

Heliopsis

A PERENNIAL BELONGING TO THE ASTERACEAE FAMILY

FUN FACT: HELIOPSIS HERBS ARE ALSO KNOWN AS FALSE OR OXEYE SUNFLOWERS!

COMMON USES

Primarily used as ornamental, it stands 3-5 feet tall and adds wonderful colors to the garden. Livestocks and deers would sometimes graze on this plant. It's a great choice as it's very hardy and lives for 10 years!



HARVESTING AND STORAGE

Harvest: Use a sharp knife and cut the plant at the point where the first healthy leaves are growing.

Best to harvest when the flower ripens

Storage: Place the freshly cut flower in water and remove all leaves that fall below the water. if you want to get the seeds, cut off the head and shake it.

Store the seeds in a cool and dry place.

FEATURED RECIPE

LEMON HELIO TARTLETS

INGREDIENTS

- Lemons
- Flour
- Butter
- Powdered Sugar & Confectioner Sugar
- Eggs
- Cornstarch
- Salt

DIRECTIONS

1. Preheat oven to 350F
2. In food processor, make the dough by combining 195g of flour, 25g of powdered sugar, 113g of butter, 1 egg and 1-2 tablespoon of cold water
3. shape into buttered cupcake tray, poke holes at the bottom with a fork
4. In a bowl, make the filling by combining 100g confectioner sugar, 25g of cornstarch, pinch of salt, 125ml lemon juice, 160ml water, 28g of butter, 3 egg yolks and 2-3 tsp of zested lemon.
5. Bake in the oven for 15 minutes
6. Decorate with Heliopsis

