

# Grilling with Lavender

As you start to grill your:

- Pork Chop
- Ham Steak
- Beef steak
- Chicken Breast
- Salmon

Mix and Chop fine

- **1 Tablespoon Lavender**
- **1 Tablespoon Sea Salt**
- **1 Tablespoon Black Pepper**

Sprinkle on your fresh beef, fish or pork before you place on the grill.



Owl's Lavender Patch

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