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FLOWER POWER SALADS

DESPERATELY seeking ways to spruce up your lunchtime salad, without resorting to hunks of cheese?

The latest fad is guilt-free, gorgeous to look at and decidedly girly. You sprinkle your salad with flowers, marvel at its prettiness and then tuck in for an on-trend eating experience.

M&S and Waitrose have both just launched edible flower ranges. Waitrose has packets of stalkless violas or nasturtiums, while M&S has an exotic

baby spinach, pak choi and mizuna salad decorated with violas, which it



hopes will make for 'an interesting talking point at this year's summer BBQ'. No doubt they will, but edible flowers have been bubbling under in the restaurant scene for several years. You might remember the 2009 MasterChef winner Mat Follas decorating his winning dishes with a variety of flowers foraged close to his home in Dorset.

If you think a flower might be hard to swallow, don't fret. The M&S violas, as with all the flowers used correctly for eating, are small and light. The topside has a vaguely furry texture, similar to some salad leaves, and they add welcome variety to your usual lunchtime greenery.

SOPHIE MORRIS

