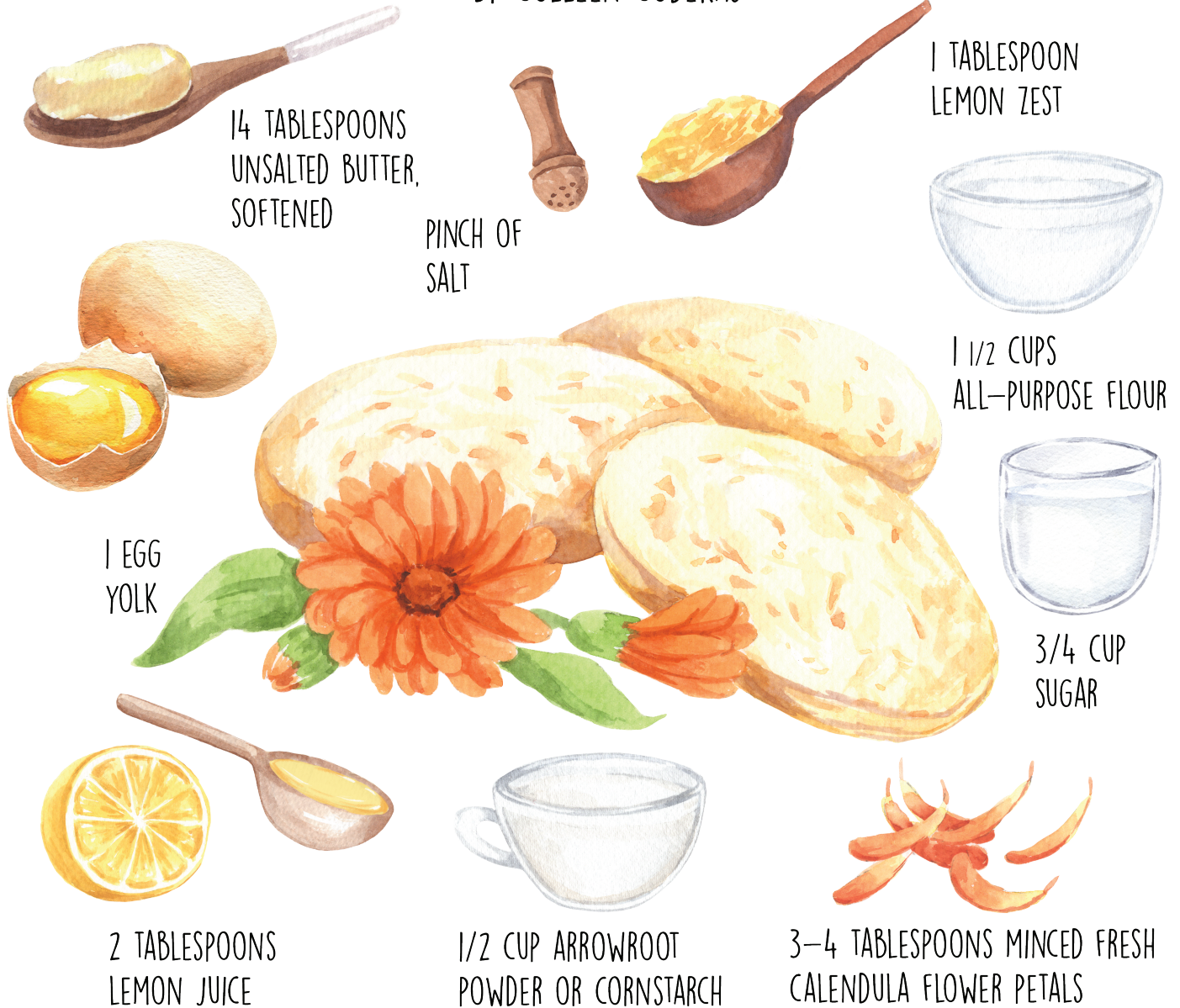


# Calendula Shortbread Cookies

BY COLLEEN CODEKAS



*Use edible calendula flowers to make these delicious shortbread cookies!*

**VARIATION:** If you'd like your cookies to include a savory note, try adding 1 Tbsp. of minced fresh thyme to the dough along with the calendula petals.

**SHELF LIFE:** Store in an airtight container at room temperature for up to a week. The cookies can also be frozen for up to three months.

**YIELD:** 18 cookies



HERBS  
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1. Cream together the butter and sugar, then add the egg yolk, lemon juice and lemon zest and stir to combine. Then add the flour, arrowroot, calendula, and salt.
2. Gently stir everything together until the dough barely holds together. It will seem a bit floury, but that's ok.
3. Take the dough out of the bowl and form it into a log shape.
4. Wrap it tightly with parchment paper, twisting the ends to help hold it all together.
5. Put in the fridge or freezer for about 30 minutes, or until firm. You can store the dough for several days in the fridge, or for several weeks in the freezer, if need be.
6. When ready to cook, preheat the oven to 300°F. Slice the log into 1/4 inch rounds.
7. Put them on a parchment lined baking sheet, about an inch or so apart. They don't really spread much.
8. Bake for 25-30 minutes. Check them closely after 25 minutes, as they will start to brown pretty quickly. Take them out when only the edges just barely start to turn golden. The centers will still be fairly soft. Let them cool on the baking sheet for several minutes before transferring them to a cooling rack. They will firm up as they cool.

# Colleen Codekas



Colleen Codekas is passionate about healthy living through natural food and herbal medicine! She lives with her family of three in Vermont where living close to nature is easy and a way of life. In her off-time, she likes to go foraging for wild edible and medicinal plants and mushrooms, cook delicious food, make mead, grow a ridiculous amount of edible and medicinal plants, and make herbal medicine. She is the author of the traditionally published book *Healing Herbal Infusions*, and four ebooks: *Wildcrafting Weeds*, *Healing Kitchen Herbs*, *Simple Mead Making*, and *The Backyard Forest Garden*. She has also created an online foraging course, gather + root.

You can find more from Colleen at her website: [GrowForageCookFerment.com](http://GrowForageCookFerment.com). You can also find Colleen on [Instagram](#) and [Facebook](#).

