

Angabdoi. (2024, June), 8 Fragrant flowering plants are edible, just know how to eat them properly: Home and Garden : 116-117

Edible Flowers are flowers that can be eaten. Decorate the plate Safely enhances the taste of food No toxins that are harmful to the body Does not cause irritation. and does not cause illness But will the taste be good or not? smells good or smells bad It's another matter. For plants with a fragrant aroma It is not only used as an ornamental plant for beauty and to add fragrance to the garden. Some species can also be used for consumption. The flowers can be eaten raw like vegetables, used in cooking, and their fragrant aroma is used in various menus. Remarkably Although many species are not native to Thailand. But it is also grown in the home.

**Jasmine, Jasmine** flowers have a sweet and bitter taste, and a cool fragrance. Thai people like to float Jasmine flowers and Jasmine flowers in water or bake them in boiled water to give them a fragrant scent. It is a flower water for making Thai desserts or for baking desserts.

**Cananga Songkhla**, Fragrant Cananga, yellow flowers, bitter taste, fragrant. Fully bloomed flowers are roasted until fragrant. Used to make fragrant flower water. It is an ingredient in desserts and Khao Chae.

**Champa**, new rice flower, Bread Flower, flowers bloom in clusters shaped like inverted bells, with a fragrant smell similar to new rice mixed with pandan leaves. It is popular to peel and place on freshly cooked rice to make the rice fragrant, or the flowers can be floated in water and used as an ingredient in Khao Chae.

**Lady's Nail**, Drunken Sallor, Rangoon Creeper bloom in bouquets. There are both single and double flowers. Flowers start to bloom: white to light pink. The flowers are in full bloom and are dark pink. Fresh flowers have a bland, oily taste. Used to decorate food dishes, desserts, drinks, or deep-fried.

**Gardenia**, Golden Gardenia, when it starts to bloom yellow, later turns dark yellow, blooms for 1-2 days, the petals have no taste. Used to add flavor to desserts and drinks.

**Damask Rose**, Yisun, Damask Rose, pink flowers, fragrant aroma, astringent taste, slightly bitter, used for food decoration, cooking, crispy fried flour, rose petals, sour curry, used for desserts, dried flowers brewed with hot water as tea or made into drinks.

**Chongkho**, Holland Chongkho, Hong Kong Orchid Tree, 5 petals, dark pink-purple. The flower petals have a sweet taste and light fragrance. They are commonly used as a decoration to add color to salad dishes, food, desserts, and drinks. Or use it to make fresh flower legs.

**Night-blooming Jasmine**: White petals, orange peduncles fused into a tube. Contains Nyctanthin, which gives a sunny yellow color and is used as a food coloring.



Araya Traihiran. (2024, August), How to store tomatoes for a long time: Home and Garden: 106-107.

How do you store tomatoes to prolong their freshness? Is refrigerating the whole fruit like I used to do, is it the right way to store tomatoes? This time, "Eat Well" has tips for storing tomatoes for you. The storage is divided into 3 phases according to the time period: Phase 1 will be used soon, extending the freshness for weeks. Phase 2, extending the freshness of the tomatoes for months. and the final stage It's a method of storing tomatoes to last for years. What are the storage procedures?

**The Phase 1 collection method will be used soon.**

1. Peel off the stems of the tomatoes. Because this point will cause the tomatoes to rot easily.
2. Use clear tape to stick on the floor to prevent evaporation of the coolant inside.
3. Find a basket that has good ventilation. Place the tomatoes face down and arrange them so that they do not overlap. Choose to store in a well-ventilated place. Not exposed to direct sunlight There is no need to put it in the refrigerator. This method can keep the fruit for a week.

**Method of storage: Phase 2: Can be stored for months.**

1. Get the tomatoes, remove the stems and leaves, then prepare clean water by adding 1 part baking soda to 10 parts water and dissolve it in water.
2. Soak tomatoes mixed with baking soda for 15 minutes.
3. When the time is up, remove and gently wipe dry. Leave to air dry until completely dry.
4. When the tomatoes are completely dry, wrap them in kitchen paper, store them in a plastic container, and then place them in the refrigerator.

**Method of storage: Stage 3 can be stored for a long time, mainly for years.**

- 1.. Remove the stems of the tomatoes and clean them by soaking them in baking soda like you would for storage, but instead of wrapping them. Tissue paper is used as a film. Preserve food and wrap it around your child instead.
2. Put them in a plastic box, arrange them without overlapping, and freeze them. This method of storage will keep the tomatoes for a year. When you want to use them, use a knife to make a cross-shaped cut at the divider. Bring a pot of water to a boil, then boil it. Scoop them up and soak them in cold water. They can be cooked later. This method is suitable for using tomatoes in sauces, soups, or stir-fries with meat.

