

Sustainable Travel with Karen Misuraca

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Cooking with Lavender in Ojai



One of the loveliest bed and breakfast inns in the Western states, the **Lavender Inn in Ojai** (not far from Ventura and Santa Barbara) presents hands-on, demonstration and private cooking classes with visiting chefs.

Celebrating the summer lavender harvest season, the Cooking with Lavender class is led by Karen Evenden, who with her husband, Bill, owns **New Oak Ranch**, a lavender, tangerine and olive estate in the upper Ojai valley ([information here about visiting the ranch](#)). The beautiful, light-filled kitchen at the inn is redolent of lavender and all the fresh, locally-sourced ingredients of Evenden's luscious, healthy recipes. After the class, attendees enjoy the lavender-infused meal on the porch in the glorious gardens of the inn.

The "Cooking with Lavender" class menu includes:

- Lavender Iced Tea
- Lavender Artichoke Frittata
- Farro Lavender Tabouleh Salad

- Bow Tie Pasta with Salmon, Peas and Lavender
- Lavender Chicken in Mushroom Wine Sauce
- Lavender Chocolate Meringues
- Lavender Strawberry Compote

The **Ojai Culinary School at the Lavender Inn** offers a variety of cooking classes, including:



- Homemade Ice Cream
- Homemade Pasta
- Grilling and Outdoor Cooking
- Kids Making Breakfast
- Salsa, sauces and Marinades
- Gluten-Free Cooking
- Tuscan Sun Dinner
- and more

Just in time for summer, here is Karen Evenden's recipe for ***Lavender Lemonade***:

- 2 cups lavender simple syrup (recipe below)
- 1 cup fresh-squeezed lemon juice
- 5 cups water
- lavender sprigs for garnish (optional)
- In 2-quart pitcher, combine simple syrup, juice and water. Pour into ice-filled glasses.
- Lavender Simple Syrup
- 1 cups sugar
- 2 cups water
- 1/4 cup culinary lavender buds
- Combine sugar and water in saucepan and bring to a boil. Continue to boil for a few minutes until sugar dissolves. Remove from heat, stir in lavender buds. Allow to steep for 30 minutes. Strain into a container, cover and refrigerate.

