

# Recipes and Gardening



Years ago, I found some Echinacea growing wild in the pasture next to my house. Naturally, I collected the seeds because I am a *Seed Saver*. I started them the next year and they have been living in my garden ever since. The bees and other insects love them. I keep telling myself that one day I'll harvest the root to make my own tinctures. One day

hasn't arrived yet.

Did you know? The Latin name for Echinacea is *Echinacea purpurea*, *Echinacea angustifolia*, and *Echinacea pallida*. Other common names are, *Purple Cone Flower* and *American Cone Flower*.

According to the [NCCIH](#), there are nine species and all are native to North America. This plant is edible although I'd advise you to do your own research before sitting down to a plate of Echinacea salad (not recommended). There are many health benefits and it is GRAS (Generally Recognized as Safe). However, if you have allergies to ragweed or others in the daisy family, you might want to consume with caution. If you have trouble remembering how to spell this confusing word, do as a friend once advised me and remember that China is in the middle. *R&G052616kgf*