

# Planting Tomorrow's Radio Show

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## FRIED PUMPKIN FLOWERS

By Brent Heckerman, Cincinnati, Ohio

(You're reading it right...you can eat that part too)

24 Pumpkin blossoms  
1/2 Cup Rice or Almond Milk (can use dairy if you prefer)  
2 Eggs (organic or free range preferred)  
1/2 Cup Whole wheat or spelt flour (or corn meal)  
3-4 TBS Light Cooking Olive Oil  
dash Sea Salt as desired  
Fresh cracked black pepper to taste

1. Cut pumpkin blossoms off where the pumpkin starts on
2. Take the center out and wash well
3. Make a batter of the milk, eggs, salt and pepper
4. Dip blossoms in the batter
5. Dip blossoms in flour or cornmeal
6. Fry until light brown
7. Serve hot