbsp cornstarch  
1 Tbsp chopped fresh rose geranium  
1/2 tsp freshly ground cardamom seed  
1 tsp vanilla  
1/2 cup whole milk ricotta cheese or cream cheese, softened  
4-6 ripe peaches  
diluted lemon juice  
1/3 cup sliced almonds, tasted  
1/2 cup plant cookie or cake crumbs

Place milk and next 3 ingredients in a blender in order listed. Increasing speed while running, mix 1 to 2 seconds or until thoroughly blended. Do not overmix. Pour into a small stainless steel or glass saucepan. Cook over medium heat, stirring constantly with a straight-bottomed spatula, until sauce thickens and is

smooth. While sauce is still hot, add cheese. Mix with a wire whip until smooth. Refrigerate until needed. Warm sauce to room temperature before proceeding. Prepare peaches within 1 hour of baking. Peel peaches, if desired, and cut into 12 to 16 slices each. Dip in diluted lemon juice to prevent discoloration. Drain any juice from slices. Place in a greased 13x9x2-inch baking dish. Sprinkle with almonds. Spoon sauce evenly over top. Sprinkle with crumbs. Bake at 400F for 15-20 minutes or until bubbly and lightly browned. Serve hot or warm. (Today's Herbal Kitchen)

### **Carolee's Scented Geranium Chiffon Pie CRUST**

10 Pecan Sandie cookies  
3 Tbsp margarine, melted

Gently crush cookies with a rolling pin. Place crumbs in a small bowl. Add melted margarine and press mixture into a 9-inch pie plate. Set aside.

### **GERANIUM WATER**

6 scented geranium leaves  
1/2 cup water

Place the 6 leaves and the 1/2 cup water in a microwave-safe bowl. Cover and microwave for 30 seconds. Let steep, covered, until cool. Remove and discard leaves. Set bowl of geranium water aside.

### **SUGAR**

Scented geranium leaves  
Granulated sugar

Pick, wash and thoroughly dry geranium leaves. No moisture must be on leaves. Place a thin layer of sugar in the bottom of a container with a lid that seals tightly, slightly bruise the leaves and lay on the sugar. Sift sugar over leaves to cover them, add another layer of bruised leaves, and so on until your container is full. After a week to 10 days, remove the leaves and discard. Cover the scented sugar tightly and store away from heat and light

### **FILLING**

1/3 cup scented geranium sugar (same scent as in the water)

1 envelope unflavored gelatin  
4 egg yolks  
½ cup cooled geranium water  
4 egg whites  
1/3 cup scented geranium sugar  
whipped cream (optional)

In a saucepan, blend 1/3 cup scented geranium sugar and the unflavored gelatin. Set aside. In a small bowl, whisk together the egg yolks and ½ cup of the cooled geranium water. Stir egg mixture into sugar mixture. Place saucepan on medium heat. Cook and stir until mixture thickens and coats a spoon. Beat 4 egg whites until foamy. On high speed, beat and gradually add 1/3 cup rose geranium sugar until stiff peaks form. Gently fold pudding mixture into egg whites and fold until blended. Pour into crust and chill. Top with dollops of whipped cream, if desired, and sprinkle scented geranium sugar around outside edge of pie. Garnish with fresh leaves and blooms, if desired. (The Best of Thymes)

### **Scented Geranium Cake**

about 24 scented geranium blossoms (a few small leaves can be used also)  
6 extra-large eggs  
4 extra-large egg yolks  
2 cups sugar  
2 ½ cups unbleached white flour  
½ teaspoon salt  
16 Tbsp unsalted butter, melted  
zest from 1 lemon, or other appropriate flavoring  
rose geranium-or vanilla-flavored sugar

Preheat the oven to 375°F and generously butter and lightly flour a 13-by-9-by-2-inch baking pan. Arrange the geranium flowers and leaves in the bottom of the baking pan. Combine the eggs, yolks, and sugar in the bowl of an electric mixer and beat until pale yellow and very thick. Sift the flour with the salt three times. Slowly fold the flour into the egg mixture, a third at a time. Carefully fold the melted butter into the batter in thirds. Fold in the lemon zest. Carefully pour the batter into the pan over the flowers and leaves. Bake the cake in

the center of the oven until the top is a pale golden brown and a cake tester comes out clean, about 35 to 40 minutes. Do not overbake. Cool the cake completely before removing from the pan. Sprinkle the inverted cake lightly with rose geranium or vanilla sugar. Serve plain or with whipped cream if desired, garnish with a fresh geranium flower or leaf. (Flowers in the Kitchen)

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**Resources:**

Companion Plants, 7247 No Coolville Ridge Rd.,  
Athens, OH 45701; 740-592-4643;

[www.companionplants.com](http://www.companionplants.com) plants

Crimson Sage, PO Box 337, Colton, OR 97017;  
503-824-4721; <http://www.crimson-sage.com>

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