



Squash Blossom

Have you ever cooked with edible flowers? Squash blossoms - off of summer and winter squash plants like zucchini and pumpkin - are a fun food to cook.



Harvest

- Pick blossoms early in the morning when the flowers are open. As the day warms, the blossoms will start to close.
- If planning to stuff the blossoms, leave a few inches of stem to make handling easier.
- Check for and remove any squash bees or other insects before bringing blossoms inside.



Shopping

- Shoppers are not likely to find squash blossoms in grocery stores. Some vendors at farmers markets may carry them. Otherwise, you can pick them off your own plants or find someone who will share them with you.



Storage

- Place unwashed blossoms between a layer of paper towels inside a ziptop bag. Push out excess air and refrigerate until ready to use.
- Preferably, use blossoms the same day they were picked, or within a few days.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN





Squash Blossom



Preparation

- Wash blossoms gently under cool water just before using. Remember, the petals are delicate and may be broken by strong streams of water.
- For unstuffed blossoms, twist off the base, which will remove the bottom and stamen.
- For stuffed blossoms, carefully remove the stamen with small scissors or kitchen tweezers, keeping the petals and base intact.



Eat

- Fried blossoms - stuffed or unstuffed - are popular ways to eat them.
- There are a number of recipes using blossoms as a pizza topping, mixed into pasta, as a filling for quesadillas, added to egg quiches or frittatas, and as an ingredient in soups, like sopa de flor de calabaza.



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN