

Flower Garden Sandwiches

The garden has long been a recurring motif of folklore and myth—a locus of wonders and transformations. From the Garden of Eden in the book of Genesis to *The Secret Garden* (1912) by Frances Hodgson Burnett, the garden, with its trees and flowers, streams and ponds, has been the place in which the hero and heroine make new discoveries about the world and themselves and, under its influence, undergo a profound metamorphosis—social, spiritual, and even physical, perhaps from a prince to a toad and back again! It's no coincidence that folk tales quite often begin in gardens—symbolic sites of regeneration and alchemy.

Significant “garden” episodes occur in many of the Grimms’ tales—the king’s walled orchard in “The Girl with No Hands,” the sorceress’s kitchen garden in “Rapunzel,” the cottage garden with two rose trees, one white, one red, at the beginning of “Snow-White and Rose-Red” . . . The brothers themselves had a deep love of gardens, especially of the Baroque garden of Wilhelmshöhe, in their homeland of North Hesse, which itself might be the setting of a fairy tale.

Make these pretty sandwiches and you will set the scene for any fairy-tale picnic.

Get creative with these cute flower-shaped sandwiches. You can vary the filling—try thinly sliced turkey, ham, cucumber, or cheese. And you don't have to stick to one particular flower shape—be as creative as you like.

Serves 8

Prep time 20 minutes

2 teaspoons basil pesto
1 cup soft cheese
8 slices of white bread
8 slices of whole-wheat bread
2 cherry tomatoes, halved
2 green grapes, halved
1 pack mustard and cress
1 large carrot, peeled and sliced

1. Mix together the pesto and soft cheese in a bowl, then spread over the white bread. Cover with the whole-wheat bread and press together firmly. Using a medium-size cutter, cut out as many flower shapes as you can.
2. Cut a small circle out of the center of each sandwich using an apple corer and stick either a cherry tomato half or a grape half in the middle.
3. Arrange on a plate or board on a bed of mustard and cress. Cut small flower shapes from the carrot slices using a small cutter and sprinkle over the “grass.”