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**LAVENDER AS A CULINARY HERB? “ABSOLUTELY!”  
 SAYS AUTHOR OF NEW COOKBOOK**

Mount Clemens, Mich.—Lavender has always been a favorite herb for both its aroma and its visual appeal, and recently, it has gained popularity as a culinary herb. This “newly discovered” aspect of lavender is highlighted in “The Lavender Gourmet,” a new cookbook by Jennifer Vasich, founder of the Michigan Lavender Festival. The 344-page cookbook contains more than 140 recipes—including family favorites, new creations and a wide range of culturally inspired dishes—all of which showcase this multifaceted and flavorful herb.

“Actually, Europeans have known about lavender’s wonderful influence on food for centuries,” Vasich said. “People in the States, though, are just discovering this fabulous culinary herb.”

Chives, dill and basil may be more familiar, but lavender has one advantage over all the other herbs standing in the spice rack: versatility. The refreshing taste of lavender can be experienced in beverages, appetizers, salads, soups, entrées, desserts and so much more. Along with having recipes in 12 different categories, “The Lavender Gourmet” also offers a lay-flat binding; recipe variations; baking and cooking tips; and advice on growing, harvesting and using lavender. The book also features a foreword by Jeannie Ralston, author of “The Unlikely Lavender Queen: A Memoir of Unexpected Blossoming.”

“Jennifer’s recipes are inventive and surprising,” Ralston offered, “making you think about food combinations differently and showing even die-hard lavender lovers like me new reasons to appreciate the spectacular purple herb.”

“The Lavender Gourmet” (ISBN: 978-0-9766315-3-8, \$19.95 U.S.) is published by Moose Run Productions and will be officially released on November 1, 2009. Pre-release copies, along with high-resolution photos of the book cover and the author, are available through the publisher’s Web site. For more information on “The Lavender Gourmet,” Moose Run Productions or its other books, visit [www.moose-run.com](http://www.moose-run.com).

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Editor’s Note: Vasich is available for book signings, workshops, lectures and demonstrations.

